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Abstract of a PhD Thesis

Factors mediating between horizontal and vertical spirituality and quality of life

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In this study, an attempt was made to examine which psychological variables mediate between spirituality and quality of life. The concept of spirituality was defined as the pursuit of holiness and the aspiration to connect with being that is considered sacred by the individual. Spirituality understood in this way may have a vertical manifestation related to contact with supernatural beings (such as various gods or Providence) and a horizontal manifestation related to contact with natural beings (such as nature, beautiful places, humanity, the universe, or works of art). To measure spirituality as defined, the Individual Relationship with the Supreme Good questionnaire was created. Its psychometric properties were verified in the first study. The second study examined the relationships between both types of spirituality and quality of life, and psychological variables that mediate in these relationships. According to the hypothesis that was tested the mediators would be: sense of belonging, meaning of life, search for meaning of life, self-esteem, tendency to experience gratitude, basic hope, tendency to forgive oneself, to forgive others, and experience of forgiveness from God. A stronger relationship was found between horizontal spirituality and quality of life. The mediating variables between both forms of spirituality and quality of life were meaning of life, search for meaning of life (negatively related to quality of life), basic hope, and additionally self-esteem only in the case of horizontal

spirituality. The discussion presents conclusions for clinical practice regarding the way of addressing spiritual and existential issues in the process of psychotherapy.

Keywords: vertical spirituality, horizontal spirituality, quality of life, mediation