

Brief Jewish RCOPE (16-items)

Dealing with Stress: This questionnaire asks about different ways in which you might rely on religion to deal with stress. Choose the answer that best describes how often you do the following things when you have a stressful problem.

- 1 – Never
- 2 – Hardly
- 3 – Ever Sometimes
- 4 – Most of the Time
- 5 – Always

WHEN I HAVE STRESSFUL PROBLEMS:

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

Positive Subscale Items: 1, 3, 4, 5, 6, 7, 8, 9, 11, 12, 14, 15

Negative Subscale Items: 2, 10, 13, 16