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## Facets of Spirituality as Predictors of Adjustment to Cancer: Relative Contributions of Having Faith and Finding Meaning

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### Abstract

Spirituality is a multidimensional construct, and little is known about how its distinct dimensions jointly affect well-being. In longitudinal studies (Study 1,  $N = 418$  breast cancer patients; Study 2,  $N = 165$  cancer survivors), we examined two components of spiritual well-being (i.e., meaning/peace and faith) and their interaction, as well as change scores on those variables, as predictors of psychological adjustment. In Study 1, higher baseline meaning/peace, as well as an increase in meaning/peace over six months, predicted a decline in depressive symptoms and an increase in vitality across 12 months in breast cancer patients. Baseline faith predicted an increase in perceived cancer-related growth. Study 2 revealed that an increase in meaning/peace was related to improved mental health and lower cancer-related distress. An increase in faith was related to increased cancer-related growth. Both studies revealed significant interactions between meaning/peace and faith in predicting adjustment. Findings suggest that the ability to find meaning and peace in life is the more influential contributor to favorable adjustment during cancer survivorship, although faith appears to be uniquely related to perceived cancer-related growth.

### Keywords

Cancer; spirituality; psychological adjustment; chronic disease

Over 90% of American adults cite religion and spirituality as being important in their lives (Gallup & Lindsay, 1999). When individuals confront adverse experiences, religious and spiritual resources can become especially salient as they are recruited to provide a framework for accepting and attributing meaning to those experiences (Park, 2005a), and they are often shown to be helpful. For example, a meta-analysis of 147 studies revealed an inverse

Address correspondence to: Annette L. Stanton, Ph.D., Department of Psychology, 1285 Franz Hall, Box 951563, UCLA, Los Angeles, CA 90095-1563. Telephone: (310) 267-2835. Fax: (310) 206-3566. [astanton@ucla.edu](mailto:astanton@ucla.edu).

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