

## shunning survey

### Q1.1 Name of Researchers, Faculty, Department, Telephone and Email:

Title of Project: An Investigation of the Experience of Shunning This consent form is only one part of the consent process. If you want more details about something mentioned here, or information not included here, you should feel free to ask. Please take the time to read this consent carefully and to understand any accompanying information.

Purpose of the study: The purpose of this study is to explore ex-XXX Church members' experiences leading up to and in the aftermath of ex-communication from the Church. To participate in this study you must: (a) be 18 years of age or older (b) have been expelled by or otherwise have decided to leave the XXX Church, and (c) be able to read and write in English This research is not affiliated in any way with the XXX Church (or any other church). The researchers have no affiliation of any kind with the XXX Church. The XXX church will not have access to your responses to the survey. What will I be asked to do? You will be asked to complete an on-line survey. We anticipate it will take you approximately twenty to thirty minutes to complete this survey, depending on your answers. The first half of the questionnaire includes demographic items that will allow us to describe, in general terms, the kind of sample we obtained. It also contains questions regarding your experiences in the Church prior to your expulsion or decision to leave. In the latter half of the questionnaire, you will complete some personality scales and wellbeing measures. At the end of the questionnaire, we will discuss the goals of this research in some depth for the benefit of those of you who may be interested in knowing more about this study and what we hope to achieve. We hope you will take the time to read this material. Please note that your participation in this study is voluntary. You may refuse to participate altogether, you may refuse to participate in parts of the study, you may decline to answer any and all questions, and you may withdraw from the study at any time. If for any reason you anticipate that recalling your experiences with shunning/leaving the church might upset you, or you are otherwise uncomfortable with the topic of this research, please do not proceed further.

Q1.2 What type of personal information will be collected? You will be asked to provide information about your gender, age, ethnic background, current employment, relationship status, and family structure. Your responses to these items—and, in fact, to all other items in the survey—will be kept strictly anonymous. You will also be asked if you might be willing, in the future, to participate in a follow-up interview study about your experiences with ex-communication. If you express an interest in doing so, we will ask for your first and last name, email address, and telephone number so that we may contact you at a later time about the possibility of participating in the interview. This personal information will be stored securely and kept strictly confidential. We will destroy it upon completion of the interview study or within 5 years of the present study if we do

not complete the interview study. Please note that indicating an interest in participating in this future interview in no way commits you to completing the interview. It simply provides us a means of contacting you in the future to determine whether you may be interested in participating in the interview at that time. Please note that we may quote parts of your responses to open-ended survey questions in publications and at conferences, but we will not use your name in connection with this information (in fact, we will never ask you to provide your name or the name of any other person in this survey). Please use a pseudonym to refer to any people you might mention in your responses, to protect their identity as well. Are there risks or benefits if I participate? Benefits: This study will provide you with an opportunity to see how research is conducted and to participate in a research project. Through your participation in this study, you will have the opportunity to share your experiences with ex-communication with those who study social relationships. Risks: There is a small chance that you may find thinking about your experiences concerning ex-communication upsetting. We do not anticipate that this risk will be any greater than the risk of upset you encounter in your daily lives when you think about these experiences or discuss them with others. Nevertheless, if you think that this may be an issue for you, please feel free to withdraw from the study at any time. Should you feel upset during or after participation in this study, you may wish to contact your family physician/general practitioner for a referral to a counselor/psychologist. Alternatively, for immediate 24-hr assistance, you might call: the Distress Centre (403-266-4357) NB: You need not be a resident of Alberta to contact the Distress Centre PLEASE NOTE: the Distress Centre accepts long distance calls. However, individuals calling long distance will need to assume the cost of the call. They do not accept collect calls. Although we will never disclose your name or other personal identifying information in any presentations or publications based on the results of this study, there is a small risk that somebody familiar with you may recognize you from your responses to open-ended questions if these responses are presented in publications or presentations. We do not expect that this is likely, but if you have any concerns about this possibility, you should be aware that this is a small but possible risk of your participation. You can minimize that risk, of course, by ensuring that your answers to open-ended questions in this study cannot identify you (or others) in any way.

Q1.3 Consent Clicking on the “consent” button below indicates that you 1) are 18 years of age or older, 2) understand to your satisfaction the information provided to you about your participation in this research project, and 3) agree to participate as a research subject/participant. In no way does this waive your legal rights nor release the investigators, sponsors, or involved institutions from their legal and professional responsibilities. You are free to withdraw from this research project at any time and to skip any questions that you do not feel comfortable answering. You should feel free to ask for clarification or new information throughout your participation.

