

## **RCOPE TABLE**

This page provides instructions. See pages 2-16 for items.

### ***INSTRUCTIONS***

Here are 3 options for instructions. If desired, add time frame (e.g., “in past year” or “in past 30 days”) based on the research question under investigation.

***Option 1: Instructions (Dispositional – instructions for respondent about how he/she copes in general with major problems):***

Think about how you try to understand and deal with major problems in your life. To what extent is each involved in the way you cope? (From Pargament, 1999, Multidimensional Measurement of Religiousness/Spirituality for Use in Health Research).

***Option2: Instructions (Situational Form – instructions for respondent about how he/she copes with a specific negative event):***

The following items deal with ways you coped with the negative event in your life. There are many ways to cope with problems. These items ask what you did to cope with this negative event. Obviously different people deal with things in different ways, but we are interested in how you tried to deal with it. Each item says something about a particular way of coping. We want to know to what extent you did what the item says. How much or how frequently. Don’t answer on the basis of what worked or not - just whether or not you did it. Use these raceway choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can. (From Pargament, 1999, Multidimensional Measurement of Religiousness/Spirituality for Use in Health Research).

***Option 3: Instructions (Simplified Situational Form – instructions for respondent about how he/she copes with a specific stressor or situation).*** The following statements describe specific ways people might cope with (stressor or situation). As you think of the (stressor or situation) you have faced, how much do you use each of the following things to cope with (stressor or situation)?

NOTE: Each researcher must decide what words to use to fill in the (\_\_\_\_\_). Examples: “inevitable marital difficulties that come up from time to time.”

***RESPONSE OPTIONS:*** 1 = Not at all; 2 = Somewhat; 3 = Quite a bit; 4 = A great deal.

### ***RCOPE SCALES & ITEMS***

See pages 2-15

<b><u>RCOPE Theory</u></b> <b>5 Theoretical Functions of Religious Methods of Coping</b>	<b><u>RCOPE sub-scale construct name</u></b> <b>(21-Sub-scale version)</b>	<b><u>RCOPE sub-scale construct definition</u></b> <b>(21 Sub-scale version)</b>	<b><u>Short subscale items are starred</u></b>	<b>Is item on 14-item Brief RCOPE - Yes</b>	<b>Is item “Positive-Resource” or “Negative-Struggle”?</b>	
<p><b><i>Function #1: S\ R Coping to Find Meaning</i></b></p> <p>Note: Meaning making process (pathway) with the sought after goal (destination) to find spiritual explanation for why stressful life event(s) has occurred or is occurring.</p>	1. Benevolent Religious Reappraisal	Redefining the stressor through religion as benevolent and potentially beneficial	1. Saw my situation as part of God’s plan.*		+	
			2. Tried to find a lesson from God in the event.*		+	
			3. Tried to see how God might be trying to strengthen me in this situation.*	YES - Positive	+	
			4. Thought that the event might bring me closer to God.		+	
			5. Tried to see how the situation could be beneficial.		+	
	Con’t on next page	2. Punishing God Reappraisal	Redefining the stressor as a punishment from God for the individual’s sins	1. Wondered what I did for God to punish me.*	YES-Negative	-
				2. Decided that God was punishing me for my sins.*		-

			3. Felt punished by God for my lack of devotion.*	YES-Negative	-
			4. Wondered if God allowed this event to happen to me because of my sins.		-
			5. Wondered whether God was punishing me because of my lack of faith.		-
	3. Demonic Reappraisal	Redefining the stressor as an act of the Devil	1. Believed the devil was responsible for my situation.*		-
			2. Felt the situation was the work of the devil.*		-
			3. Decided the devil made this happen.*	YES-Negative	-
			4. Felt the devil was trying to turn me away from God.		-
			5. Wondered if the devil had anything to do with this situation.		-
	4. Reappraisal of God's Powers	Redefining God's power to influence the stressful situation	1. Questioned the power of God.*	YES-Negative	-

			2. Thought that some things are beyond God's control.*		-
			3. Realized that God cannot answer all of my prayers.*		-
			4. Realized that there were some things that even God could not change.		-
			5. Felt that event God has limits.		-

<u>RCOPE Theory</u> <b>5 Theoretical Functions of Religious Methods of Coping</b>	<u>RCOPE sub-scale construct name</u> <b>(21 Sub-scale version)</b>	<u>RCOPE sub-scale construct definition</u> <b>(21 Sub-scale version)</b>	<u>Short subscale items are starred</u>	<b>Is item on 14-item Brief RCOPE - Yes/No</b>	<b>Is item “Positive-Coping Resource” or “Negative-Coping Struggle”?</b>
<b><i>Function #2: S\R Coping to Gain Control</i></b>	5. Collaborative S/R Coping	Seeking control through a problem solving partnership with God	1. Tried to put my plans into action together with God.*	YES-Positive	+
			2. Worked together with God as partners.*		+
			3. Tried to make sense of the situation with God.*		+
			4. Felt that God was working right along with me.		+
			5. Worked together with God to relieve my worries.		+
	6. Active S/R Surrender	An active giving up of control to God in coping	1. Did my best and then turned the situation over to God.*		+

			2. Did what I could and put the rest in God's hands.*		+
			3. Took control over what I could, and gave the rest up to God.*		+
			4. Tried to do the best I could and let God do the rest.		+
			5. Turned the situation over to God after doing all that I could.		+
	7. Self-Directing S/R Coping	Seeking control directly through individual initiative rather than help from God	1. Tried to deal with my feelings without God's help.*		-
			2. Tried to make sense of the situation without relying on God.*		
			3. Made decisions about what to do without God's help.*		

