



The January 2007 Survey SPIRITUALITY AND HEALTH Data Appendix

	Members	Elders	Ministers
Number of questionnaires mailed.....	1,037	1,135	1,437
Number of questionnaires returned.....	557	693	954 ‡
Percent returned.....	53%	61%	66%
‡ 635 pastors; 312 specialized clergy			

DURING THE PAST 12 MONTHS . . .

	Members	Elders	Pastors	Specialized Clergy
Q-1. Has someone given a sermon at your church that included the topic of health or health-related activities?				
No.....	51%	61%	47%	50%
Yes.....	23%	23%	50%	38%
Don't know.....	27%	16%	3%	12%
Q-2. Has your church held any classes or informal groups related to health issues?				
No.....	40%	59%	40%	43%
Yes.....	39%	34%	58%	47%
Don't know.....	21%	7%	2%	11%
Q-3. Has your church distributed any printed material related to health issues?				
No.....	42%	55%	27%	36%
Yes.....	35%	34%	69%	49%
Don't know.....	23%	11%	4%	15%
Q-4. Has your church sponsored any programs or services related to health care?				
No.....	37%	48%	36%	40%
Yes.....	45%	44%	61%	49%
Don't know.....	19%	9%	3%	11%
Q-5. Have you received a recommendation for a certain doctor, dentist, optometrist, clinic, or other health-care provider from someone at your church?				
No.....	67%	72%	41%	60%
Yes.....	29%	26%	57%	36%
Don't know.....	4%	2%	2%	4%

Please indicate how strongly you agree or disagree with each of these statements:

Q-6. My body is a temple of God.				
Strongly disagree.....	3%	3%	1%	2%
Disagree.....	2%	1%	1%	1%
Tend to disagree.....	3%	2%	1%	6%
Neutral or not sure.....	13%	10%	3%	7%
Tend to agree.....	17%	18%	12%	13%
Agree.....	30%	33%	34%	31%
Strongly agree.....	33%	32%	48%	40%

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Please indicate how strongly you agree or disagree with each of these statements:

(Cont.)

Q-7.	God uses my body to do God's will.				
	Strongly disagree.....	3%	3%	1%	4%
	Disagree	3%	2%	2%	3%
	Tend to disagree	4%	2%	1%	3%
	Neutral or not sure.....	9%	7%	6%	8%
	Tend to agree.....	20%	20%	13%	16%
	Agree	34%	37%	35%	32%
	Strongly agree	28%	28%	42%	34%
Q-8.	My body is a gift from God.				
	Strongly disagree.....	3%	3%	1%	2%
	Disagree	1%	*	*	1%
	Tend to disagree	*	*	*	1%
	Neutral or not sure.....	4%	1%	1%	1%
	Tend to agree.....	11%	10%	3%	6%
	Agree	34%	37%	26%	31%
	Strongly agree	48%	48%	69%	59%
Q-9.	My body is created in God's image.				
	Strongly disagree.....	3%	4%	4%	4%
	Disagree	2%	2%	5%	6%
	Tend to disagree	3%	3%	3%	3%
	Neutral or not sure.....	15%	13%	6%	7%
	Tend to agree.....	12%	12%	9%	11%
	Agree	32%	30%	23%	27%
	Strongly agree	33%	36%	49%	42%
Q-10.	Not counting your minister or pastor, how often does someone in your congregation encourage you to exercise, avoid cigarettes and alcohol, or eat healthy foods?				
	Never.....	41%	39%	12%	28%
	Once in a while.....	44%	45%	53%	46%
	Fairly often	12%	12%	28%	19%
	Very often	3%	4%	7%	7%
Q-11.	Not counting your minister or pastor, how often do you look up to someone in your congregation because that person lives a healthy lifestyle?				
	Never.....	25%	23%	8%	21%
	Once in a while.....	44%	46%	38%	38%
	Fairly often	24%	23%	43%	31%
	Very often	7%	7%	11%	11%
Q-12.	Not counting your minister or pastor, how often do you feel as though a fellow church member has actually changed the way you live by helping you do things like eating better, exercising, or avoiding tobacco?				
	Never.....	54%	53%	24%	44%
	Once in a while.....	37%	36%	53%	41%
	Fairly often	8%	8%	19%	10%
	Very often	1%	3%	4%	5%

