



# The Presbyterian Panel

*Listening to Presbyterians*



**REPORT**

## **SPIRITUALITY AND HEALTH—FEBRUARY 1997**

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Join Us in Celebrating 1998 as the 25<sup>th</sup> Anniversary of the Presbyterian Panel

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## Overview

The Presbyterian Panel consists of three nationally-representative samples of groups affiliated with the Presbyterian Church (U.S.A.): members, elders (lay leaders), and ordained ministers (for analysis, split into two groups based on current call: *pastors*, serving in a congregation, and *specialized clergy*, serving elsewhere). New samples are drawn every three years.

These pages present results and analysis of the Panel survey mailed in February 1997. The first half uses text and graphics to highlight important and useful findings. An appendix follows with comparative tables that display the percentage distribution of responses to every question for each of the four Panel groups.

Response rates for this survey are: members, 75%; elders, 79%; and ministers, 76%. Results are subject to sampling and other errors. As a general rule, differences of less than 6% between samples are not statistically meaningful.

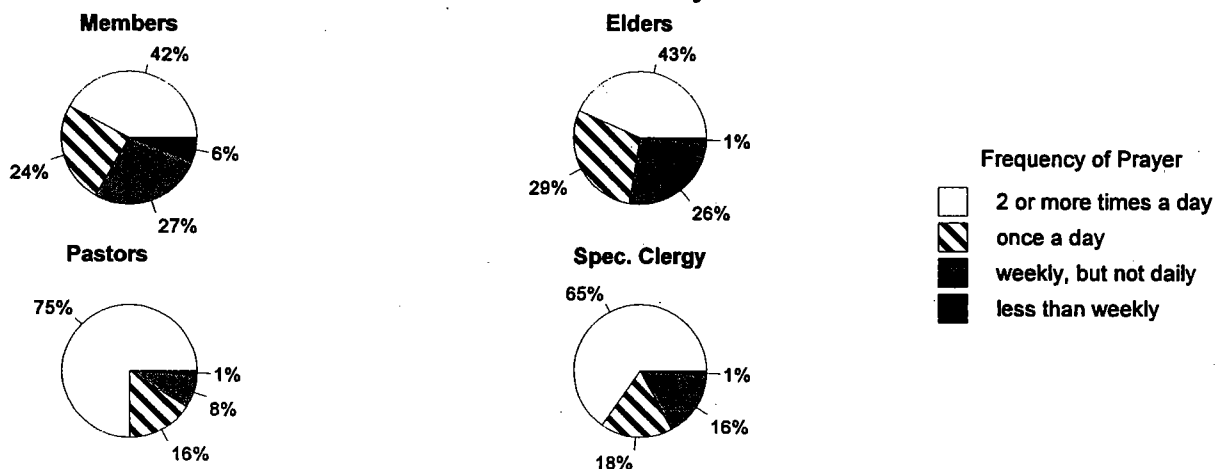
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- Author Note:** Keith M. Wulff wrote this report and was assisted in this study by other staff of the office of Research Services.
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- Sponsor:** The Health Ministries office (in the National Ministries Division) requested this survey. For more information about Health Ministries, contact David Zuverink (502-569-5793).
- Additional Copies:** Additional copies of this *Report* may be purchased for \$5 from PDS—call 1-800-524-2612 and request item number 70360-97251. Copies of a four-page *Summary* of results are available for \$1.25 each directly from Research Services. Call for information on quantity discounts (800-469-6390).
- Panel on the Web:** A catalog of Panel topics, and *Summaries* of recent surveys, are available on-line at the Presbyterian Church (U.S.A.) web site: <http://www.pcusa.org>  
Use the pull-down quick menu to select *Presbyterian Panel*. Or select *Research Services* to learn more about our work.
- Panel by Fax:** *Summaries* of recent surveys are also available through PresbyFax, the denomination's fax-on-demand service. Call 502-569-8850 from your fax machine.
- Panel Data Sets:** Panel data sets may be accessed for further research through the American Religion Data Archive at Purdue University. Contact them at 765-494-0081 (phone) or 765-496-1476 (fax) for current availability.
- Acknowledgment:** The February Panel questionnaire included the SF-36™ (Panel items Q-6 to Q16). Reproduced with permission of the Medical Outcomes Trust, Copyright © 1992.

# Prayer Life

## Frequency and Types of Prayer

- A little over two-fifths of members and elders and three-fourths of pastors report that they pray *two or more times a day*. Another 25% of elders and members and 16% of pastors report they pray *once a day*. Specialized clergy pray more often than members and elders, but less often than pastors.

**Figure 1**  
**How Often Do You Pray?**



- Almost all respondents in each sample reported that they pray by “talking with God in their own words.” In their prayers, over 90% of panelists “ask God to forgive their sins,” “ask God to provide guidance in making decisions,” “ask God for healing for others,” and “thank God for blessings.”
- “Reading from a book of prayers” is not a common way for Presbyterians to pray. Only 14% of members and elders, but 35% of pastors and 29% of specialized clergy, say they are likely to read from a book of prayers.
- Two in ten members report that they *never* “pray with one or more other persons.” That compares with 10% of elders, 2% of pastors, and 6% of specialized clergy who never pray with others.
- Presbyterians are not overwhelmingly satisfied with their prayer lives—about half are *satisfied* or *very satisfied*. Compared to results when the same question was asked in 1994, pastors who are currently serving on the Panel are somewhat more satisfied with their prayer lives than pastors were in 1994. In 1994, 6% were *very satisfied* and 39% were *satisfied*. That compares to 10% and 46%, respectively, today. While the differences for other samples are smaller, all groups express greater satisfaction today than did their 1994 counterparts.

**Table 1**  
**Satisfaction with Prayer Life, 1994 and 1997**

	Members		Elders		Pastors		Specialized Clergy	
	1997	1994	1997	1994	1997	1994	1997	1994
very satisfied/satisfied . . . . .	54%	48%	53%	50%	56%	45%	56%	49%
neither satisfied nor dissatisfied . .	32%	39%	34%	34%	25%	34%	30%	36%
dissatisfied/very dissatisfied . . . . .	14%	13%	13%	16%	18%	22%	14%	14%
total	100%	100%	100%	100%	100%	101%	100%	99%

### The Relationship Between Gender and Age and Prayer

Compared to men, women pray more often. Women are also more satisfied with their prayer lives. One-half of female members (49%), but only 30% of males, pray *two or more times a day*. Similarly, 60% of female members and 40% of males are *very satisfied* with their prayer lives.

Older members pray more often than their younger counterparts. While 30% of members under the age of 40 pray *two or more times a day*, 59% of those 70 or older pray that frequently.

Despite the greater frequency of prayer among older members, these members are not more satisfied with their prayer lives than are younger members. The relationship between satisfaction with prayer and age is not straight forward. For example, 8% of members under 40, 13% of those between 56 and 69, and 11% of those 70 or older are satisfied with their prayer lives.

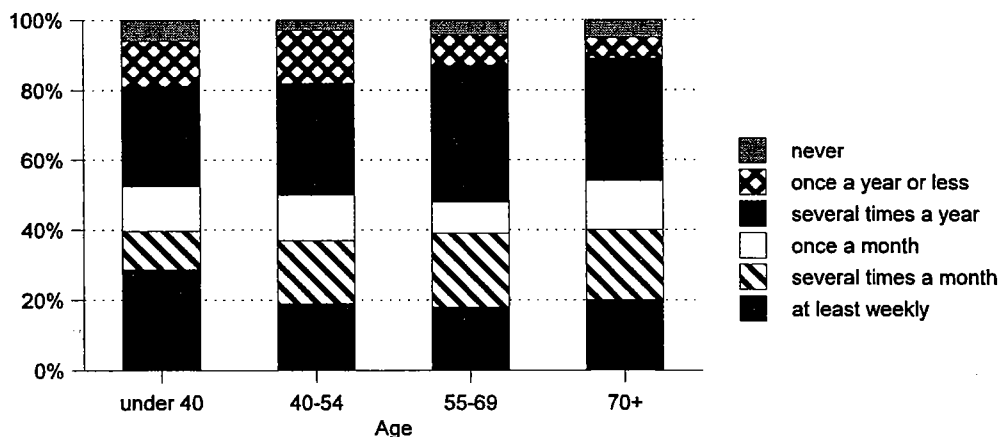
Looking at the other end of the spectrum reveals that younger persons are somewhat more *dissatisfied* with their prayer lives than are older persons:

Table 2  
Percent Dissatisfied or Very Dissatisfied  
With Their Prayer Lives by Age

Sample	Under 40	40-49	50-59	60 plus
pastors .....	21%	25%	11%	8%
specialized clergy .....	25%	19%	13%	7%
	Under 40	40-54	55-69	70 plus
members .....	21%	15%	11%	7%
elders .....	21%	17%	12%	2%

- Compared to other panelists, pastors are most likely to “participate in church social events,” with 65% reporting they participate at least weekly. Members have the lowest levels of participation. Nonetheless, 22% of members participate at least weekly. Less than 5% in any sample indicated that they *never* take part in church social events.

