

# Brief RCOPE: Conceptualization of the Measure's Items

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ITEMS FROM THE BRIEF RCOPE	RELIGIOUS COPING METHOD	+/-	KEY RELIGIOUS FUNCTION
Looked for a stronger connection with God	Spiritual Connection —experiencing a sense of connectedness with forces that transcend the individual	+	to gain comfort and closeness to God
Sought God's love and care.	Seeking Spiritual Support —searching for comfort and reassurance through God's love and care	+	to gain comfort and closeness to God
Sought help from God in letting go of my anger.	Religious Forgiving —looking to religion for help in shifting from anger, hurt, and fear associated with an offense to peace	+	to achieve a life transformation
Tried to put my plans into action together with God.	Collaborative Religious Coping —seeking control through a partnership with God in problem solving	+	to gain control
Tried to see how God might be trying to strengthen me in this situation.	Benevolent Religious Reappraisal —redefining the stressor through religion as benevolent and potentially beneficial	+	to find meaning
Asked forgiveness of my sins.	Religious Purification —searching for spiritual cleansing through religious actions	+	to gain comfort and closeness to God
Focused on religion to stop worrying about my problems.	Religious Focus —engaging in religious activities to shift focus from the stressor	+	to gain comfort and closeness to God
Wondered whether God had abandoned me.	Spiritual Discontent —expressing confusion and dissatisfaction with God's relationship to the individual in the stressful situation	-	to gain comfort and closeness to God
Felt punished by God for my lack of devotion.	Punishing God Reappraisal —reappraising the stressor as a punishment from God for the individual's sin	-	to find meaning
Wondered what I did for God to punish me.	Punishing God Reappraisal —reappraising the stressor as a punishment from God for the individual's sin	-	to find meaning
Questioned God's love for me.	Spiritual Discontent —expressing confusion and dissatisfaction with God's relationship to the individual in the stressful situation	-	to gain comfort and closeness to God
Wondered whether my church had abandoned me.	Interpersonal Religious Discontent —expressing confusion and dissatisfaction with the relationship of clergy or members to the individual in the stressful situation	-	to gain intimacy with others and closeness to God
Decided the devil made this happen.	Demonic Reappraisal —redefining the stressor as an act of the Devil	-	to find meaning
Questioned the power of God.	Reappraisal of God's Powers —redefining God's power to influence the stressful situation	-	to find meaning

—See: Pargament, K. I., Koenig, H. G. and Perez, L. M., “The many methods of religious coping: development and initial validation of the RCOPE,” *Journal of Clinical Psychology* 56, no. 4 (April 2000): 519-543.