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	Members	Elders	Pastors	Specialized Clergy
Q-13. How strongly do you agree or disagree that God is . . .				
a. Loving?				
Strongly disagree	1%	2%	—	1%
Disagree	—	1%	—	—
Tend to disagree	*	*	—	—
Neutral or not sure	3%	1%	*	1%
Tend to agree	6%	3%	*	3%
Agree.....	22%	22%	8%	11%
Strongly agree	68%	72%	92%	85%
b. Approving?				
Strongly disagree	1%	2%	1%	1%
Disagree	2%	1%	1%	2%
Tend to disagree	3%	2%	4%	4%
Neutral or not sure	17%	18%	17%	18%
Tend to agree	14%	13%	16%	13%
Agree.....	28%	27%	22%	21%
Strongly agree	36%	37%	39%	41%
c. Forgiving?				
Strongly disagree	1%	1%	—	1%
Disagree	*	*	—	—
Tend to disagree	1%	*	—	—
Neutral or not sure	2%	1%	*	1%
Tend to agree	5%	4%	*	2%
Agree.....	22%	19%	10%	13%
Strongly agree	69%	74%	90%	84%
d. Remote?				
Strongly disagree	32%	32%	47%	42%
Disagree	25%	26%	31%	29%
Tend to disagree	14%	18%	14%	13%
Neutral or not sure	12%	11%	2%	5%
Tend to agree	6%	5%	3%	6%
Agree.....	7%	5%	1%	3%
Strongly agree	4%	3%	2%	2%
Q-14. To what extent do you feel you can control the general state of your health through your own actions?				
Not at all.....	1%	*	—	—
A little	2%	1%	2%	1%
A fair amount	11%	13%	15%	19%
Quite a bit.....	36%	40%	49%	43%
A great deal	50%	45%	34%	37%
Q-15. Think about how you try to understand and deal with major problems in your life. To what extent is each of the following involved in the way you cope?				
a. I think about how my life is part of a larger spiritual force.				
Not at all.....	10%	9%	12%	9%
Somewhat.....	37%	36%	24%	28%
Quite a bit.....	35%	37%	33%	33%
A great deal.....	18%	18%	30%	30%

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Q-15. Think about how you try to understand and deal with major problems in your life. To what extent is each of the following involved in the way you cope?

b. I work together with God as partners.				
Not at all.....	4%	4%	2%	4%
Somewhat.....	35%	34%	18%	27%
Quite a bit.....	40%	43%	45%	41%
A great deal.....	21%	18%	35%	28%
c. I look to God for strength, support, and guidance.				
Not at all.....	2%	1%	*	1%
Somewhat.....	13%	10%	3%	8%
Quite a bit.....	31%	36%	27%	26%
A great deal.....	55%	53%	70%	65%
d. I feel that God is punishing me for my sins or lack of spirituality.				
Not at all.....	81%	83%	87%	86%
Somewhat.....	15%	15%	12%	14%
Quite a bit.....	3%	2%	1%	1%
A great deal.....	1%	1%	1%	—
e. I wonder whether God has abandoned me.				
Not at all.....	88%	89%	84%	84%
Somewhat.....	10%	10%	16%	16%
Quite a bit.....	1%	1%	*	1%
A great deal.....	1%	1%	1%	—

To what extent do you agree or disagree with these questions about health and spirituality?

Q-16. If my health worsens, it is up to God to determine whether I will feel better again.				
Strongly disagree.....	16%	15%	19%	26%
Disagree	27%	27%	30%	33%
Tend to disagree	18%	20%	22%	18%
Neutral or not sure.....	16%	16%	11%	10%
Tend to agree.....	12%	14%	11%	9%
Agree	7%	6%	5%	2%
Strongly agree	4%	3%	2%	2%

Q-17. Most things that affect my health happen because of God.				
Strongly disagree.....	28%	26%	28%	35%
Disagree	36%	34%	38%	35%
Tend to disagree	19%	21%	21%	16%
Neutral or not sure.....	11%	11%	7%	6%
Tend to agree.....	3%	5%	4%	6%
Agree	2%	2%	1%	*
Strongly agree	2%	1%	1%	1%

Q-18. God is directly responsible for my health getting better or worse.				
Strongly disagree.....	24%	21%	27%	34%
Disagree	30%	31%	33%	33%
Tend to disagree	20%	19%	18%	15%
Neutral or not sure.....	15%	15%	11%	11%
Tend to agree.....	7%	8%	7%	5%
Agree	3%	4%	2%	2%
Strongly agree	2%	1%	1%	—

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To what extent do you agree or disagree with these questions about health and spirituality?

(Cont.)