Figure 2  
Younger Members Are a Bit More Likely to Participate in Church Social Events Weekly

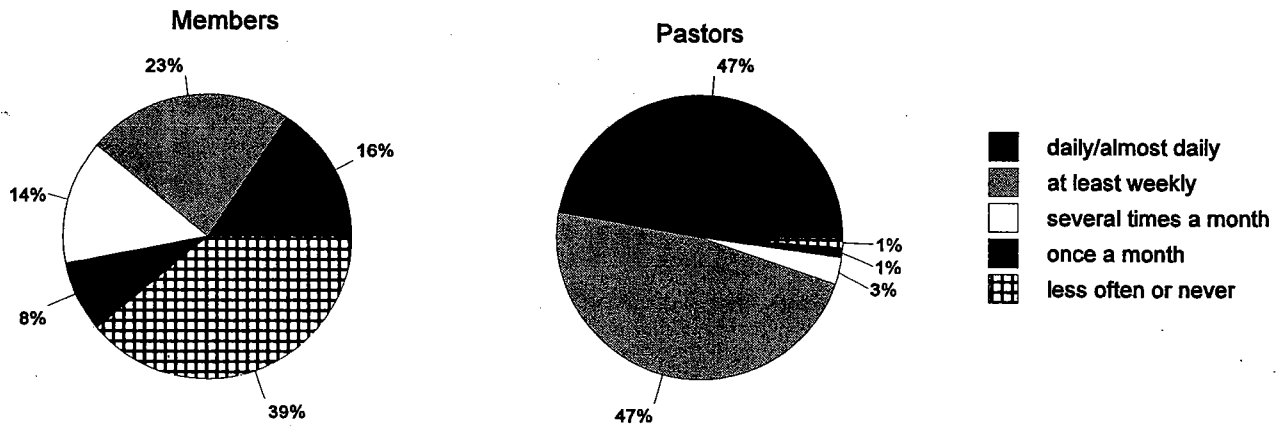


# Bible Reading

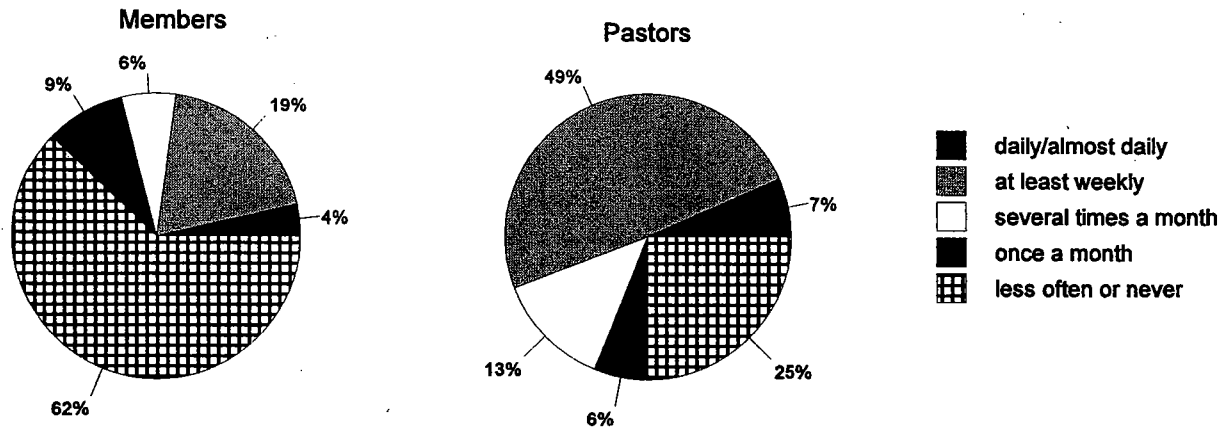
## Frequency and Types of Bible Reading

- Pastors are much more likely than other groups of panelists to “read the Bible privately” *daily/almost daily* (47% do so). The next most frequent Bible readers are specialized clergy (29% do so *daily/almost daily*), followed by elders (17%) and members (16%).
- 21% of members and 10% of elders “read the Bible privately” *once a year or less* (including those who *never* do so).
- 40% of members, 25% of elders, and 21% of specialized clergy *never* “attend Bible study groups with other than family or friends.”

**Figure 3**  
How Frequently Do You Read the Bible *Privately*?



**Figure 4**  
How Frequently Do You Read the Bible *with Family and Friends*?

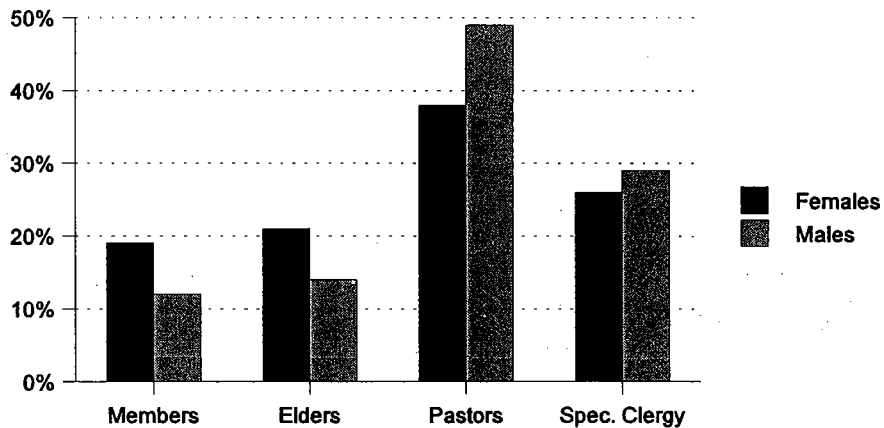


# Bible Reading

## The Relationship Between Gender and Age and Bible Reading

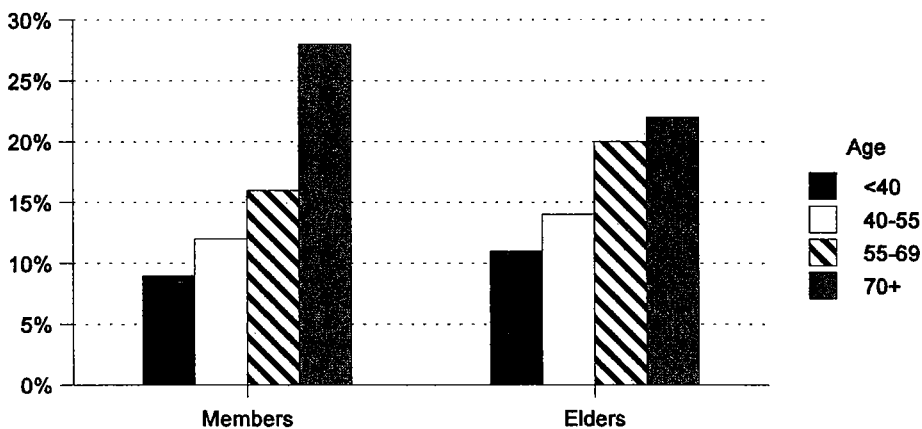
Among members and elders, women are more likely than men to read the Bible *daily or almost daily*. Among pastors and specialized clergy, the opposite is true—men are more likely than women to report daily Bible reading.

**Figure 5**  
Percent Who Report Daily/Almost Daily Bible Reading by Gender and Sample



Age also influences the frequency of Bible reading, with older persons more likely to read the Bible *daily or almost daily* than younger persons. This is true for men and women.

**Figure 6**  
Percent Who Report Daily/Almost Daily Bible Reading by Age and Sample



No similar relationships with age or gender are found for the frequency with which panelists “read the Bible with family or friends.”

