

## ABSTRACT

Research findings have shown that people believing in Christianity may adopt different religious coping styles. These coping styles have different effects on coping outcomes and adjustments. However, limited research has been done to investigate the factors that could lead an individual to adopt one as opposed to the other religious coping style. In the present study, using the transactional model of stress and coping, the relationship between dispositional factors, situational factors and the adoption of religious coping styles is explored. Two hundred and twenty-six Catholics and Protestants Christians were recruited for the present study. They were assessed in those dispositional aspects of intrinsic religiousness, extrinsic religiousness, internal control belief, God-mediated control belief and optimism. In addition, two hypothetical situations were presented and each participant was required to indicate their appraisals and religious coping styles to be adopted in each of these situations. The results suggest that the dispositional factors could predict the adoption of different religious coping styles. Moreover, the adoption of religious coping styles also varies across situations and this variation could be accounted for by the perceived nature of the situation. There is an interaction effect between the dispositional factors and the situations. Contrasting to other research findings, situational control appraisals do not mediate between the dispositional factors and religious coping styles. Implications for the study of religious coping styles and psychological treatment are discussed.