Q-19. Whatever happens to my health is God's will.				
Strongly disagree.....	18%	15%	26%	34%
Disagree	20%	24%	28%	27%
Tend to disagree	19%	16%	16%	17%
Neutral or not sure.....	15%	16%	10%	7%
Tend to agree.....	13%	16%	12%	9%
Agree.....	10%	9%	6%	4%
Strongly agree	5%	5%	1%	2%
Q-20. Whether or not my health improves is up to God.				
Strongly disagree.....	17%	12%	19%	29%
Disagree	20%	24%	26%	26%
Tend to disagree	20%	20%	21%	16%
Neutral or not sure.....	18%	18%	12%	11%
Tend to agree.....	14%	16%	15%	11%
Agree.....	7%	7%	6%	5%
Strongly agree	4%	3%	2%	2%
Q-21. God is in control of my health.				
Strongly disagree.....	15%	11%	14%	25%
Disagree	19%	19%	20%	15%
Tend to disagree	14%	16%	15%	17%
Neutral or not sure.....	19%	22%	16%	15%
Tend to agree.....	17%	16%	18%	17%
Agree.....	11%	11%	10%	8%
Strongly agree	6%	5%	6%	3%
Q-22. I believe in eternal life.				
Strongly disagree.....	1%	1%	*	1%
Disagree	1%	*	1%	1%
Tend to disagree	1%	1%	—	2%
Neutral or not sure.....	8%	5%	1%	4%
Tend to agree.....	8%	6%	4%	8%
Agree.....	22%	25%	16%	20%
Strongly agree	59%	62%	78%	63%
Q-23. Are there any nurses or physicians in your . . .				
a. Immediate family?				
No.....	67%	69%	72%	71%
Yes	33%	31%	28%	29%
b. Extended family?				
No.....	52%	47%	46%	45%
Yes	48%	53%	54%	55%
c. Close circle of friends?				
No.....	33%	31%	26%	29%
Yes	67%	69%	74%	71%
d. Church congregation?				
No.....	9%	16%	6%	13%
Yes	91%	84%	94%	87%

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To what extent do you agree or disagree with these questions about health and spirituality?

(Cont.)

e. Casual network of acquaintances?

No.....	15%	15%	9%	12%
Yes	85%	85%	91%	88%

How characteristic of your own views and experience of God is each of the following statements?

Q-24. God seems impersonal to me.

1	Not true	63%	62%	74%	63%
2	14%	17%	15%	18%
3	7%	9%	4%	7%
4	Somewhat true	10%	7%	4%	9%
5	3%	3%	2%	2%
6	1%	1%	1%	1%
7	Very true.....	2%	2%	1%	1%

Q-25. God seems to have little or no interest in my personal problems.

1	Not true	63%	63%	73%	61%
2	19%	20%	18%	20%
3	8%	8%	6%	10%
4	Somewhat true	6%	6%	2%	6%
5	3%	1%	1%	2%
6	1%	1%	*	1%
7	Very true.....	1%	1%	—	1%

Q-26. God seems to have little or no interest in my personal affairs.

1	Not true	59%	60%	71%	58%
2	19%	19%	20%	21%
3	8%	9%	5%	10%
4	Somewhat true	6%	6%	3%	5%
5	3%	3%	1%	3%
6	2%	2%	1%	2%
7	Very true.....	2%	2%	1%	2%

Q-27. I have a warm relationship with God.

1	Not true	3%	2%	1%	2%
2	3%	2%	1%	2%
3	4%	3%	1%	3%
4	Somewhat true	18%	18%	7%	13%
5	17%	17%	14%	17%
6	27%	29%	39%	30%
7	Very true.....	29%	29%	36%	34%

Q-28. God knows when I need support.

1	Not true	2%	1%	1%	1%
2	2%	1%	1%	2%
3	3%	2%	1%	2%
4	Somewhat true	11%	10%	5%	8%
5	12%	14%	7%	12%
6	22%	26%	27%	23%
7	Very true.....	48%	45%	59%	53%

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How characteristic of your own views and experience of God is each of the following statements?

(Cont.)

Q-29. I feel that God is generally responsive to me.

1	Not true.....	3%	2%	1%	2%
2	3%	2%	1%	1%
3	3%	4%	2%	4%
4	Somewhat true.....	16%	16%	9%	10%
5	16%	16%	12%	20%
6	26%	30%	38%	31%
7	Very true.....	33%	32%	38%	32%

Q-30. God sometimes seems responsive to my needs, but sometimes not.

1	Not true.....	21%	18%	16%	18%
2	12%	11%	12%	13%
3	6%	12%	11%	11%
4	Somewhat true.....	28%	28%	25%	23%
5	13%	13%	14%	14%
6	14%	12%	16%	15%
7	Very true.....	7%	6%	5%	7%

Q-31. God's reactions to me seem to be inconsistent.