## Mental and Physical Health

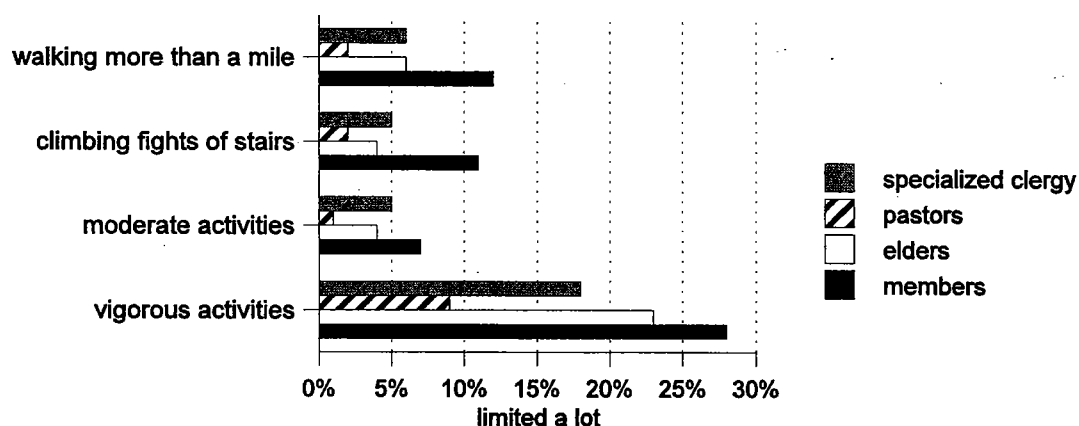
### Mental Health

- In the four weeks before they completed the questionnaire, about 2% of panelists reported that they had been “a very nervous person” *all of the time* or *most of the time*. In contrast, almost half (ranging from 42% of pastors to 50% of elders) felt “calm and peaceful” *all of the time* or *most of the time* in the previous four weeks.
- A large majority of panelists (around 80%) felt “downhearted and blue” either only *a little of the time* or *none of the time* in the previous four weeks. During the same period, 1% or less felt “so down in the dumps that nothing could cheer them up” *all of the time* or *most of the time*.
- Only about 5% of panelists in any sample feel “worn out” *all or most of the time*. Fully 62% of pastors and specialized clergy, 67% of members, and 71% elders have been a “happy person” *all or most of the time* in the four weeks before answering the questionnaire.

### Physical Health

- In general, Presbyterians report that they are healthy physically. Two-thirds of members (63%), 71% of elders, 77% of pastors, and 74% of specialized clergy describe their health as *excellent* or *very good*. In each sample, 2% or fewer say their health is *poor*.
- The vast majority of panelists (two-thirds or more) indicate that their health in general is *about the same as one year ago*. More panelists report improvement in their health in the past year (ranging from 19% of members to 26% of pastors) than indicated their health has gotten worse (about 10% in each sample).
- Few panelists (28% of members, 23% of elders, 9% of pastors, and 18% of specialized clergy) are *limited a lot* in “vigorous activities such as running, lifting heavy objects, and participating in strenuous sports.” Even fewer (ranging from 7% of members to 1% of pastors) are *limited a lot* in “moderate activities such as moving a table, pushing a vacuum cleaner, bowling, or playing golf.”

**Figure 7**  
**Does Your Health Limit You in These Activities?**

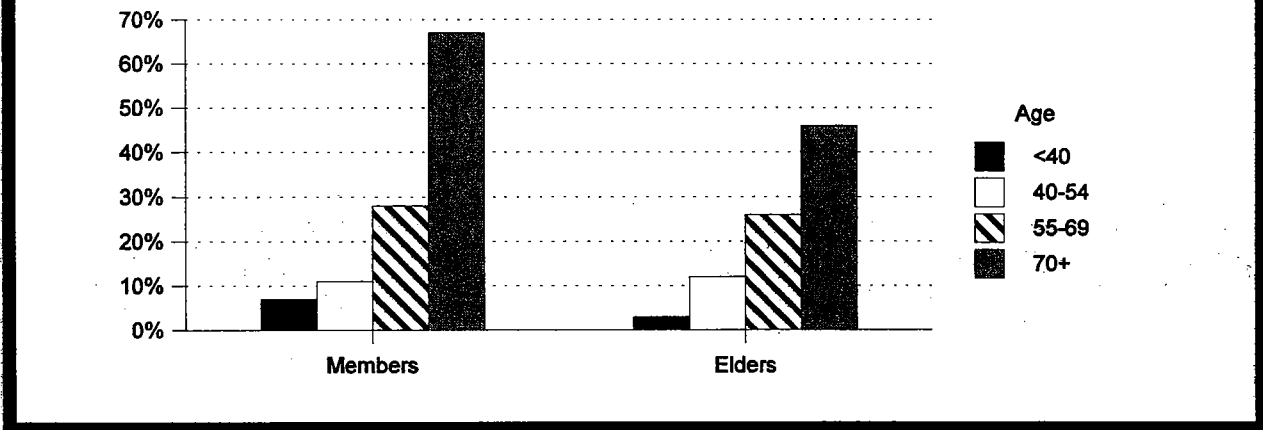


## Mental and Physical Health

### Age and Physical Limitations

Age is definitely related to limitations on the ability to pursue “vigorous activities.” Panelists in the oldest age group are most likely to indicate difficulties in this area. No similar relationship exists between age and limitations on less vigorous activities.

**Figure 8**  
**Percentage Who are *Limited a Lot* in Undertaking Vigorous Activities**



- In the four weeks before completing the questionnaire, 17% of members, 11% of elders, 14% of pastors, and 15% of specialized clergy “cut down on the amount of time spent on work or other activities” as a result of their “physical health.”
- One-fourth to one-third of panelists “accomplished less than they would have liked” in the previous four weeks due to their “physical health.”
- Even smaller percentages of panelists (members, 14%; elders, 9%) indicate that they had “cut down on the amount of time spent on work or other activities” in the preceding four weeks due to “emotional problems.”
- Most panelists report no recent impact of physical or emotional problems on their social lives. In the previous month, physical health or emotional problems “interfered with normal social activities with family, friends, neighbors, or groups” *not at all* for 59% of pastors, 61% of members, 64% of specialized clergy, and 71% of elders.
- Around 60% of panelists believe that they do *not* “get sick a little easier than other people,” labeling that statement as *definitely false*.
- More than 80% of panelists (ranging from 81% of members to 88% of pastors) respond either *definitely true* or *mostly true* to the statement “my health is excellent.” On the other side of the coin, between 14% (members) and 18% (specialized clergy) respond similarly to this statement: “I expect my health to get worse.”
- Older Presbyterians are more likely than those who are younger to think their health will get worse. Only 8% of members under 40 years of age, but 23% of those 70 years old or older, respond *definitely true* or *mostly true* to the statement “I expect my health to get worse.” Likewise, men are more likely than women to believe their health is going to get worse—12% of female members and 20% of their male counterparts believe the statement is *definitely true* or *mostly true*.



## Mental and Physical Health

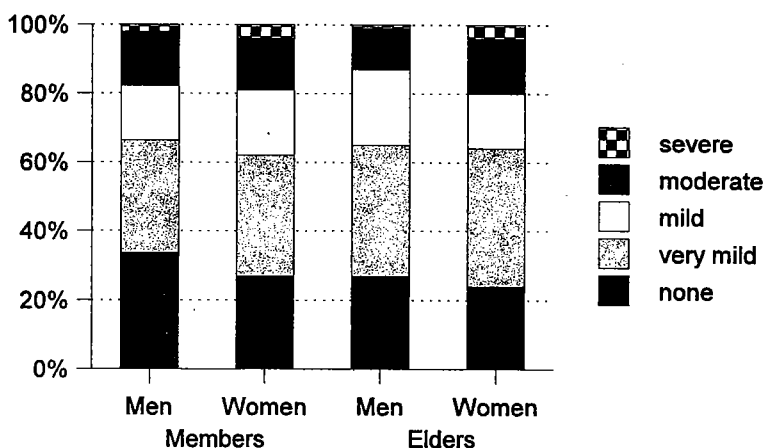
### Pain

- 64% of members, 65% of elders, 73% of pastors, and 67% of specialized clergy experienced *none* or *very mild* bodily pain during the past four weeks. Furthermore, pain did not “interfere with normal work (including both work outside the home and housework)” of most panelists—85% of members, 90% of elders, 92% of pastors, and 89% of specialized clergy report that pain interfered either *not at all* or only *a little bit* with their work.

