

OBJECTIVES:

- Discuss DAP-R and its five ways of describing the landscapes of patients'/families' journeys.
- Identify resources that address each of the five ways.

WHY THE DEATH ATTITUDES PROFILE-REVISED?

There are many instruments available to assess acceptance of death and anxiety about its presence and, perhaps, imminence. The choice of the Death Attitude Profile-Revised (DAP-R) is somewhat arbitrary. It does, however, offer some advantages over other instruments. It is multidimensional, has content validity, internal consistency and is broader than many of the other instruments available.

DAP-R

Death Attitude Profile-Revised (DAP-R)
Wong, P.T.P., Reker, G.T., & Gesser, G.

This questionnaire contains a number of statements related to different attitudes toward death. Read each statement carefully, and then decide the extent to which you agree or disagree. For example, an item might read: "Death is a friend." Indicate how well you agree or disagree by circling one of the following: SA = strongly agree; A= agree; MA= moderately agree; U= undecided; MD= moderately disagree; D=disagree; SD= strongly disagree. Note that the scales run both from *strongly agree to strongly disagree* and from *strongly disagree to strongly agree*.

If you strongly agreed with the statement, you would circle SA. If you strongly disagreed you would circle SD. If you are undecided, circle U. However, try to use the undecided category sparingly.

It is important that you work through the statements and answer each one. Many of the statements will seem alike, but all are necessary to show slight differences in attitudes.

1. Death is no doubt a grim experience.
SD D MD U MA A SA

2. The prospect of my own death
arouses anxiety in me.
SA A MA U MD D SD

3. I avoid death thoughts at all costs.
SA A MA U MD D SD

4. I believe that I will be in heaven after
I die.
SD D MD U MA A SA

5. Death will bring an end to all my
troubles.
SD D MD U MA A SA

6. Death should be viewed as a natural,
undeniable, and unavoidable event.
SA A MA U MD D SD

7. I am disturbed by the finality of death.
SA A MA U MD D SD

FEAR OF DEATH LANDSCAPE

- 1. Death is no doubt a grim experience _____

- 2. The prospects of my own death arouse anxiety in me _____

- 7. I am disturbed by the finality of death _____

- 18. I have an intense fear of death _____

- 20. The subject of life after death troubles me greatly _____

- 21. The fact that death will mean the end of everything as I know it frightens me _____

- 32. The uncertainty of not knowing what happens after death worries me. _____

DEATH AVOIDANCE LANDSCAPE

- 3. I avoid death thoughts at all costs. _____

- 10. Whenever the thought of death enters my mind, I try to push it away. _____

- 12. I always try not to think about death. _____

- 19. I avoid thinking about death altogether. _____

- 26. I try to have nothing to do with the subject of death. _____

NEUTRAL ACCEPTANCE LANDSCAPE

- 6. Death should be viewed as a natural, undeniable, and unavoidable event. _____
- 14. Death is a natural aspect of life. _____
- 17. I would neither fear death nor welcome it. _____
- 24. Death is simply a part of the process of life. _____
- 30. Death is neither good nor bad. _____

APPROACH ACCEPTANCE LANDSCAPE

- 4. I believe I will be in heaven after I die. _____
- 8. Death is an entrance to a place of ultimate satisfaction _____
- 13. I believe that heaven will be a much better place than this world _____
- 15. Death is a union with God and eternal bliss. _____
- 16. Death brings a promise of a new and glorious life. _____
- 22. I look forward to a reunion with my loved ones after I die _____
- 25. I see death as a passage to an eternal and blessed place. _____
- 27. Death offers a wonderful release of the soul. _____
- 28. One thing that gives me comfort in facing death is my belief in the afterlife. _____
- 31. I look forward to life after death. _____

ESCAPE ACCEPTANCE LANDSCAPE

- 5. Death will bring an end to all my troubles _____

- 9. Death provides an escape from this terrible world. _____

- 11. Death is deliverance from pain and suffering. _____

- 23. I view death as a relief from earthly suffering. _____

- 29. I see death as a relief from the burden of this life. _____

Scoring Key for the Death Attitude Profile-Revised

Scores for all items are from 1 to 7 in the direction of *strongly disagree (1)* to *strongly agree (7)*. For each dimension, a mean scale score can be computed by dividing the total scale score by the number of items forming each scale. _____



For further information on the theoretical rationale and the psychometric properties of the scale consult the following source: _____

