The Complex Role of Religious Coping in Posttraumatic Stress and Posttraumatic Growth

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Abstract

Religious coping has been extensively researched in relation to multiple aspects of human health and functioning, including posttraumatic stress. Although it was conceptualized by Pargament (1997) as a multidimensional set of 21 constructs, most research has focused on a more parsimonious understanding of religious coping as either positive or negative that can be measured via a subscale of the full RCOPE. The current findings demonstrate the important role of appraisals in PTG and are consistent with previous research (Calhoun & Pargament, 2004). There is great variability in outcomes following traumatic events, as individuals can experience meaning is the primary source of stress following a life event. The negative associations of PTG with S/R Focus and Seeking Spiritual Support highlight the importance of appraising religious and spiritual growth.