### Men, Women, and Pain

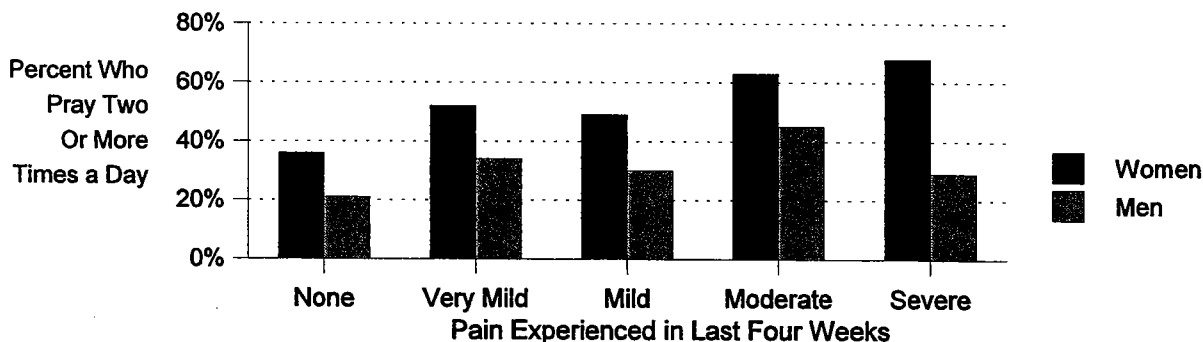
A recent national study (cited in *The New York Times*, April 7, 1998) found that, compared to men, women are more likely to report pain, but that women develop more means of coping with pain. One way that people cope with pain is through prayer. Contrary to the national study, male and female members and elders report about the same amount of pain.

**Figure 9**  
**How Much Bodily Pain Have You Had in the Last Four Weeks?**



Panelists do provide evidence to support the finding that women use prayer to cope with pain. The percentage of women members who report praying at least twice a day is larger among those who report experiencing more severe pain in the past four weeks. Men who report severe pain are not more likely than those with only mild pain to pray that frequently.

**Figure 10**  
**Women Experiencing More Pain Are More Likely to Pray Two or More Times A Day**



## Misfortune

### *Religious Doubt*

- Few panelists *often* doubt their religious faith due to “evil in the world,” “personal suffering,” “conflict of faith and science,” or “the feeling that life has no meaning.” Of these four, “evil in the world” appears to be the most problematic—8% of members, 7% of elders and pastors, and 11% of specialized clergy report that this has *often* caused doubts about their religious faith.
- It is far more common for panelists to indicate that each situation has *never* caused them to doubt their religious faith:

**Table 3**  
**How Often Have the Following Problems Caused Doubts About Your Religious Faith?**

	Percent Responding <i>Never</i>			
	Members	Elders	Pastors	Specialized Clergy
evil in the world . . . . .	48%	50%	35%	36%
personal suffering . . . . .	48%	50%	37%	40%
conflict of faith and science . . . . .	68%	71%	74%	77%
the feeling that life has no meaning ..	79%	80%	63%	56%

### *Misfortunes Experienced*

- About 10% of panelists in each sample had “a spouse, child, parent, grandparent, or grandchild die” in the last year. In addition, about one-quarter of panelists report that one of those family members “suffered a serious illness or accident” in the same time period.
- 9% of members, elders, and pastors, and 13% of specialized clergy experienced “a major financial loss (involving 20% or more of their income)” in the past year.
- In the past year, 26% of members, 16% of elders, 27% of pastors, and 23% of specialized clergy had “a major disagreement or serious argument with a spouse, child, parent, grandparent, or grandchild.” Smaller percentages (ranging from 8% of members to 13% of specialized clergy) had a similar “disagreement with a close friend” in that period.
- When asked to name their most recent major problem or challenge, the largest percentage of members (21%) described a matter involving their own health. In addition, 19% cited a problem at work, 17% named a health-related problem that someone else was experiencing, and 16% cited a family matter.

### *Coping With Misfortune*

- Of ten possible responses to misfortune, panelists’ most common response to their recent problem was to “look to God for strength, support, and guidance”—46% of members, 54% of elders, 59% of pastors, and 48% of specialized clergy relied on this method *a great deal* in grappling with the problem.
- The second most common way of dealing with their most recent problem was “to work together with God as partners to get through the problem.” As seen in Table 4, three-quarters of pastors used this method either *a great deal* (41%) or *quite a bit* (34%). Members are somewhat less likely than other panelists to use this method (60% do—29%, *a great deal* and 31%, *quite a bit*).

## Misfortune

- Of the ten options, the least common response to misfortune was to “question whether God really exists.” No more than 2% in each sample did so.

**Table 4**  
**Responses/Reactions to Most Recent Problem**

	Percent Responding <i>Quite a Bit or A Great Deal</i>			
	Members	Elders	Pastors	Specialized Clergy
I looked to God for strength, support, and guidance . . . . .	77%	84%	89%	82%
I worked together with God as partners to get through this problem . . . . .	60%	69%	75%	67%
I tried to find the lesson from God in this problem . . . . .	43%	49%	57%	50%
I tried to give spiritual strength to other people . . . . .	42%	51%	71%	59%
I thought about how my life is part of a larger spiritual force	39%	46%	56%	57%
I tried to make sense of the situation and to decide what to do without relying on God . . . . .	11%	10%	6%	7%
I wondered whether God had abandoned me . . . . .	3%	2%	1%	2%
I felt this problem was God’s way of punishing me for my sins or lack of spirituality . . . . .	3%	2%	1%	1%
I expressed anger at God for letting this problem happen . . . .	2%	2%	5%	6%
I questioned whether God really exists . . . . .	2%	1%	1%	1%

- The vast majority of panelists did not see their misfortune as “God’s way of punishing me for my sins or lack of spirituality” (88% of members and 93% of pastors responded *not at all*). Likewise, they did not believe that “God had abandoned me” (85% of members and pastors responded *not at all*).

### Men and Women Respond to Misfortune Differently

The recent research on pain cited by *The New York Times* indicates that women find multiple means of coping with pain. It would seem reasonable that this would also hold for misfortune. And, in fact, that is the case for panelists. Women were more likely than men to report using each of the means of coping listed on the questionnaire.

**Table 5**  
**Percent Responding “A Great Deal”**

	Percent Responding “A Great Deal”							
	Members		Elders		Pastors		Specialized Clergy	
	F	M	F	M	F	M	F	M
I looked to God for strength, support, and guidance . . . .	52%	36%	63%	45%	70%	57%	58%	45%
I worked together with God as partners to get through this problem . . . . .	33%	21%	44%	28%	47%	40%	45%	28%
I tried to find the lesson from God in this problem . . . . .	21%	17%	28%	19%	33%	29%	29%	24%
I tried to give spiritual strength to other people . . . . .	17%	10%	21%	13%	32%	29%	29%	22%
I thought about how my life is part of a larger spiritual force . . . . .	17%	10%	63%	37%	35%	27%	36%	28%

# Congregations as Loving, Caring Places

## *Caring for One Another*

- Three-quarters of members (76%), 88% of elders, 87% of pastors, and 77% of specialized clergy said that in the past year they were “made to feel loved and cared for” *very often* or *fairly often* by people in their congregation.
- Smaller percentages of members and elders said they, themselves, “made other people in their congregation feel loved and cared for” in the previous year. Nonetheless, 61% of members and 76% of elders did so *very often* or *fairly often*.

### Reciprocity

There is a direct relationship between caring for and feeling cared for by others in one’s congregation. The more often one reports caring for others in the congregation the more often he or she also reports feeling cared for by others in the congregation. Shown here for members, this relationship holds for elders, pastors, and specialized clergy.