1	Not true.....	46%	44%	40%	45%
2	20%	21%	27%	24%
3	10%	14%	14%	13%
4	Somewhat true.....	16%	13%	10%	12%
5	4%	5%	5%	2%
6	3%	2%	2%	3%
7	Very true.....	1%	2%	2%	1%

Q-32. God sometimes seems very warm and other times very cold to me.

1	Not true.....	50%	52%	42%	48%
2	20%	20%	27%	22%
3	10%	11%	13%	9%
4	Somewhat true.....	15%	11%	13%	13%
5	2%	2%	3%	3%
6	3%	2%	2%	4%
7	Very true.....	1%	2%	1%	1%

Q-33. During the past 5 years, how often have you avoided or postponed going to the doctor or obtaining medical care because of a lack of sufficient health insurance?

Never.....	87%	86%	77%	74%
Once or twice.....	11%	10%	19%	19%
Most or all of the time.....	2%	4%	4%	8%

Now we'd like to ask you some questions about relationships:

Q-34. I often rely on, and act on, the advice of others

Strongly disagree.....	4%	2%	1%	1%
Disagree.....	28%	30%	17%	24%
Neutral or not sure.....	22%	24%	20%	22%
Agree.....	43%	40%	57%	49%
Strongly agree.....	3%	3%	4%	5%

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	Members	Elders	Pastors	Specialized Clergy
Now we'd like to ask you some questions about relationships: (Cont.)				
Q-35. Basically, my friends are the ones who decide what we do together				
Strongly disagree.....	12%	11%	7%	11%
Disagree	58%	57%	61%	60%
Neutral or not sure.....	18%	20%	22%	21%
Agree.....	11%	12%	10%	8%
Strongly agree	1%	—	*	—
Q-36. I don't give in to others easily				
Strongly disagree.....	3%	3%	1%	*
Disagree	25%	25%	22%	21%
Neutral or not sure.....	27%	26%	28%	30%
Agree.....	38%	42%	45%	42%
Strongly agree	6%	4%	4%	6%
Q-37. I tend to rely on others when I have to make an important decision quickly				
Strongly disagree.....	16%	16%	7%	8%
Disagree	60%	56%	55%	55%
Neutral or not sure.....	14%	14%	19%	19%
Agree.....	10%	12%	18%	16%
Strongly agree	1%	2%	*	1%
Q-38. I prefer to make my own way in life, rather than find a group I can follow				
Strongly disagree.....	2%	2%	1%	2%
Disagree	17%	15%	19%	17%
Neutral or not sure.....	18%	18%	18%	18%
Agree.....	49%	51%	52%	50%
Strongly agree	14%	13%	9%	13%
Q-39. All in all, I have complete trust in my doctor				
Strongly disagree.....	2%	1%	2%	3%
Disagree	13%	11%	16%	14%
Neutral or not sure.....	21%	19%	24%	20%
Agree.....	52%	57%	50%	51%
Strongly agree	12%	12%	8%	10%
Q-40. During the past 12 months, how often have you discussed your own health-related problems with someone at your church?				
Never.....	29%	22%	8%	21%
Rarely.....	30%	32%	33%	32%
Sometimes.....	33%	38%	49%	39%
Often.....	8%	8%	10%	8%
Q-41. During the past 12 months, how often have you discussed someone else's health-related problems with someone at your church?				
Never.....	15%	10%	3%	12%
Rarely.....	24%	21%	11%	20%
Sometimes.....	42%	51%	39%	41%
Often.....	18%	18%	47%	26%

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	Members	Elders	Pastors	Specialized Clergy
Now we'd like to ask you some questions about relationships: (Cont.)				
Q-42. How often do the people in your congregation make too many demands on you?				
Never.....	33%	14%	2%	25%
Rarely.....	45%	43%	24%	42%
Sometimes.....	18%	33%	53%	26%
Often.....	4%	10%	21%	8%
Q-43. How often are the people in your congregation critical of you and the things you do?				
Never.....	53%	35%	4%	30%
Rarely.....	40%	51%	53%	46%
Sometimes.....	6%	13%	35%	22%
Often.....	1%	2%	8%	2%
Q-44. If you were ill, how much would the people in your congregation help you out?				
Not at all.....	5%	1%	1%	2%
A little.....	11%	7%	5%	15%
Some.....	28%	29%	26%	37%
A great deal.....	55%	63%	69%	45%
Q-45. 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?				
Not at all.....	2%	1%	1%	2%
A little.....	9%	5%	6%	10%
Some.....	29%	25%	23%	35%
A great deal.....	60%	69%	70%	53%
Q-46. How often have these problems caused doubts about your religious faith?				
a. Evil in the world				
Never.....	59%	61%	48%	46%
Sometimes.....	34%	35%	48%	46%
Often.....	7%	4%	4%	8%
b. Conflict of faith and science				
Never.....	70%	75%	80%	85%
Sometimes.....	26%	23%	19%	14%
Often.....	5%	2%	*	1%
c. Feeling that life really has no meaning				
Never.....	85%	84%	73%	72%
Sometimes.....	14%	16%	27%	27%
Often.....	1%	1%	1%	1%
Q-47. How would you rate your physical health at the present time?				
Poor.....	2%	2%	1%	3%
Fair.....	12%	13%	12%	14%
Good.....	59%	60%	60%	56%
Excellent.....	27%	25%	27%	27%

