



## Brief RCOPE

**Source:** The items come from the 14-item Brief RCOPE. Used with Permission

**References:** Pargament, K. I., Feuille, M., and Burdzy, D. (2011) The Brief RCOPE: Current psychometric status of a short measure of religious coping. *Religions*, 2, 51-76.

Pargament, K. I., Koenig, H. G., & Perez, L. M. (2000). The many methods of religious coping: Development and initial validation of the RCOPE. *Journal of Clinical Psychology*, 56, 510-543

Pargament, K.I., Smith, B.W., Koenig, H.G., & Perez, L. (1998). Patterns of positive and negative religious coping with major life stressors. *Journal for the Scientific Study of Religion*, 37, 71-725.

Fitchett, G., et al., (2004) "Religious struggle: prevalence, correlates and mental health risks in diabetic, congestive heart failure, and oncology patients," *International Journal of Psychiatry in Medicine* 34, 179-196.

**Scale Description:** The Brief RCOPE consists of 14 items comprising two subscales that measure two patterns of religious coping methods, positive and negative coping. Negative coping is considered Spiritual Struggle and is defined as "efforts to conserve or transform a spirituality that has been threatened or harmed". This assessment only scores Negative Coping (items 8-14).

## Scoring and Algorithm

**Note:** For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

Each of the 7 items of Negative Coping is scored 1-4, as indicated below.

Negative coping score is calculated as follows:

Low Spiritual Struggle: (All items = 1) or (6 items=1 and 1 item=2).

Moderate Spiritual Struggle: (Two items = 2 and remaining items = 1).

High Spiritual Struggle: (Two or more items = 3 or 4) OR (Three or more items are > or = 2) OR (one item = 2 and one or more items = 3 or 4).



**SPIRITUALITY ASSESSMENT**

The following items deal with ways you coped with a significant trauma or negative event in your life. There are many ways to try to deal with problems. These items ask what part religion played in 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 response choices. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can.

- 1 = Not at all
- 2 = Somewhat
- 3 = Quite a bit
- 4 = A great deal

1. Looked for a stronger connection with God.	1	2	3	4
2. Sought God's love and care.	1	2	3	4
3. Sought help from God in letting go of my anger.	1	2	3	4
4. Tried to put my plans into action together with God.	1	2	3	4
5. Tried to see how God might be trying to strengthen me in this situation.	1	2	3	4
6. Asked forgiveness for my sins.	1	2	3	4
7. Focused on religion to stop worrying about my problems.	1	2	3	4
8. Wondered whether God had abandoned me.	1	2	3	4
9. Felt punished by God for my lack of devotion.	1	2	3	4
10. Wondered what I did for God to punish me.	1	2	3	4
11. Questioned God's love for me.	1	2	3	4
12. Wondered whether my church had abandoned me.	1	2	3	4
13. Decided the devil made this happen.	1	2	3	4
14. Questioned the power of God.	1	2	3	4

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