**Table 6**

**You Made Others Feel Cared For:**

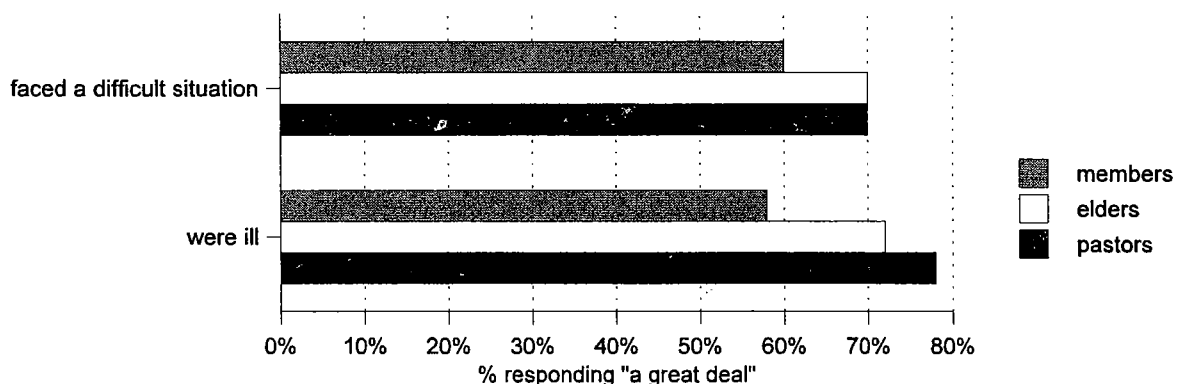
<u>Others Make You Feel Cared For:</u>	<u>very often</u>	<u>fairly often</u>	<u>once in a while</u>	<u>never</u>
very often . . . . .	88%	45%	15%	7%
fairly often . . . . .	9%	45%	40%	17%
once in a while . . . . .	2%	9%	45%	41%
never . . . . .	1%	1%	1%	35%
total . . . . .	100%	100%	101%	100%

- One-half of elders (51%), 40% of pastors, and 38% of members report that members of their congregations “listened to you talk about your private problems and concerns” either *very often* or *fairly often* in the previous year. Larger percentages (elders, 70%; pastors, 98%; members, 53%) report that they in turn “listened to people in your congregation talk about their private feelings or concerns” as frequently.

## *Help from People in the Congregation*

- Large majorities in every sample believe that people in the congregation would be willing to help out *a great deal* if they “were ill” or “had a problem or faced a difficult situation.”

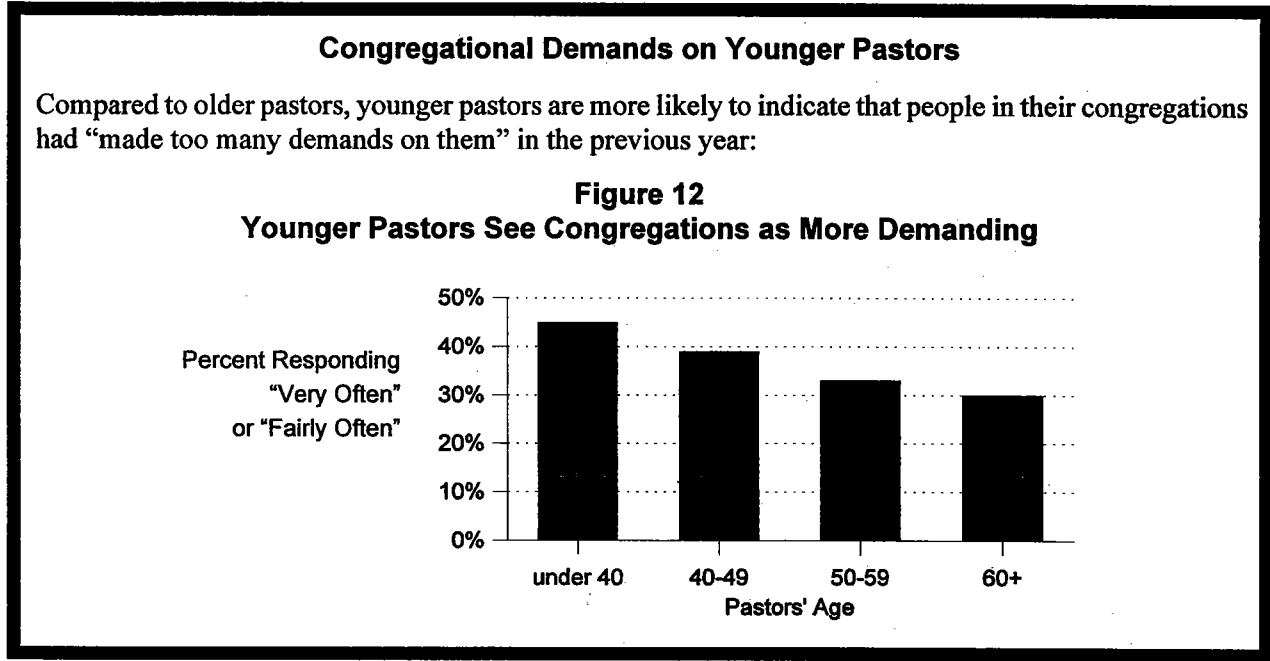
**Figure 11**  
**How Much Would People in the Congregation Help if You . . . ?**



# The Negatives of Congregational Life

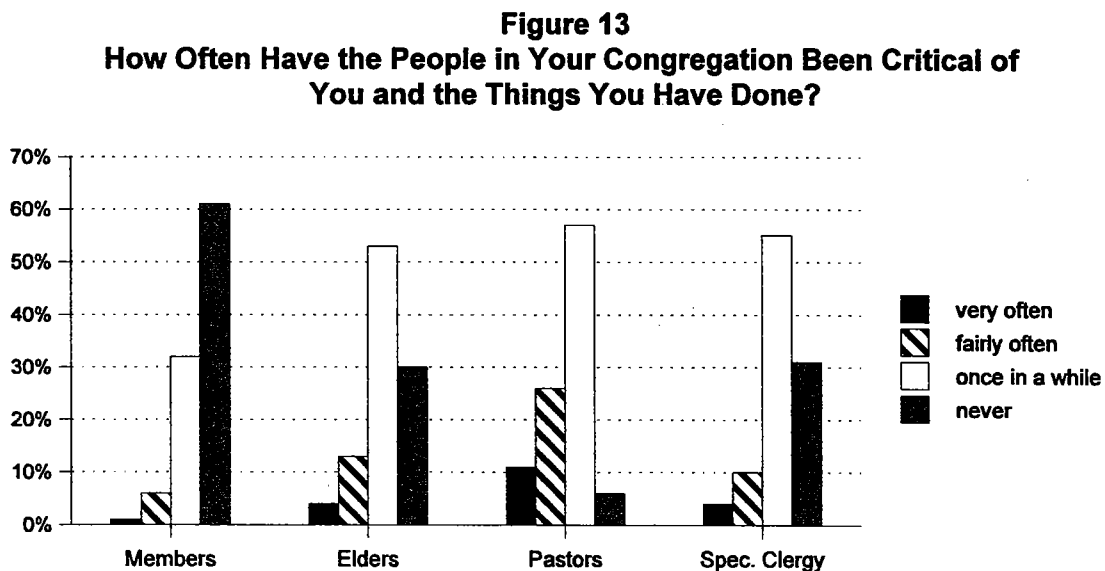
## Demands

- While only 7% of members, 17% of elders, and 14% of specialized clergy report that people in the congregation *very often* or *fairly often* “made too many demands on them” in the previous year, 37% of pastors experienced this problem.



## Criticism in the Congregation

- Pastors are more likely than panelists in other samples to have been criticized by others in the congregation—15% of pastors, but no more than 7% of other panelists, report that others in the congregation have *very often* or *fairly often* “been critical of you and the things you have done.”