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	Members	Elders	Pastors	Specialized Clergy
Q-48. How would you rate your mental health at the present time?				
Poor	—	*	1%	2%
Fair	8%	7%	6%	8%
Good.....	52%	50%	56%	47%
Excellent.....	40%	43%	37%	43%
Q-49. How would you rate your overall diet quality at the present time?				
Poor	2%	4%	3%	5%
Fair	21%	26%	32%	25%
Good.....	61%	55%	51%	51%
Excellent.....	16%	15%	15%	19%
Q-50. Have you had a general physical exam by a doctor or other health professional when you were feeling well in the past 12 months?				
No.....	17%	17%	19%	19%
Yes	83%	83%	81%	81%
Q-51. Have you had a routine dental cleaning or exam in the past 12 months?				
No.....	11%	14%	19%	17%
Yes	89%	86%	81%	83%
Q-52. How long has it been since you had a colonoscopy or sigmoidoscopy?				
Past year	18%	18%	19%	17%
Past 2 years.....	16%	18%	15%	18%
Past 3 years.....	12%	14%	12%	15%
Past 5 years.....	10%	10%	8%	11%
Over 5 years	10%	9%	6%	8%
Never.....	34%	32%	39%	32%
Q-53. How long has it been since you had a blood test for cholesterol?				
Past year	76%	78%	74%	76%
Past 2 years.....	9%	10%	11%	9%
Past 3 years.....	4%	4%	5%	6%
Past 5 years.....	3%	4%	4%	5%
Over 5 years	2%	3%	2%	1%
Never.....	5%	2%	3%	3%
Q-54. How long has it been since you had a flu shot?				
Past year	67%	65%	50%	64%
Past 2 years.....	5%	6%	9%	7%
Past 3 years.....	2%	4%	7%	3%
Past 5 years.....	2%	2%	4%	4%
Over 5 years	6%	5%	7%	5%
Never.....	17%	18%	24%	16%

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	Members	Elders	Pastors	Specialized Clergy
Men: Skip to Q-58	n=348	n=360	n=152	n=140
Q-55. <i>Women only:</i> How long has it been since you had a Pap smear?		+		
Past year	62%	59%	78%	67%
Past 2 years.....	15%	17%	10%	17%
Past 3 years.....	7%	7%	3%	7%
Past 5 years.....	5%	5%	5%	2%
Over 5 years	10%	10%	5%	6%
Never.....	2%	2%	—	2%
Q-56. <i>Women only:</i> How long has it been since you checked your breasts for lumps?	n=348	n=360	n=152	n=140
Past year	88%	89%	90%	90%
Past 2 years.....	3%	4%	4%	4%
Past 3 years.....	2%	2%	1%	1%
Past 5 years.....	1%	1%	1%	—
Over 5 years	1%	1%	1%	1%
Never.....	4%	3%	3%	4%
Q-57. <i>Women only:</i> How long has it been since you had a mammogram?	n=348	n=360	n=152	n=140
Past year	70%	78%	66%	74%
Past 2 years.....	10%	9%	10%	11%
Past 3 years.....	5%	3%	2%	4%
Past 5 years.....	3%	2%	4%	3%
Over 5 years	1%	2%	3%	1%
Never.....	12%	6%	15%	6%

Women: Skip to Q-59

Q-58. <i>Men only:</i> How long has it been since you had a prostate exam?	n=204	n=327	n=476	n=169
	+			
Past year	62%	65%	61%	66%
Past 2 years.....	10%	11%	16%	17%
Past 3 years.....	6%	6%	4%	5%
Past 5 years.....	2%	5%	3%	4%
Over 5 years	4%	3%	2%	2%
Never.....	15%	10%	14%	7%

All:

Q-59. On how many days in a typical week do you take part in strenuous activities like running, swimming, chopping wood, bicycling, lifting weights, playing tennis, or doing aerobics?				
None	38%	41%	32%	37%
One	11%	12%	14%	12%
Two	13%	13%	16%	11%
Three	18%	19%	18%	16%
Four	7%	6%	7%	10%
Five.....	7%	5%	8%	6%
Six	4%	2%	4%	4%
Seven.....	2%	2%	1%	4%
Mean.....	1.9	1.7	2.0	2.0
Median	2.0	1.0	2.0	2.0

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Q-60. In a typical week, on how many days do you engage in moderate exercise like playing golf, bowling, dancing, walking, working in the yard, or gardening, for exercise?

