

Measurements

Functional Assessment of Chronic Illness Therapy- Spiritual Wellbeing

-12 5-point Likert Scale questions that are summed to create a total score

Adult Hope Scale

-composed of two subscales: Pathways/ Waypower and Agency/ Willpower

-4-point Likert scale items that are scored as totals for each subscale

Perceived Stress Scale

-14 5-point Likert scale questions that are summed to create a total score (some reverse scoring required)

Brief Symptom Inventory-18

-composed of three subscales: anxiety, depression, and somatization; somatization was removed from this study (due to issues with cross-loading and theoretical concerns of too much overlap with exercise self-efficacy)

-the remaining two-subscale were each made of 6 4-point Likert scale questions that were summed to create total scores

Exercise Self-Efficacy Scale

-manually split into three subscales: walking, biking, and weekly

-5-point Likert scale questions that are summed to score as totals

Model Items			
Means and Reliability for Items			
	<i>Mean</i>	<i>SD</i>	<i>α</i>
<i>Mental Health</i>			
Perceived Stress Scale	25.79	8.43	0.82
BSI-18: Anxiety Subscale	2.86	3.66	0.83
BSI-18: Depression Subscale	3.72	4.88	0.91
<i>Spiritual Well-Being</i>			
FACIT-SP Total	36.38	10.67	0.94
ADHS: Will Subscale	12.93	1.85	0.75
ADHS: Way Subscale	12.76	2.13	0.74
<i>Exercise Self-Efficacy</i>			
ESE: Walk Subscale	24.41	8.58	0.95
ESE: Bike Subscale	21.86	8.15	0.96
ESE: Weekly Subscale	12.62	6.17	0.99

Note. α = Chronbach's alpha