# Appendix A

## February 1997—Presbyterian Panel Spirituality and Health

	Members	Elders	Ministers
Number mailed .....	1,360	1,314	1,870
Number returned .....	1,025	1,034	1,420*
Response rate .....	75%	79%	76%

\* 981 pastors; 439 specialized clergy

	MEMBERS	ELDERS	PASTORS	SPECIALIZED CLERGY
Q-1. How often do you pray? (Check [✓] the box [□] corresponding to your response.)				
two or more times a day .....	42%	43%	75%	65%
once a day .....	24%	29%	16%	18%
two or more times a week (but less than daily) .....	22%	23%	8%	15%
once a week .....	5%	3%	*	1%
less than once a week .....	5%	1%	1%	1%
never .....	1%	*	---	---

	MEMBERS (n=1003)	ELDERS (n=1013)	PASTORS	SPECIALIZED CLERGY
Q-2. When you pray are you likely to ... (Check [✓] the box [□] for "yes" or "no" for <i>each</i> item.)				
a. read from a book of prayers?	+			
yes .....	14%	14%	35%	29%
no .....	86%	86%	65%	71%
b. recite prayers you have memorized?	+			
yes .....	40%	36%	32%	31%
no .....	60%	64%	68%	69%
c. ask God for material things you need?	+			
yes .....	25%	25%	40%	36%
no .....	75%	75%	60%	64%
d. talk with God in your own words?				
yes .....	98%	99%	100%	98%
no .....	2%	1%	*	2%
e. ask God to forgive your sins?				
yes .....	89%	93%	94%	88%
no .....	11%	7%	6%	12%
f. ask God to provide guidance in making decisions?				
yes .....	95%	97%	99%	96%
no .....	5%	3%	1%	4%
g. ask God for healing for yourself?				
yes .....	72%	69%	76%	77%
no .....	28%	31%	24%	23%

\* = less than 0.5%; rounds to zero

- = zero (0.0); no cases in this category

+ = nonresponses of 10% or more for this sample on this question (reported percentages for all questions omit nonresponses)

n = number of respondents eligible to answer this question

◆ = percentages add to more than 100 because respondents could make more than one response

Q-2. When you pray are you likely to . . . (Check [✓] the box [□] for "yes" or "no" for *each* item.)  
[cont.]

h.	ask God for healing for others?				
	yes .....	96%	96%	98%	96%
	no .....	4%	4%	2%	4%
i.	thank God for blessings?				
	yes .....	97%	98%	99%	99%
	no .....	3%	2%	1%	1%
j.	spend time quietly thinking about God?				
	yes .....	72%	74%	89%	82%
	no .....	28%	26%	11%	18%
k.	spend time just "feeling" the presence of God?				
	yes .....	58%	67%	76%	70%
	no .....	42%	33%	24%	30%

Q-3. How satisfied are you with your prayer life? (✓ one □)

very satisfied .....	9%	8%	10%	14%
satisfied .....	45%	45%	46%	42%
neither satisfied nor dissatisfied .....	32%	34%	26%	30%
dissatisfied .....	13%	13%	17%	13%
very dissatisfied .....	1%	*	1%	1%

Q-4. Approximately how frequently do you engage in the following activities? (✓ one □ on each line)

a.	read the Bible privately				
	daily/almost daily .....	16%	17%	47%	29%
	several times a week .....	11%	18%	37%	28%
	weekly .....	12%	18%	10%	20%
	several times a month .....	14%	15%	3%	10%
	once a month .....	8%	8%	1%	5%
	several times a year .....	18%	15%	1%	6%
	once a year or less .....	12%	6%	*	1%
	never .....	9%	4%	*	1%
b.	read the Bible with family or friends				
	daily/almost daily .....	4%	3%	7%	6%
	several times a week .....	3%	5%	19%	10%
	weekly .....	16%	22%	30%	23%
	several times a month .....	6%	10%	13%	12%
	once a month .....	9%	8%	6%	5%
	several times a year .....	15%	17%	13%	20%
	once a year or less .....	14%	14%	4%	9%
	never .....	33%	20%	8%	16%

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Q-4. Approximately how frequently do you engage in the following activities? (✓ one □ on each line)  
[cont.]

c. attend Bible study groups with other than family or friends				
	daily/almost daily . . . . . *	1%	2%	1%
	several times a week . . . . . 2%	2%	13%	3%
	weekly . . . . . 18%	26%	42%	21%
	several times a month . . . . . 6%	9%	12%	9%
	once a month . . . . . 11%	10%	7%	7%
	several times a year . . . . . 9%	14%	12%	23%
	once a year or less . . . . . 13%	13%	5%	15%
	never . . . . . 40%	25%	6%	21%
d. pray with one or more other persons				
	daily/almost daily . . . . . 9%	11%	24%	20%
	several times a week . . . . . 8%	10%	42%	20%
	weekly . . . . . 23%	32%	20%	21%
	several times a month . . . . . 16%	16%	8%	16%
	once a month . . . . . 6%	6%	1%	4%
	several times a year . . . . . 12%	10%	2%	10%
	once a year or less . . . . . 6%	4%	1%	2%
	never . . . . . 20%	10%	2%	6%
e. participate in church social events				
	daily/almost daily . . . . . 1%	1%	10%	2%
	several times a week . . . . . 6%	11%	28%	6%
	weekly . . . . . 15%	19%	27%	16%
	several times a month . . . . . 18%	24%	22%	23%
	once a month . . . . . 12%	16%	6%	13%
	several times a year . . . . . 34%	26%	7%	30%
	once a year or less . . . . . 10%	1%	*	6%
	never . . . . . 5%	1%	*	4%

Q-5. How often have the following problems caused doubts about your religious faith? (✓ one □ on each line)

a. evil in the world				
	often . . . . . 8%	7%	7%	11%
	sometimes . . . . . 44%	43%	58%	53%
	never . . . . . 48%	50%	35%	36%
b. personal suffering				
	often . . . . . 6%	6%	6%	7%
	sometimes . . . . . 46%	44%	57%	54%
	never . . . . . 48%	50%	37%	40%
c. conflict of faith and science				
	often . . . . . 4%	3%	2%	2%
	sometimes . . . . . 28%	26%	24%	22%
	never . . . . . 68%	71%	74%	77%

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Q-5. How often have the following problems caused doubts about your religious faith? (✓ one □ on each line)  
[cont.]

d. the feeling that life really has no meaning				
often .....	1%	1%	1%	3%
sometimes .....	20%	19%	36%	41%
never .....	79%	80%	63%	56%

Q-6 TO Q-16 ASK FOR YOUR VIEWS ABOUT YOUR HEALTH. IF YOU ARE UNSURE ABOUT HOW TO ANSWER A QUESTION, PLEASE GIVE THE BEST ANSWER YOU CAN.

Q-6. In general, would you say your health is ... (✓ one □)

excellent .....	26%	27%	34%	32%
very good .....	37%	44%	43%	42%
good .....	26%	23%	19%	17%
fair .....	9%	5%	4%	8%
poor .....	2%	1%	*	2%

Q-7. Compared to one year ago, how would you rate your health in general now? (✓ one □)

much better now than one year ago .....	6%	5%	6%	8%
somewhat better now than one year ago .....	13%	12%	20%	17%
about the same as one year ago .....	70%	73%	65%	66%
somewhat worse now than one year ago .....	10%	9%	8%	9%
much worse now than one year ago .....	1%	1%	1%	1%

Q-8. The following items are about activities you might do during a typical day. Does your *health now limit you* in these activities? If so, how much? (✓ one □ on each line)

a. <i>vigorous activities</i> , such as running, lifting heavy objects, participating in strenuous sports				
yes, limited a lot .....	28%	23%	9%	18%
yes, limited a little .....	36%	44%	40%	41%
no, not limited at all .....	37%	33%	51%	41%
b. <i>moderate activities</i> , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf				
yes, limited a lot .....	7%	4%	1%	5%
yes, limited a little .....	19%	15%	8%	9%
no, not limited at all .....	75%	81%	91%	86%
c. lifting or carrying groceries				
yes, limited a lot .....	4%	2%	2%	3%
yes, limited a little .....	12%	9%	4%	8%
no, not limited at all .....	83%	89%	95%	88%
d. climbing <i>several</i> flights of stairs				
yes, limited a lot .....	11%	4%	2%	5%
yes, limited a little .....	24%	24%	12%	16%
no, not limited at all .....	65%	72%	86%	79%

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Q-8. The following items are about activities you might do during a typical day. Does your *health now limit you* [cont.] in these activities? If so, how much? (✓ one □ on each line)

e.	climbing <i>one</i> flight of stairs				
	yes, limited a lot .....	4%	2%	2%	1%
	yes, limited a little .....	11%	6%	2%	6%
	no, not limited at all .....	85%	93%	97%	93%
f.	bending, kneeling, or stooping				
	yes, limited a lot .....	7%	4%	2%	3%
	yes, limited a little .....	28%	27%	13%	17%
	no, not limited at all .....	64%	69%	86%	79%
g.	walking <i>more than a mile</i>				
	yes, limited a lot .....	12%	6%	2%	6%
	yes, limited a little .....	18%	17%	9%	12%
	no, not limited at all .....	71%	77%	90%	81%
h.	walking <i>several blocks</i>				
	yes, limited a lot .....	7%	2%	1%	3%
	yes, limited a little .....	11%	8%	4%	6%
	no, not limited at all .....	82%	89%	95%	90%
i.	walking <i>one block</i>				
	yes, limited a lot .....	3%	1%	2%	1%
	yes, limited a little .....	6%	4%	1%	4%
	no, not limited at all .....	91%	96%	97%	95%
j.	bathing or dressing yourself				
	yes, limited a lot .....	2%	1%	2%	1%
	yes, limited a little .....	4%	2%	1%	2%
	no, not limited at all .....	95%	97%	98%	96%