None	10%	8%	7%	13%
One	12%	15%	19%	17%
Two	18%	19%	24%	16%
Three	22%	23%	19%	21%
Four	10%	9%	10%	7%
Five.....	11%	14%	10%	11%
Six	7%	7%	5%	4%
Seven.....	11%	6%	6%	10%
Mean.....	3.2	3.1	2.8	2.9
Median	3.0	3.0	2.5	3.0

Q-61. Do you regularly take vitamins or other dietary supplements for your health?

No.....	24%	28%	33%	27%
Yes	76%	72%	67%	73%

Q-62. How concerned are you about being unable to be independent and take care of yourself and your affairs in the future?

Not concerned at all	12%	8%	11%	6%
Not too concerned	26%	30%	43%	29%
Somewhat concerned	37%	38%	32%	39%
Generally concerned.....	16%	18%	10%	16%
Very concerned	10%	7%	4%	9%

How true of you is each of the following statements?

Q-63. My first impressions of people usually turn out to be right.

1 Not true.....	2%	2%	1%	—
2	1%	2%	2%	2%
3	5%	5%	7%	6%
4 Somewhat true	48%	47%	39%	36%
5	20%	20%	26%	26%
6	18%	18%	21%	24%
7 Very true.....	6%	7%	4%	7%

Q-64. It would be hard for me to break any of my bad habits.

1 Not true.....	14%	12%	9%	12%
2	19%	18%	20%	17%
3	14%	14%	18%	17%
4 Somewhat true	31%	32%	32%	29%
5	10%	12%	14%	14%
6	9%	8%	5%	9%
7 Very true.....	3%	3%	2%	3%

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	Members	Elders	Pastors	Specialized Clergy
How true of you is each of the following statements? (Cont.)				
Q-65. I never regret my decisions.				
1 Not true.....	26%	23%	17%	24%
2	16%	19%	23%	23%
3	19%	23%	27%	24%
4 Somewhat true	24%	23%	21%	16%
5	8%	7%	9%	6%
6	6%	4%	3%	7%
7 Very true.....	1%	1%	*	*
Q-66. I am very confident of my judgments.				
1 Not true.....	2%	1%	*	*
2	3%	2%	1%	3%
3	5%	6%	5%	6%
4 Somewhat true	35%	30%	22%	23%
5	22%	26%	34%	30%
6	27%	30%	34%	32%
7 Very true.....	6%	6%	4%	6%
Q-67. I don't always know the reasons why I do the things I do.				
1 Not true.....	16%	19%	12%	18%
2	23%	24%	32%	30%
3	15%	15%	19%	16%
4 Somewhat true	29%	26%	20%	20%
5	7%	10%	12%	9%
6	7%	6%	6%	6%
7 Very true.....	2%	1%	1%	1%
Q-68. I sometimes tell lies if I have to.				
1 Not true.....	34%	34%	27%	29%
2	32%	34%	38%	38%
3	12%	10%	13%	13%
4 Somewhat true	15%	16%	14%	15%
5	5%	4%	5%	3%
6	2%	2%	2%	2%
7 Very true.....	1%	1%	1%	*

Q-69 to Q-72 relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month.

Q-69. During the past month, how often have you had trouble sleeping because you . . .				
a. Cannot get to sleep within 30 minutes?				
Not during the past month.....	49%	50%	49%	57%
Less than once a week.....	26%	27%	27%	23%
Once or twice a week.....	14%	14%	17%	11%
Three or more times a week.....	10%	9%	6%	9%