Wong, P.T.P., Reker, G.T., & Gesser, G. (1994). Death Attitude Profile-Revised:
A multidimensional measure of attitudes toward death. In R.A. Neimeyer (Ed.), *Death anxiety handbook: Research, instrumentation, and application*. (pp. 121-148). Washington, DC: Taylor & Francis. _____

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INTERPRETING THE MEAN SCORES

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|---|-----------------------|---|---------------|-------|
|  | Approach Acceptance = |  | Fear of Death | |
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INTERPRETING THE MEAN SCORES

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|---|--------------------|---|-------|
|  | Neutral acceptance | = | |
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FEAR OF DEATH LANDSCAPE RESOURCES

Hymns/Songs for Uncertainty

- 'Tis So Sweet to Trust in Jesus
- A Mighty Fortress Is Our God
- All Things Work Out for Good
- Ask Ye What Great Thing I Know
- Blessed Assurance, Jesus Is Mine
- Breathe on Me Breath of God
- Christ the Lord Is Risen Today
- For Your Glory Reigns
- How Firm a Foundation
- I Am Thine, O Lord
- I Know That My Redeemer Lives
- I Know Who Holds Tomorrow
- I Love To Tell the Story
- I, the Lord
- Jerusalem, My Happy Home
- Lord of All Hopefulness
- Love Divine, All Loves Excelling
- My Jesus, I Love Thee
- My Redeemer
- Ready the Way
- Standing on the Promises
- Sweet By and By
- We Believe in One True God

FEAR OF DEATH LANDSCAPE RESOURCES

Hymns/Songs for Fear

- Amazing Grace
- Be Not Afraid
- Come to me, O Weary Traveler
- Cristo, Saname (Jesus, Heal Me)
- Guide Me, O Thou Great Jehovah
- Holy Patron, Thee Saluting
- Jesus Is All the World to Me
- Jesus Priceless Treasure
- Jesus, I Come
- Jesus, Lover of My Soul
- Jesus, Savior, Pilot Me
- Leaning on the Everlasting Arms
- No More Death
- Saranam, Saranam
- Shepherd Me, My God
- Take Time to Be Holy
- The Kind of Love My Shepherd Is
- The Lord's My Shepherd, I'll Not Want
- This Alone
- Trust and Obey
- You Are Mine
- You Are Near

FEAR OF DEATH LANDSCAPE RESOURCES

PRAYER FOR FEAR ASPECT

O God,
Who calms the raging seas
And soothes the tempests
Of human hearts,
We are afraid.

The waves we are dreading
Are washing over us
And threaten
To overwhelm us
With a drowning
That makes us flail
Without end
For a safe harbor.

Soothe our thrashing spirits,
Ground our feet
On the Rock
That is higher than I.
Reinforce in us
The firm conviction
That we are
More than our bodies
And all that is essential
About and for us
Is safely kept
forever in your care.

Calm our souls,
Still the waters,
Unfold our cramped spirits
into your everlasting arms
That our hearts might slow,
Our breathing relax
As we melt into your
Steady presence.

Enfold us,
O presence beyond words,
In the steady embrace
Of your love
In the small moments
Of our journey here
So we might
Go all the way
Into the future
With the confidence
You will never
Let us go
Whatever may come. Amen

PRAYER FOR END OF EVERYTHING IS FRIGHTENING ASPECT

You who are in all
And has created all,
Who is as close
As our own breath,
Who knows our fears
And hears our cries:

Our future seems
To crush us
With its terrors;
No longer do
We see it
As a long
March of days;
Now it has
Become a burden
And not a joy.

Where is peace
In this moment?
Are there
Any moments of joy
Ahead for us?

Help us find comfort
In the reality
That the past--
Is over
The future--
Is not yet--
This moment is

The time to live,
to breathe,
to laugh,
again.

Slow us down,
Remind us to
Breathe in,
Breathe out,
Finding in each breath

The gift of life,
another moment,
another chance,

To love, forgive, anticipate
The possibility of
A future greater
Than our fears,
As close as our breath
Created by
The One who made us
And can bring us
Safely home. Amen.

FEAR OF DEATH LANDSCAPE RESOURCES

PRAYER FOR AFFLICTED WITH ANXIETY ASPECT

O God of the deep night,
 Who knows
 Our very soul
 Is anxious,
 Dreading what will be,
 Uncertain of your presence
 Feeling as if we have been
 Cast aside
 From your protection:

Wrap us in the
 Mantle of your love;
 O Good Shepherd,
 Whisper words of peace
 That linger in our hearts;
 Lift us up where we belong
 Out of the depths of our despair
 And set us, again,
 In your sight,
 A little lower than the angels.