Q-9. *During the past 4 weeks*, have you had any of the following problems with your work or other regular daily activities *as a result of your physical health*? (✓ one □ on each line)

a.	cut down on the <i>amount of time</i> you spent on work or other activities				
	yes .....	17%	11%	14%	15%
	no .....	83%	89%	86%	85%
b.	<i>accomplished less</i> than you would like				
	yes .....	33%	26%	22%	24%
	no .....	67%	74%	78%	76%
c.	were limited in the kind of work or other activities				
	yes .....	23%	16%	11%	14%
	no .....	77%	84%	89%	86%
d.	had <i>difficulty</i> performing the work or other activities (for example, it took extra effort)				
	yes .....	25%	18%	13%	18%
	no .....	75%	82%	87%	82%

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Q-10. *During the past 4 weeks*, have you had any of the following problems with your work or other regular daily activities *as a result of any emotional problems* (such as feeling depressed or anxious)? (✓ one □ on each line)

a.	cut down on the <i>amount of time</i> you spent on work or other regular activities				
	yes .....	14%	9%	14%	12%
	no .....	86%	91%	86%	88%
b.	<i>accomplished less</i> than you would like				
	yes .....	30%	23%	28%	26%
	no .....	70%	77%	72%	74%
c.	didn't do work or other activities as <i>carefully</i> as usual				
	yes .....	16%	12%	19%	16%
	no .....	84%	88%	81%	84%

Q-11. *During the past 4 weeks*, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? (✓ one □)

not at all .....	61%	71%	59%	64%
slightly .....	24%	21%	28%	23%
moderately .....	9%	6%	9%	9%
quite a bit .....	6%	2%	3%	3%
extremely .....	1%	1%	1%	1%

Q-12. How much *bodily* pain have you had *during the past 4 weeks*? (✓ one □)

none .....	29%	26%	30%	29%
very mild .....	35%	39%	43%	38%
mild .....	17%	19%	13%	17%
moderate .....	15%	14%	10%	13%
severe .....	4%	2%	3%	2%
very severe .....	*	---	*	1%

Q-13. *During the past 4 weeks*, how much did *pain* interfere with your normal work (including both work outside the home and housework)? (✓ one □)

not at all .....	61%	66%	72%	70%
a little bit .....	24%	24%	20%	19%
moderately .....	11%	8%	6%	8%
quite a bit .....	4%	2%	2%	3%
extremely .....	*	*	*	*

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Q-14. These questions are about how you feel and how things have been with you *during the past 4 weeks*. For each question, please give the one answer that comes closest to the way you have been feeling. (✓ one □ on each line)

How much of the time during the *past 4 weeks* ...

a.	did you feel full of pep?				
	all of the time .....	3%	2%	2%	3%
	most of the time .....	34%	38%	37%	35%
	a good bit of the time .....	28%	29%	34%	28%
	some of the time .....	22%	22%	19%	24%
	a little of the time .....	10%	7%	7%	8%
	none of the time .....	4%	2%	2%	2%
b.	have you been a very nervous person?				
	all of the time .....	1%	*	*	---
	most of the time .....	2%	1%	1%	1%
	a good bit of the time .....	5%	3%	4%	3%
	some of the time .....	16%	14%	14%	13%
	a little of the time .....	36%	37%	44%	44%
	none of the time .....	40%	45%	37%	38%
c.	have you felt so down in the dumps that nothing could cheer you up?				
	all of the time .....	*	*	---	*
	most of the time .....	1%	*	1%	---
	a good bit of the time .....	2%	1%	3%	2%
	some of the time .....	6%	6%	8%	7%
	a little of the time .....	21%	19%	21%	22%
	none of the time .....	70%	73%	68%	69%
d.	have you felt calm and peaceful?				
	all of the time .....	6%	4%	3%	3%
	most of the time .....	42%	46%	39%	43%
	a good bit of the time .....	22%	24%	31%	25%
	some of the time .....	21%	19%	21%	23%
	a little of the time .....	8%	5%	5%	6%
	none of the time .....	2%	2%	1%	1%
e.	did you have a lot of energy?				
	all of the time .....	3%	2%	3%	3%
	most of the time .....	34%	37%	41%	35%
	a good bit of the time .....	25%	29%	28%	26%
	some of the time .....	22%	20%	20%	26%
	a little of the time .....	12%	9%	7%	7%
	none of the time .....	4%	3%	2%	2%
f.	have you felt downhearted and blue?				
	all of the time .....	*	*	*	*
	most of the time .....	2%	1%	1%	1%
	a good bit of the time .....	4%	3%	5%	4%
	some of the time .....	15%	13%	17%	15%
	a little of the time .....	37%	42%	50%	46%
	none of the time .....	42%	41%	28%	34%

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Q-14. These questions are about how you feel and how things have been with you *during the past 4 weeks*. For each [cont.] question, please give the one answer that comes closest to the way you have been feeling. (✓ one □ on each line)

How much of the time during the *past 4 weeks* ...

g. did you feel worn out?				
all of the time	1%	1%	1%	1%
most of the time	4%	3%	4%	5%
a good bit of the time	8%	9%	11%	10%
some of the time	27%	27%	30%	26%
a little of the time	43%	45%	44%	45%
none of the time	17%	16%	10%	13%
h. have you been a happy person?				
all of the time	11%	10%	6%	8%
most of the time	56%	61%	56%	54%
a good bit of the time	19%	16%	21%	19%
some of the time	11%	8%	13%	14%
a little of the time	4%	3%	3%	4%
none of the time	1%	1%	*	*
i. did you feel tired?				
all of the time	2%	1%	2%	1%
most of the time	6%	5%	7%	6%
a good bit of the time	12%	10%	14%	16%
some of the time	39%	38%	39%	38%
a little of the time	36%	42%	38%	36%
none of the time	5%	3%	1%	4%

Q-15. *During the last 4 weeks*, how much of the time has your *physical health or emotional problems* interfered with your social activities (like visiting friends, relatives, etc.)? (✓ one □)

all of the time	1%	1%	1%	1%
most of the time	3%	1%	2%	1%
some of the time	13%	8%	12%	12%
a little of the time	21%	19%	23%	21%
none of the time	62%	71%	63%	64%

Q-16. How TRUE or FALSE is *each* of the following statements for you? (✓ one □ on each line)

a. I seem to get sick a little easier than other people				
definitely true	1%	1%	1%	2%
mostly true	4%	3%	5%	4%
don't know	7%	6%	6%	6%
mostly false	29%	27%	32%	31%
definitely false	59%	64%	56%	58%

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Q-16. How TRUE or FALSE is *each* of the following statements for you? (✓ one □ on each line)  
[cont.]

b.	I am as healthy as anybody I know*				
	definitely true .....	33%	32%	32%	28%
	mostly true .....	46%	51%	51%	51%
	don't know .....	11%	8%	8%	7%
	mostly false .....	6%	6%	7%	6%
	definitely false .....	4%	3%	2%	7%
c.	I expect my health to get worse				
	definitely true .....	3%	3%	2%	4%
	mostly true .....	11%	12%	13%	14%
	don't know .....	40%	38%	34%	38%
	mostly false .....	19%	21%	31%	27%
	definitely false .....	27%	25%	20%	17%
d.	My health is excellent				
	definitely true .....	31%	30%	35%	31%
	mostly true .....	50%	56%	53%	55%
	don't know .....	7%	4%	4%	3%
	mostly false .....	8%	7%	7%	7%
	definitely false .....	4%	3%	2%	4%

Q-17. Please answer each of the following questions either yes or no. (✓ one □ on each line)

**DURING THE PAST YEAR...**

a.	did your spouse, child, parent, grandparent, or grandchild die?				
	yes .....	11%	10%	10%	10%
	no .....	89%	90%	90%	90%
b.	did you suffer a major financial loss that involved 20% or more of your income?				
	yes .....	9%	9%	9%	13%
	no .....	91%	91%	91%	87%
c.	did your spouse, child, parent, grandparent, or grandchild suffer from a serious illness or accident?				
	yes .....	26%	26%	29%	23%
	no .....	74%	74%	71%	77%
d.	did you have a major disagreement or serious argument with your spouse, child, parent, grandparent, or grandchild?				
	yes .....	20%	16%	27%	23%
	no .....	82%	84%	73%	77%
e.	did you have a major disagreement or serious argument with a close friend?				
	yes .....	8%	6%	12%	13%
	no .....	92%	94%	88%	87%
f.	did you experience any other major problem or challenge? If "yes," what was it? (Please specify here.)				
	yes .....	37%	38%	52%	50%
	no .....	63%	62%	48%	50%

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Q-18. Now please think about the *most recent* major problem or challenge you have faced. What was it? (Please specify here; if you can't remember any in the past year, think back before then.)

