

# Comparison of Brief RCOPE and JCOPE Items Measuring Positive/Negative Religious Coping

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[Note: The numbering/ordering of the items below is for comparison purposes only and is not applicable to the original instruments.]

## **Brief RCOPE Items<sup>1</sup>**

## **JCOPE Items<sup>2</sup>**

### POSITIVE:

- +1 Looked for a stronger connection with God.
- +2 Asked forgiveness of my sins.
- +3 Sought God's love and care.
- +4 Tried to see how God might be trying to strengthen me in this situation.
- +5 Tried to put my plans into action together with God.
- +6 Focused on religion to stop worrying about my problems.
- +7 Sought help from God in letting go of my anger. [—cf. JCOPE item -1]

### POSITIVE:

- +1 I look for a stronger connection with G-d.
- +2 I ask G-d to forgive me for things I did wrong.
- +3 I pray for G-d's love and care.
- +4 I try to see how G-d may be trying to teach me something.
- +5 I do the best I can and know the rest is G-d's will.
- +6 I think about what Judaism has to say about how to handle the problem.
- +7 I try to do Mitzvot (good deeds).
- +8 I pray for the well-being of others.
- +9 I try to be an inspiration to others.
- +10 I look forward to Shabbat.
- +11 I talk to my rabbi.
- +12 I try to remember that my life is part of a larger spiritual force.

### NEGATIVE:

- 1 Questioned the power of God.
- 2 Questioned God's love for me.
- 3 Wondered whether God had abandoned me.
- 4 Felt punished by God for my lack of devotion.
- 5 Wondered what I did for God to punish me.
- 6 Wondered whether my church had abandoned me.
- 7 Decided the devil made this happen.

### NEGATIVE:

- 1 I get mad at G-d. [—cf. Brief RCOPE item +7]
- 2 I question whether G-d can really do anything.
- 3 I wonder if G-d cares about me.
  
- 4 I question my religious beliefs, faith and practices.

<sup>1</sup> 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. Note: the Brief RCOPE is derived from the RCOPE.

<sup>2</sup> See: Rosmarin, D. H., Pargament, K. I., Krumrei, E. J. and Flannelly, K. J., "Religious coping among Jews: development and initial validation of the JCOPE," *Journal of Clinical Psychology* 65, no. 7 (July 2009): 670-683. The authors observe that the Brief RCOPE "is not ideally suited for use with Jewish populations. In contrast to other religious traditions that stress the importance of thoughts, feelings, and intentions, the Jewish religion places more importance on religious practices and community involvement.... The majority of brief RCOPE items, however, assess for religious coping in terms of specific religious thoughts and feelings (e.g., 'I felt punished by God for my lack of devotion') and those relating to religious behaviors are generally phrased and not related to specific ritual practices (e.g., 'I sought God's love and care'). Additionally, no brief RCOPE items (positive or negative) assess directly for congregational involvement." [pp. 670-671]