

**Table S1.** Study on Stress, Spirituality, and Health Baseline Survey (SS-1): Survey Items, Domains and Response Categories.

Domain	Source	Scale Item Number	Item	Response Categories
Individual R/S Items	<i>De novo</i>		To what extent do you view organized religion as positive or negative?	<ol style="list-style-type: none"> <li>1. Very negative</li> <li>2. Negative</li> <li>3. Neutral or mixed</li> <li>4. Positive</li> <li>5. Very positive</li> </ol>
	Zinnbauer et al. 1997		Which of the statements best describes you?	<ol style="list-style-type: none"> <li>1. I am both spiritual and religious</li> <li>2. I am spiritual but not religious</li> <li>3. I am religious but not spiritual</li> <li>4. I am neither spiritual nor religious</li> </ol>
	Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS)		To what extent do you consider yourself a religious or spiritual person?	<ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. Slightly</li> <li>3. Moderately</li> <li>4. Very</li> </ol>
	<i>De novo</i>		Are you part of a religious congregation or community?	<ol style="list-style-type: none"> <li>1. Yes</li> <li>2. No</li> </ol>
	Validated single item		How often do you attend religious services?	<ol style="list-style-type: none"> <li>1. Never</li> <li>2. Rarely</li> <li>3. About once a month</li> <li>4. 2-3 times per month</li> <li>5. Once a week</li> <li>6. Several times per week</li> </ol>
	Religion, Aging, and Health Survey		How often does someone in your congregation or religion community show that they love or care for you?	<ol style="list-style-type: none"> <li>1. Never</li> <li>2. Once in a while</li> <li>3. Fairly often</li> <li>4. Very often</li> </ol>
	Religion, Aging, and Health Survey		How often do you show someone in your congregation or religion community that you love or care for them?	
	Religion, Aging, and Health Survey		How often are people in your congregation or religious community critical of you or your lifestyle?	
	<i>De novo</i>		How often do you feel ignored or neglected by people in your congregation or religious community?	
	<i>De novo</i>		I believe in life after death	
				<ol style="list-style-type: none"> <li>1. Definitely true of me</li> </ol>

	Validated single item		I believe that God exists	<ol style="list-style-type: none"> <li>2. Tends to be true</li> <li>3. Unsure</li> <li>4. Tends not to be true</li> <li>5. Definitely not true</li> </ol>
Religious Activities (RAS)	<i>De novo</i>	RAS-1	How often do you pray in a group other than a religious service?	<ol style="list-style-type: none"> <li>1. Never</li> <li>2. Several times a year</li> <li>3. Several times a month</li> <li>4. Once a week</li> <li>5. More than once a week</li> <li>6. Once a day</li> <li>7. Several times a day</li> </ol>
	Duke University Religion Index (DUREL)	RAS-2	How often do you pray by yourself?	
	Landmark Study of Spirituality and Health	RAS-3	When you are by yourself, how often do you pray for others?	
	Duke University Religion Index (DUREL)	RAS-4	How often do you read scriptures?	
	Duke University Religion Index (DUREL)	RAS-5	How often do you meditate?	
	<i>De novo</i>	RAS-6	How often do you practice yoga and/or pranayama?	
	<i>De novo</i>	RAS-7	How often do you practice Tai Chi?	
Closeness to God (CtoG)	Daily Spiritual Experience Scale (theistic)	CtoG-1	I feel God's love or care for me through others	<ol style="list-style-type: none"> <li>1. Definitely true of me</li> <li>2. Tends to be true of me</li> <li>3. Unsure</li> <li>4. Tends not to be true of me</li> <li>5. Definitely not true of me</li> </ol>
	<i>De novo</i>	CtoG-2	God gives me the strength to do things that I otherwise could not do myself	
	Manifestation of God in the Body scale	CtoG-3	God's spirit dwells in my body	
	Daily Spiritual Experience Scale (theistic)	CtoG-4	I desire to be closer or in union with God	
	<i>De novo</i>	CtoG-5	God loves or cares for me unconditionally, in a way I could never earn	
	<i>De novo</i>	CtoG-6	Throughout my life, God has come through for me	
	Duke University Religion Index (DUREL)	CtoG-7	My relationship with God lies behind my whole approach to life	
	<i>De novo</i>	CtoG-8	When I pray I feel a deep sense of closeness to God	
	<i>De novo</i>	CtoG-9	I try to express my gratitude to God in my daily life	
	<i>De novo</i>	CtoG-10	God is the center of my life	
Religious and Spiritual Coping (RC)	Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS)	Single item	To what extent is your religion or spirituality involved in understanding or dealing with stressful situations?	<ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. Not very much</li> <li>3. Somewhat</li> <li>4. Very much so</li> </ol>
Religious Coping (RC)	RCOPE (Positive)	RC-1	In facing recent stressful life events...I saw my situation as part of God's plan	<ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. Somewhat</li> </ol>