☐ CONSENT (1)

Q2.1 The survey items that follow have been designed to explore your experiences as a former member of the XXX Church with the particular goal of understanding events surrounding your expulsion from/decision to leave the Church and how excommunication/leaving has affected your life. We are interested in your experiences both before and after the time at which you left/were formally excommunicated. Some of the questions will require you to make ratings of various kinds. Some will ask you to tell us about your experiences in an open-ended fashion. We have tried hard to think broadly in crafting these questions but we have almost certainly failed to anticipate issues that will be important to you. Because we want to be open to these issues, we have included a question toward the middle of the survey that will ask you if there is anything else you'd like to tell us about your experiences. Please feel free to use the space available there to share with us any details that we may have missed in the earlier questions. You might also be interested in speaking with us more directly and in more detail about your experiences with excommunication/leaving the Church. If you think you might like to participate at a later date in an interview about these experiences, you will have an opportunity at the end of this survey to indicate your possible interest in doing so. Thank you for participating in this study and sharing your experiences with us. We appreciate your time!

Q3.1 Your current age (in years)

Q3.2 Your gender

- ☐ Male (1)
- ☐ Female (2)

Q3.3 The highest level of education you received (please select one).

- ☐ No Formal Schooling (1)
- ☐ Primary (to Grade 6) (2)
- ☐ Junior High (to Grade 9) (3)
- ☐ High School (to Grade 12) (4)
- ☐ Trade or Technical Certificate or Diploma (5)
- ☐ Post-Secondary College (6)
- ☐ University Degree (7)
- ☐ Post-graduate Degree (8)

Q3.4 Your main type of work/employment (please select one).

- ☐ Homemaker (1)
- ☐ Unemployed (2)
- ☐ Agriculture/Farming (3)
- ☐ Retired (4)
- ☐ Unskilled Labor (5)
- ☐ Clerical Work (6)
- ☐ Trade (7)
- ☐ Business (8)
- ☐ Professional (9)

Q3.5 Are you currently involved in a committed romantic relationship?

- ☐ Yes (1)
- ☐ No (2)

Answer If Are you currently involved in a committed romantic relationship? No Is Selected

Q3.6 Have you been involved in a committed romantic relationship previously?

- ☐ Yes (1)
- ☐ No (2)

Answer If Have you been involved in a committed romantic relationship previously? Yes Is Selected

Q3.7 When did that relationship end (what year)?

Answer If Are you currently involved in a committed romantic relationship? Yes Is Selected

Q3.8 How long have you been in this relationship? (in months)

Q3.9 Do you have children?

- ☐ Yes (1)
- ☐ No (2)

Answer If Do you have children? Yes Is Selected

Q3.10 How many children do you have?

Answer If Do you have children? Yes Is Selected

Q3.11 How many of these children are still in the Church? (if they were never in the Church, please indicate that below)

Answer If Do you have children? Yes Is Selected

Q3.12 Do you have contact with your children?

- ☐ Yes (1)
- ☐ No (2)

Q3.13 3. Which, if any, of the following racial/ethnic groups do you identify with? (Please choose all that apply)

- ☐ Aboriginal (e.g., North American Indian, Metis, Inuit) (1)
- ☐ African Canadian/Black or African American/Black (2)
- ☐ Arab (3)
- ☐ Chinese (4)
- ☐ European Canadian/Caucasian or European American/Caucasian (5)
- ☐ Filipino (6)
- ☐ Japanese (7)
- ☐ Latin American (8)
- ☐ Korean (9)
- ☐ South East Asian (e.g., Vietnamese, Malaysian, Thai, etc.) (10)
- ☐ South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.) (11)
- ☐ West Asian (e.g., Iranian, Afghan, etc.) (12)
- ☐ Other (please specify) (13) \_\_\_\_\_

Q4.1 With respect to your upbringing in the XXX Church were you born into a XXX family or were you adopted or fostered by a XXX family?

- ☐ born (1)
- ☐ adopted (2)
- ☐ fostered (3)



Q4.2 We would like to understand the history of your involvement with the XXX Church and decisions that both you and the Church made regarding your participation in the Church. If you have been shunned/left the Church on more than one occasion, please provide information concerning the most memorable occurrence.

Q4.3 Year you were born

Q4.4 Year you joined the XXX Church

Q4.5 Why did you join the Church?

Q4.6 Year you began to question your former church's teachings

Q4.7 What specifically did you question?

Q4.8 Year you decided to leave your former church (PLEASE ANSWER THIS QUESTION ONLY IF THIS HAPPENED BEFORE YOU WERE EXPELLED)

Q4.9 Why did you decide to leave? (PLEASE ANSWER THIS QUESTION ONLY IF YOU LEFT BEFORE YOU WERE EXPELLED)

Q4.10 Year the Church excommunicated you (PLEASE ANSWER THIS QUESTION ONLY IF THIS HAPPENED BEFORE YOU DECIDED ON YOUR OWN TO LEAVE)?