Problem with:	+	◆	◆	◆	◆
school-self	3%	◆	1%	1%	1%
school-other person	*	◆	2%	2%	1%
work-self	19%	◆	11%	15%	25%
work-other person	2%	◆	14%	9%	17%
love and marriage-self	13%	◆	7%	6%	5%
love and marriage-other person	3%	◆	5%	2%	2%
having children-self	3%	◆	2%	2%	2%
having children-other person	*	◆	4%	1%	1%
family-self	16%	◆	10%	6%	5%
family-other person	1%	◆	2%	2%	3%
residence-self	6%	◆	1%	4%	4%
residence-other person	1%	◆	4%	2%	2%
crime and legal matters-self	1%	◆	2%	*	2%
crime and legal matters-other person	1%	◆	1%	1%	1%
finances-self	5%	◆	2%	1%	1%
finances-other person	*	◆	6%	4%	5%
social and religious activities-self	8%	◆	10%	29%	10%
social and religious activities-other person	*	◆	*	*	*
health-self	21%	◆	24%	14%	16%
health-other person	17%	◆	19%	14%	13%
other-self	3%	◆	2%	2%	2%
other-other person	*	◆	3%	3%	5%

Q-19. We are interested in learning more about how you responded or reacted when this most recent problem happened. Here are some things that people sometimes do to deal with difficulties like this. Please indicate how much you relied on each of them in the process of grappling with your most recent serious problem. (✓ one □ on each line)

a. I thought about how my life is part of a larger spiritual force					
not at all	25%	22%	15%	13%	
somewhat	36%	31%	29%	29%	
quite a bit	25%	30%	28%	27%	
a great deal	14%	16%	28%	30%	
b. I worked together with God as partners to get through this problem					
not at all	8%	5%	3%	5%	
somewhat	31%	26%	21%	28%	
quite a bit	31%	33%	34%	34%	
a great deal	29%	36%	41%	33%	
c. I looked to God for strength, support, and guidance					
not at all	4%	3%	1%	2%	
somewhat	19%	13%	10%	16%	
quite a bit	31%	30%	30%	34%	
a great deal	46%	54%	59%	48%	

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Q-19. We are interested in learning more about how you responded or reacted when this most recent problem happened. [cont.] Here are some things that people sometimes do to deal with difficulties like this. Please indicate how much you relied on each of them in the process of grappling with your most recent serious problem. (✓ one □ on each line)

d.	I tried to find the lesson from God in this problem				
	not at all	24%	22%	14%	19%
	somewhat	33%	29%	29%	30%
	quite a bit	24%	26%	27%	25%
	a great deal	19%	23%	30%	25%
e.	I tried to give spiritual strength to other people				
	not at all	19%	13%	5%	8%
	somewhat	39%	36%	24%	33%
	quite a bit	28%	34%	41%	35%
	a great deal	14%	17%	30%	24%
f.	I felt that this problem was God's way of punishing me for my sins or lack of spirituality				
	not at all	88%	92%	93%	94%
	somewhat	8%	7%	6%	5%
	quite a bit	2%	1%	1%	1%
	a great deal	1%	1%	*	*
g.	I wondered whether God had abandoned me				
	not at all	85%	90%	85%	86%
	somewhat	11%	9%	14%	12%
	quite a bit	2%	1%	1%	1%
	a great deal	1%	1%	*	1%
h.	I tried to make sense of the situation and to decide what to do without relying on God				
	not at all	61%	65%	69%	67%
	somewhat	27%	25%	26%	26%
	quite a bit	8%	7%	4%	5%
	a great deal	3%	3%	2%	2%
i.	I questioned whether God really exists				
	not at all	92%	96%	95%	94%
	somewhat	7%	3%	4%	5%
	quite a bit	1%	1%	1%	1%
	a great deal	1%	*	*	*
j.	I expressed anger at God for letting this problem happen				
	not at all	85%	88%	68%	73%
	somewhat	13%	10%	27%	21%
	quite a bit	1%	1%	4%	5%
	a great deal	1%	1%	1%	1%

\* = less than 0.5%; rounds to zero

- = zero (0.0); no cases in this category

+ = nonresponses of 10% or more for this sample on this question (reported percentages for all questions omit nonresponses)

n = number of respondents eligible to answer this question

◆ = percentages add to more than 100 because respondents could make more than one response



Q-20. The following questions deal with relationships you've had with people in your congregation (the congregation you serve or attend). Think about how these relationships have been *over the past year*. How often have people in your congregation ... (✓ one  on each line)

a. made you feel loved and cared for?				
very often .....	41%	56%	56%	42%
fairly often .....	35%	32%	31%	35%
once in a while .....	21%	11%	13%	21%
never .....	3%	1%	*	2%
b. listened to you talk about your private problems and concerns?				
very often .....	16%	23%	13%	13%
fairly often .....	22%	28%	27%	25%
once in a while .....	38%	38%	50%	46%
never .....	24%	11%	10%	16%

Q-21. These questions deal with things you might have done for the people you worship with. Thinking back *over the past year*, how often have you ... (✓ one  on each line)

a. made people in your congregation feel loved and cared for?				
very often .....	18%	28%	68%	34%
fairly often .....	43%	48%	31%	45%
once in a while .....	34%	23%	2%	20%
never .....	6%	1%	---	1%
b. listened to people in your congregation talk about their private feelings or concerns?				
very often .....	17%	28%	73%	37%
fairly often .....	36%	42%	25%	40%
once in a while .....	36%	27%	2%	21%
never .....	11%	2%	---	2%

Q-22. The contact we have with others is not always pleasant. *Thinking back over the past year*, how often have the people in your congregation ... (✓ one  on each line)

a. made too many demands on you?				
very often .....	1%	4%	11%	4%
fairly often .....	6%	13%	26%	10%
once in a while .....	32%	53%	57%	55%
never .....	61%	30%	6%	31%
b. been critical of you and the things you have done?				
very often .....	1%	2%	4%	2%
fairly often .....	2%	4%	11%	5%
once in a while .....	22%	44%	77%	55%
never .....	75%	51%	9%	38%

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Q-23. This question is designed to find out how much help the people in your congregation would be willing to provide if you needed it. (✓ one □ on each line)

a. If you were ill, how much would the people in your congregation be willing to help out?				
a great deal .....	58%	72%	78%	54%
some .....	31%	24%	17%	34%
a little .....	9%	4%	4%	10%
not at all .....	2%	*	*	2%
b. If you had a problem or were faced with a difficult situation, how much comfort would the people in your congregation be willing to give you?				
a great deal .....	60%	70%	70%	57%
some .....	31%	24%	24%	31%
a little .....	8%	5%	6%	9%
not at all .....	1%	1%	1%	2%

Q-24. What is your gender (sex)?

female .....	63%	50%	18%	24%
male .....	37%	50%	82%	76%

Q-25. What is your present age?


under 30 .....	7%	1%	2%	---
30-34 .....	4%	2%	6%	2%
35-39 .....	9%	7%	11%	5%
40-44 .....	9%	9%	18%	16%
45-49 .....	9%	14%	17%	13%
50-54 .....	8%	14%	16%	16%
55-59 .....	7%	12%	13%	15%
60-64 .....	9%	11%	13%	18%
65-69 .....	12%	12%	3%	11%
70-74 .....	10%	11%	*	3%
75-79 .....	8%	6%	*	2%
80 or older .....	11%	2%	*	*

Q-26. Please use the space below (or attach another sheet) to make any additional comments.

\* = less than 0.5%; rounds to zero  
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