			4. Depended on my own strength without support from God.		
			5. Tried to deal with the situation on my own without God's help.		
	8. Passive S/R Deferral	Passive waiting for God to control the situation	1. Didn't do much, just expected God to solve my problems for me.*		-
			2. Didn't try much of anything; simply expected God to take control.*		-
			3. Didn't try to cope: only expected God to take my worries away.*		-
			4. Knew that I couldn't handle the situation, so I just expected God to take control.		-

			5. Didn't try to do much; just assumed God would handle it.		-
	9. Pleading for Direct Intercession	Seeking control indirectly by pleading to God for a miracle or divine intercession	1. Prayed for a miracle.*		
			2. Pleaded with God to make things turn out okay.*		
			3. Bargained with God to make things better.*		
			4. Made a deal with God so that he would make things better.		
			5. Pleaded with God to make everything work out.		



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<i>Function #3: S\R Coping to Gain Comfort and Closeness to God</i>	10. Seeking Spiritual Support	Searching for comfort and reassurance through God's love and care	1. Sought God's love and care.*	YES - Positive	+
			2. Trusted that God would be by my side.*		+
			3. Looked to God for strength, support, and guidance.*		+
			4. Trusted that God was with me.		+
			5. Sought comfort from God.		+
	11. S/R Focus	Engaging in religious activities to shift focus from the stressor	1. Prayed to get my mind off of my problems.*		

			2. Thought about spiritual matters to stop thinking about my problems.*		+
			3. Focused on religion to stop worrying about my problems.*	YES-Positive	+
			4. Went to church to stop thinking about this situation.		+
			5. Tried to get my mind off my problems by focusing on God.		+
	12. S/R Purification	Searching for spiritual cleansing through religious actions	1. Confessed my sins.*		+
			2. Asked forgiveness for my sins.*	YES-Positive	+
			3. Tried to be less sinful.*		+
			4. Searched for forgiveness from God.		+
			5. Asked for God to help me be less sinful.		+
	13. Spiritual Connection	Experiencing a sense of connectedness with forces that transcend the individual	1. Looked for a stronger connection with God.*	YES-Positive	+

			2. Sought a stronger spiritual connection with other people.*		+
			3. Thought about how my life is part of a larger spiritual force.*		+
			4. Tried to build a strong relationship with a higher power.		+
			5. Tried to experience a stronger feeling of spirituality.		+
	14. Spiritual Discontent	Expressing confusion and dissatisfaction with God's relationship to the individual in the stressful situation	1. Wondered whether God had abandoned me.*	Yes-Negative	-
			2. Voiced anger that God didn't answer my prayers.*		-
			3. Questioned God's love for me.*	Yes-Negative	-
			4. Wondered if God really cares.		-
			5. Felt angry that God was not there for me.		-

	15. Marking Religious Boundaries	Clearly demarcating acceptable from unacceptable religious behavior and remaining within religious boundaries	1. Avoided people who weren't of my faith.+		
			2. Stuck to the teachings and practices of my religion.+		
			3. Ignored advice that was inconsistent with my faith.+		
			4. Tried to stick with others of my own faith.		
			5. Stayed away from false religious teachings.		

<b>Function #4: S\ R Coping to Gain Intimacy with Others &amp; Closeness to God</b>	16. Seeking Support from Clergy or Members	Searching for comfort and reassurance through the love and care of congregation members and clergy	1. Looked for spiritual support from clergy.*		+
			2. Asked others to pray for me.*		+
			3. Looked for love and concern from the members of my church.*		+
			4. Sought support from members of my congregation.		+
			5. Asked clergy to remember me in their prayers.		+
	17. Religious Helping	Attempting to provide spiritual support and comfort to others	1. Prayed for the well-being of others.*		+
			2. Offered spiritual support to family or friends.*		+
			3. Tried to give spiritual strength to others.*		+
			4. Tried to comfort others through prayers.		+

			5. Tried to provide others with spiritual comfort.		+
	18. Interpersonal Religious Discontent	Expressing confusion and dissatisfaction with the relationship of clergy or members to the individual in the stressful situation	1. Disagreed with what the church wanted me to do or believe.*		-
			2. Felt dissatisfaction with the clergy.*		-
			3. Wondered whether my church had abandoned me.*	YES - Negative	-
			4. Felt my church seemed to be rejecting or ignoring me.		-
			5. Wondered whether my clergy was really there for me.		-

<b>Function #5: S/R Methods of Coping to Achieve a Life Transformation</b>	19. Seeking S/R Direction	Looking to religion for assistance in finding a new direction for living when the old one may no longer be viable	1. Asked God to help me find a new purpose in life.*		
			2. Prayed to find a new reason to live.*		
			3. Prayed to discover my purpose in living.*		
			4. Sought new purpose in life from God.		
			5. Looked to God for a new direction in life.		
	20. S/R Conversion	Looking to religion for a radical change in life	1. Tried to find a completely new life through religion.*		
			2. Looked for a total spiritual reawakening.*		
			3. Prayed for a complete transformation of my life.*		
			4. Tried to change my whole way of life and follow a new path – God’s path.		

			5. Hoped for a spiritual rebirth.		
	21. S/R Forgiving	Looking to religion for help in shifting from anger, hurt, and fear associated with an offense to peace	1. Sought help from God in letting go of my anger.*	YES - Positive	
			2. Asked God to help me overcome my bitterness.*		
			3. Sought God's help in trying to forgive others.*		
			4. Asked God to help me be more forgiving.		
			5. Sought spiritual help to give up my resentments.		