Slow down our
 Rushing thoughts,
 Deepen our breathing
 As we find
 Consolation in leaning
 Upon you;

Preserve us from panic
 And help us
 Hide ourselves
 Under the sheltering wings
 That have given
 Your people
 Cover from all anxiety
 Throughout all generations.

Keep us from
 Racing into the future
 To borrow imagined difficulties
 From tomorrow
 By making your Presence
 Known in this moment
 Through all who care for us
 With love,
 With medicine and skill,
 With comfort and compassion
 So we might know
 Your answers to our anxieties
 Have been continually
 Before us and beside us.
 Within us and around us—constantly.

Amen.

PRAYER FOR DEATH IS A GRIM EXPERIENCE ASPECT

We call out to the Deep,
 The depths of mystery
 From which we have come,
 And wonder if
 There is still yet more
 Of the mystery
 To be unfolded for us
 In the future.

We fear being swallowed
 By the deep
 And drowning in a
 Desperate struggle
 To save ourselves
 From nothingness
 And grim obliteration.

We cry out to the deep
 And wait to hear
 The welcoming cry
 That this is
 Not the end
 But a new beginning.

Our struggle to save
 Ourselves from drowning,
 Is keeping us from
 Relaxing into the mystery
 Of the deep
 And letting it enfold
 Us in the cradling
 Arms of a love
 That will not let us go.

Remove the grimness
 Of our vision
 And establish in our hearts
 The possibility
 Of the goodness
 Still yet to come.

Remind us that
 Gazing into
 The depths of our own soul
 Is but a way
 Of looking into eternity
 To see beauty
 And calmness,
 Serenity and peace
 Reflected back from the One
 Who commands the deep
 And has a limitless reservoir
 Of life for all
 Who enter into rest. Amen

FEAR OF DEATH LANDSCAPE RESOURCES

SACRED READINGS

Psalm 13

Psalm 22: 1-5, 8-11, 14-19

Psalm 23

Psalm 27: 1, 4-5, 7-10, 13-14

Psalm 40: 1-3, 17

Psalm 42

Psalm 46: 1-7

Psalm 55: 1-8

Psalm 91

Psalm 121

Psalm 130

Psalm 139: 1-18

Psalm 143: 1-8

Romans 8: 31-39

OTHER RESOURCES FOR FEAR OF DEATH DOMAIN

Circle Wisdom—Sedonia Cahill

I invite you to enter for a moment
into Sacred Time and Space,
into a way of seeing that is broad and spacious.
See this Day, from the time you arose this morning
until you sleep this evening, as one Ceremony,
divided into small and familiar rituals,
your Heart as the Altar.
You, part of the Cycles of Light and Darkness.

Now begin to see your Life,
from the moment of your Conception
until the time of your Death
as one long, continuous Ceremony,
filled with many rituals, some familiar,
some unknown and challenging.
Your Home and all Your Relations, the Altar.
You, part of many Seasons and Cycles.

Now see this Ceremony of your Life
as part of a much larger Ceremony that extends
Seven Generations into the Past and
Seven into the Future,
made up of many Births and Deaths.
This beautiful spinning Earth the Altar.
You, part of the great Ebb and Flow.

CIRCLE WISDOM, CONTINUED

Now, if You will, imagine this larger Ceremony
to be but one part of a Ceremony so grand,
so magnificent as to be hardly comprehensible,
a great, vast Ceremonial Circle, rich and vibrant
with millions upon millions of swirling
Circles of Dancing Light,
and You, one of those Dancing Circles,
a Dancer on the Altar that is the Universe,
where Time is Eternal.

May You Dance In Beauty.

From: http://www.the-great-adventure.com/prayers_readings_practices/prayers_and_readings.html

OTHER RESOURCES

PRAYER BY THOMAS MERTON

My Lord God,
I have no idea where I am going
I do not see the road ahead of me.
I cannot know for certain where it will end.

Nor do I really know myself,
And the fact that I think I am following
your will does not mean that I am
actually doing so.

But I believe that the desire to please
You does in fact please you.
And I hope that I have that desire in all
that I am doing.
And I know that if I do this, you
will lead me by the right road
though I may know nothing about it.

Therefore will I trust you always
though I may seem to be lost
and in the shadow of death, I will
not fear, for you are ever with me
and you will never leave me
to face my perils alone.

From: http://www.the-great-adventure.com/prayers_readings_practices/prayers_and_readings.html

ASSYRIAN PRAYER FOR THE DYING

BIND the sick man to Heaven,
for from Earth he is being torn away!
Of the brave man who was so strong,
his strength has departed.
Of the righteous servant, the force does not return,
in his bodily frame he lies dangerously ill.