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	Members	Elders	Pastors	Specialized Clergy
Q-69. During the past month, how often have you had trouble sleeping because you . . .				
(Cont.)				
b. Wake up in the middle of the night or early morning?				
Not during the past month.....	16%	15%	18%	19%
Less than once a week.....	19%	23%	24%	26%
Once or twice a week.....	26%	23%	28%	23%
Three or more times a week.....	38%	39%	30%	32%
c. Have to get up to use the bathroom?				
Not during the past month.....	14%	14%	18%	18%
Less than once a week.....	19%	19%	20%	18%
Once or twice a week.....	15%	18%	24%	20%
Three or more times a week.....	53%	49%	39%	44%
d. Cannot breathe comfortably?				
Not during the past month.....	83%	84%	80%	82%
Less than once a week.....	10%	8%	11%	9%
Once or twice a week.....	4%	5%	6%	5%
Three or more times a week.....	2%	3%	3%	4%
e. Cough or snore loudly?				
Not during the past month.....	63%	59%	59%	62%
Less than once a week.....	15%	18%	15%	13%
Once or twice a week.....	10%	12%	12%	12%
Three or more times a week.....	12%	11%	14%	13%
f. Feel too cold?				
Not during the past month.....	64%	63%	72%	67%
Less than once a week.....	22%	23%	19%	20%
Once or twice a week.....	10%	8%	6%	7%
Three or more times a week.....	4%	5%	3%	6%
g. Feel too hot?				
Not during the past month.....	58%	55%	65%	58%
Less than once a week.....	23%	24%	20%	21%
Once or twice a week.....	11%	12%	10%	11%
Three or more times a week.....	7%	8%	4%	10%
h. Have bad dreams?				
Not during the past month.....	71%	73%	70%	72%
Less than once a week.....	22%	21%	24%	22%
Once or twice a week.....	5%	5%	4%	4%
Three or more times a week.....	2%	1%	2%	2%
i. Have pain?				
Not during the past month.....	60%	55%	60%	58%
Less than once a week.....	20%	16%	21%	19%
Once or twice a week.....	10%	13%	9%	14%
Three or more times a week.....	10%	15%	9%	8%
Q-70. During the past month, how often have you taken medicine				
(prescribed or “over the counter”) to help you sleep?				
Not during the past month.....	73%	79%	75%	71%
Less than once a week.....	10%	8%	11%	12%
Once or twice a week.....	6%	4%	5%	4%
Three or more times a week.....	12%	9%	9%	13%

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	Members	Elders	Pastors	Specialized Clergy
Q-71. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activities?				
Not during the past month.....	83%	83%	76%	78%
Less than once a week.....	12%	12%	18%	14%
Once or twice a week.....	4%	4%	5%	5%
Three or more times a week.....	1%	1%	1%	2%
Q-72. During the past month, how would you rate your sleep quality overall?				
Very bad.....	1%	2%	1%	2%
Fairly bad.....	12%	10%	11%	11%
Fairly good.....	58%	59%	62%	58%
Very good.....	29%	30%	26%	30%
Q-73. Please answer each of the following questions either yes or no. (✓ one □ in each row.)				
DURING THE PAST YEAR . . .				
a. Did your spouse, child, parent, grandparent, or grandchild die?				
No.....	90%	90%	90%	92%
Yes.....	10%	10%	10%	8%
b. Did you suffer a major financial loss that involved 20% or more of your income?				
No.....	92%	93%	92%	88%
Yes.....	8%	7%	8%	12%
c. Did your spouse, child, parent, grandparent, or grandchild suffer from a serious illness or accident?				
No.....	80%	80%	81%	74%
Yes.....	20%	20%	19%	26%
d. Did you have a major disagreement or serious argument with your spouse, child, parent, grandparent, or grandchild?				
No.....	84%	85%	78%	77%
Yes.....	16%	15%	22%	23%
e. Did you have a major disagreement or serious argument with a close friend?				
No.....	92%	94%	88%	94%
Yes.....	8%	6%	12%	6%
f. Did you experience any other major problem or challenge?				
No.....	66%	66%	55%	49%
Yes.....	34%	34%	45%	51%

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	Members	Elders	Pastors	Specialized Clergy
Q-73f1. If “yes” to Q-73f, what was it? Please specify here: [Up to two responses coded.]	n=181	n=225	n=277	n=156
	◆	◆	◆	◆
School-related	2%	1%	1%	1%
Work-related	25%	31%	21%	36%
Love- or marriage-related	6%	4%	6%	6%
Child-related.....	2%	2%	5%	1%
Other family-related.....	11%	12%	9%	10%
Residence-related	6%	7%	7%	6%
Crime-related	2%	1%	2%	1%
Financial.....	5%	5%	5%	8%
Related to social activities.....	4%	7%	4%	5%
Health-related.....	48%	35%	17%	32%
Church- or faith-related.....	2%	6%	34%	8%
Miscellaneous.....	3%	4%	2%	4%

Q-74. Now please think about the *most recent* major problem or challenge you have faced in the last year, such as a death, illness, major disagreement, etc. What was it? (Please specify here; if you can’t remember any in the past year, think back before then.)

