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-subscales 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