But Ishtar, who in her dwelling,
is grieved concerning him,
descends from her mountain unvisited of men.
To the door of the sick man she comes.

The sick man listens!

Who is there? Who comes?
It is Ishtar, daughter of the Moon God!
Like pure silver may his garment be shining white!
Like brass may he be radiant!
To the Sun, greatest of the gods, may he ascend!
And may the Sun, greatest of the gods,
receive his soul into his holy hands!

From: http://www.the-great-adventure.com/prayers_readings_practices/prayers_and_readings.html

ISLAMIC PRAYER

O Allah, forgive and have mercy on him (or her). Grant him ease and respite. Make his resting place a noble one, and facilitate his entry. Cleanse him with water, snow and coolness, and purify him of wrongdoings as a white cloth is purified of grime. Grant him an abode finer than his worldly one, and grant him entrance to Paradise and protect him from the chastisement of the grave, and protect him from the chastisement of the Fire.

From: http://www.the-great-adventure.com/prayers_readings_practices/prayers_and_readings.html

MORE RESOURCES

Spiritual Diversity in Social Work Practice: The Heart of Helping, 2nd Edition, by Edward R. Canada and Leolo Dyrud Furman

The Tibetan Book of Living and Dying, by Sogyal Rinpoche, Patrick D. Gaffney and Andrew Harvey

Prayer in Nursing: The Spirituality of Compassion Care by Mary Elizabeth O'Brien

Spirituality in Nursing: Standing on Holy Ground by Mary Elizabeth O'Brien

The Art of Being a Healing Presence by James E. Miller and Susan Cutshall

The Jewish Hospice Manual: A Guide to Compassionate End-of-Life Care for Jewish Patients and their Families by Rabbi Maurice Lamm, DD and Barry Kinzbrunner, MD

Death and Bereavement Around the World, Vol 1: Major Religious Traditions by John D. Morgan, Ph.D and Pittu Lamgana Ph. D

A Spiritual Strategy in Counseling and Psychotherapy by P. Scott Richard and Allen E. Bergin

The Jewish Way in Death and Mourning by Maurice Lamm

Peaceful Death, Joyful Rebirth by Tulku Thondup

Gerotranscendence: A Developmental Theory of Positive Aging by Lars Thonstam, Ph. D. This marries narrative with data as well.

Music of the Soul: Composing Life Out of Loss by Joy S. Berger (CD)

Handbook for Chaplains by Mary M. Toole=excellent for prayers from many belief systems

MORE RESOURCES

Celtic Whisperings, Music for Life by Room 217 (CD)

Invitation to Slumber DVD uses music and pictures of nature

Gentle Waters, Music for Life's Journey by Room 217 (CD)

Spirit Wings, Music for Life's Journey by Room 217 (CD)

The River of Life by Kathleen Rusnak, Ph. D (CD)

Music to Soothe the Soul by Sandi Kimmel (CD)

The Oxford Book of Prayer, George Appletono, Editor

National Hospice and Palliative Care Organization marketplace
<http://www.nhpco.org/templates/1/homepage.cfm>

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Being with Dying by Roshi Joan Halifax—both the book and the 6 CD's from her workshop at the Upaya Institute

Breaking Bread, 2011 published by OCP

Death Anxiety Handbook: Research, Instrumentation and Application, Edited by Robert A. Neimeyer

Gather by GIA Publications

Kitchen Table Wisdom: Stories that Heal by Rachel Naomi Remen, M.D.

Landscapes of Our Patients' Journeys, ebook, by Keith A. Rasey, M. Div., LNHA

Life Prayers: 365 Prayers, Blessings and Affirmations to Celebrate the Human Journey, Elizabeth Roberts and Elias Amidon, Editors

Living Praise Hymnal, Zondervan 1981

Midwife for Souls: Spiritual Care for the Dying by Kathy Kalina

No Boundary: Eastern and Western Approaches to Personal Growth by Ken Wilber

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The Denial of Death, by Ernest Becker

The Grace In Dying: A Message of Hope, Comfort and Spiritual Transformation by Kathleen Dowling Singh

The Needs of the Dying by David Kessler

The Psychology of Death by Robert Kastenbaum

The United Methodist Hymnal, Un. Meth. Publishing House, 1989

Wonderful Words of Life: Hymns in American Protestant History and Theology, Richard J. Mouw and Mark A. Noll, Editors

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