School-related	*	*	*	1%
Work-related.....	7%	11%	11%	19%
Love- or marriage-related	7%	6%	6%	4%
Child-related.....	1%	*	2%	1%
Other family-related.....	14%	16%	12%	11%
Residence-related	2%	1%	3%	2%
Crime-related	1%	*	1%	*
Financial.....	2%	3%	4%	5%
Related to social activities.....	5%	2%	4%	1%
Health-related.....	27%	26%	16%	28%
Church- or faith-related.....	2%	4%	17%	5%
Miscellaneous.....	2%	2%	2%	2%
[No response]	[29%]	[29%]	[23%]	[19%]

Q-75. In the past 30 days, about how often did you feel . . .

a. So sad nothing could cheer you up?

None of the time	70%	71%	68%	65%
A bit of the time	21%	20%	23%	23%
Some of the time	8%	8%	9%	9%
Most of the time	2%	1%	1%	3%
All of the time	*	—	—	—

b. Nervous?

None of the time	41%	39%	36%	38%
A bit of the time	40%	39%	47%	41%
Some of the time	16%	20%	16%	18%
Most of the time	3%	2%	1%	3%
All of the time	*	—	—	1%

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	Members	Elders	Pastors	Specialized Clergy
Q-75. In the past 30 days, about how often did you feel . . .				
(Cont.)				
c. Restless or fidgety?				
None of the time	42%	45%	42%	39%
A bit of the time	38%	35%	42%	40%
Some of the time	17%	17%	15%	18%
Most of the time	3%	3%	2%	2%
All of the time	*	*	*	1%
d. Hopeless?				
None of the time	84%	85%	77%	77%
A bit of the time	10%	11%	16%	16%
Some of the time	5%	3%	6%	5%
Most of the time	1%	1%	*	2%
All of the time	*	—	—	—
e. Like everything was an effort?				
None of the time	49%	51%	42%	42%
A bit of the time	33%	30%	38%	36%
Some of the time	13%	15%	17%	15%
Most of the time	4%	3%	3%	7%
All of the time	1%	1%	*	*
f. Worthless?				
None of the time	84%	87%	81%	78%
A bit of the time	11%	9%	13%	14%
Some of the time	4%	3%	5%	5%
Most of the time	1%	*	*	2%
All of the time	*	*	—	—
Q-76. Do you always wear a seatbelt when driving or when riding in the front passenger seat of a car?				
No	7%	9%	8%	6%
Yes	93%	91%	92%	94%
Q-77. Are you a current smoker, a former smoker or have you never smoked?				
Never smoked.....	61%	60%	71%	65%
Former smoker	35%	36%	25%	30%
Current smoker.....	4%	3%	4%	5%
Q-78. In the past 30 days, what is the largest number of alcoholic drinks you had in any single day?				
None	33%	27%	28%	26%
One	23%	27%	25%	27%
Two	22%	21%	24%	26%
Three	11%	14%	14%	16%
Four	8%	6%	5%	3%
Five.....	1%	2%	2%	2%
Six	1%	1%	1%	1%
Seven or more	2%	1%	1%	1%

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Please one in each row.

Q-79. I am a careful thinker				
Rarely/never	*	*	—	—
Occasionally	8%	9%	4%	4%
Often.....	47%	46%	44%	35%
Almost always/always.....	44%	45%	52%	61%
Q-80. I like to think about complex problems				
Rarely/never	7%	8%	1%	2%
Occasionally	36%	32%	19%	18%
Often.....	32%	37%	44%	36%
Almost always/always.....	24%	23%	36%	44%
Q-81. I solve problems by trial-and-error				
Rarely/never	21%	20%	16%	16%
Occasionally	57%	56%	60%	62%
Often.....	19%	22%	21%	18%
Almost always/always.....	3%	2%	2%	5%
Q-82. I plan tasks carefully				
Rarely/never	*	1%	*	2%
Occasionally	16%	13%	18%	13%
Often.....	51%	57%	57%	55%
Almost always/always.....	32%	29%	24%	30%
Q-83. I plan trips well ahead of time				
Rarely/never	4%	3%	4%	3%
Occasionally	15%	17%	22%	19%
Often.....	33%	39%	42%	36%
Almost always/always.....	48%	42%	32%	43%
Q-84. Please use this space for any additional comments: [Not tabulated]				

Response form:

Paper	85%	85%	75%	79%
Web.....	15%	15%	25%	21%

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