

Appendix

Religious Coping Activities Scales

Please read the statements listed below and for each statement please indicate to what extent each of the following was involved in your coping with the event. Please use the following scale to record your answers:

- 1 = not at all
- 2 = somewhat
- 3 = quite a bit
- 4 = a great deal

Spiritually Based Coping

1. Trusted that God would not let anything terrible happen to me.
2. Experienced God's love and care.
3. Realized that God was trying to strengthen me.
4. In dealing with the problem, I was guided by God.
5. Realized that I didn't have to suffer since Jesus suffered for me.
6. Used Christ as an example of how I should live.
7. Took control over what I could and gave the rest to God.
8. My faith showed me different ways to handle the problem.
9. Accepted the situation was not in my hands but in the hands of God.
10. Found the lesson from God in the event.
11. God showed me how to deal with the situation.
12. Used my faith to help me decide how to cope with the situation.

Good Deeds

13. Tried to be less sinful.
14. Confessed my sins.
15. Led a more loving life.
16. Attended religious services or participated in religious rituals.
17. Participated in church groups (support groups, prayer groups, Bible studies).
18. Provided help to other church members.

Discontent

19. Felt angry with or distant from God.
20. Felt angry with or distant from the members of the church.
21. Questioned my religious beliefs and faith.

Interpersonal Religious Support

22. Received support from the clergy.
23. Received support from other members of the church.

Plead

24. Asked for a miracle.
25. Bargained with God to make things better.
26. Asked God why it happened.

Religious Avoidance

27. Focused on the world-to-come rather than the problems of this world.
28. I let God solve my problems for me.
29. Prayed or read the Bible to keep my mind off my problems.

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