		RC-2	In facing recent stressful life events...I tried to see how God might be trying to strengthen me in these situations	3. Quite a bit 4. Very much so
		RC-7	In facing recent stressful life events...I tried to make sense of the situation with God	
		RC-8	In facing recent stressful life events...I worked together with God to relieve my worries	
		RC-9	In facing recent stressful life events...I did what I could and put the rest in God's hands	
		RC-10	In facing recent stressful life events...I took control over what I could and gave the rest up to God	
		RC-11	In facing recent stressful life events...I sought God's love or care	
		RC-12	In facing recent stressful life events...I trusted that God would be by my side	
	<i>De novo</i>	RC-17	In facing recent stressful life events...I felt hopeful that God would help me get through one day at a time	
	<i>De novo</i>	RC-18	In facing recent stressful life events...I looked to my faith in God for hope about the future	
	RCOPE (Negative)	RC-3	In facing recent stressful life events...I wondered what I did for God to punish me	1. Not at all 2. Somewhat 3. Quite a bit 4. Very much so
		RC-4	In facing recent stressful life events...I wondered if God allowed this to happen because of my wrongdoings	
		RC-5	In facing recent stressful life events...I believed the devil or evil spirits were responsible for my situation	
		RC-6	In facing recent stressful life events...I felt as though the devil, or an evil spirit was trying to turn me away from God	
		RC-13	In facing recent stressful life events...I wondered whether God had abandoned me	
		RC-14	In facing recent stressful life events...I questioned God's love or care for me	
	Religious and Spiritual Struggles Scale (RSS)	RC-15	In facing recent stressful life events...I felt confused about my religious or spiritual beliefs	
		RC-16	In facing recent stressful life events...I felt troubled by doubts or questions about my religion or spirituality	
		GQ-1	I have so much in life to be grateful for	1. Strongly disagree

Gratitude (GQ)	The Gratitude Questionnaire (GQ)	GQ-2	If I had to list everything that I felt grateful for it would be a very long list	2. Somewhat disagree 3. Neutral 4. Somewhat agree 5. Strongly agree
Forgiveness	Religion, Aging, and Health Survey	NFGve-1	Before I can forgive others, they must promise not to do the same thing again	1. Strongly disagree 2. Disagree 3. Agree 4. Strongly agree
	Religion, Aging, and Health Survey	NFGve-2	I find it hard to forgive myself for some of the things I have done wrong	
	Validated single item	NFGve-3	I have forgiven those who have hurt me	
	Validated single item	NFGve-4	I feel that others have not forgiven me for things I have done	
Non-theistic Daily Spiritual Experiences (NT-DSES)	Daily Spiritual Experience Scale (non-theistic)	NTDSES-1	I experience a connection to all of life	1. Never 2. Once in a while 3. Some days 4. Every day 5. Many times a day
		NTDSES-2	I feel deep inner peace or harmony	
		NTDSES-3	I am touched by the beauty of creation	
		NTDSES-4	I feel a selfless caring for others	

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