Q4.11 What grounds did the Church use for excommunicating you? (PLEASE ANSWER THIS QUESTION ONLY IF THIS HAPPENED BEFORE YOU DECIDED ON YOUR OWN TO LEAVE)



Q4.12 Did your spouse/partner leave the Church/was he or she excommunicated?  
(Please select YES below if he or she either left or was excommunicated).

- ☐ Yes (1)
- ☐ No (2)

Answer If Did your partner leave the Church or was he or she excommunicated? Yes Is  
Selected

Q4.13 Year your spouse/partner left or was excommunicated by your former church

Answer If Did your partner leave the Church or was he or she excommunicated? Yes Is  
Selected

Q4.14 Why did your spouse/partner leave or, if he or she was excommunicated, why  
was your spouse/partner expelled?

Q4.15 Have any of your other family members left the Church or have any of your other family members been excommunicated by the Church?

- ☐ Yes (1)
- ☐ No (2)

Answer If Did any of your other family members leave the Church or were any of your other family members excommunicated by the Church? Yes Is Selected

Q4.16 Year they left the Church or were excommunicated by the Church?

Answer If Did any of your other family members leave the Church or were any of your other family members excommunicated by the Church? Yes Is Selected

Q4.17 Who left/was excommunicated and why did they leave/were they excommunicated?

Q4.18 How many times have you been expelled from/left the XXX Church?

Q4.19 How many times have you been put on repentance?

Q4.20 How much peer pressure did you experience around being baptized?

- ☐ no pressure at all (1)
- ☐ mild pressure (2)
- ☐ moderate pressure (3)
- ☐ a lot of pressure (4)
- ☐ severe pressure (5)

Q4.21 Were you the last of your social/peer group to join the Church?

- ☐ Yes (1)
- ☐ No (2)

Q4.22 If you and not your spouse/partner were expelled, did the Church ministry suggest that your spouse engage in marital avoidance?

- ☐ Yes (1)
- ☐ No (2)
- ☐ Not applicable--I wasn't married at the time (3)

Q4.23 While I was a member of the XXX Church, I didn't care about the One True Visible Church policy.

- ☐ Strongly Disagree (1)
- ☐ Disagree (2)
- ☐ Somewhat Disagree (3)
- ☐ Neither Agree nor Disagree (4)
- ☐ Somewhat Agree (5)
- ☐ Agree (6)
- ☐ Strongly Agree (7)

Q4.24 How do you understand your departure from the Church?

- ☐ I was formally excommunicated (i.e., the Church made me leave) (1)
- ☐ I left the Church (i.e., I chose to leave the Church) (2)
- ☐ both of the above (3)

Q4.25 With respect to my current position on churches, God, and religion:(if it makes sense to do so, please select more than one option below):

- ☐ I have no involvement with any church (1)
- ☐ I am involved with a different (non-XXX) church and attend services regularly (2)
- ☐ I am involved with a different (non-XXX) church and attend services sporadically (3)
- ☐ I have lost all belief in God following being expelled from the XXX Church (4)

Q4.26 The next series of questions will ask you to think about the reasons you left/were excommunicated from the XXX Church. In cases, where you select "yes" as your answer to the question, please feel free to provide additional information to accompany your response.

Q4.27 I left/was excommunicated by the Church because I QUESTIONED THE CHURCH FOR BEING THE ONLY TRUE CHURCH.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated from the Church because I QUESTIONED THE CHURCH FOR BEING THE ONLY TRUE CHURCH. Yes Is Selected

Q4.28 Please feel free to explain your response here further if you would like to.

Q4.29 I left/was excommunicated by the Church because I DISAGREED WITH THE PERSONAL APPEARANCE REQUIREMENTS

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated from the Church because I DISAGREED WITH THE PERSONAL APPEARANCE REQUIREMENTS Yes Is Selected

Q4.30 Please feel free to explain your response here further if you would like to.

Q4.31 I left/was excommunicated by the Church because I DISAGREED WITH THE STYLE OF LIFE REQUIRED.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated from the Church because I DISAGREED WITH THE STYLE OF LIFE REQUIRED. Yes Is Selected

Q4.32 Please feel free to explain your response here further if you would like to.

Q4.33 I left/was excommunicated by the Church because I ENGAGED IN INFIDELITY/OTHER SEXUAL LIAISONS.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated from the Church because I ENGAGED IN INFIDELITY/OTHER SEXUAL LIAISONS. Yes Is Selected

Q4.34 Please feel free to explain your response here further if you would like to.

Q4.35 I left/was excommunicated by the Church because I MARRIED A NON-CHURCH MEMBER.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated from the Church because I MARRIED A NON-CHURCH MEMBER. Yes Is Selected

Q4.36 Please feel free to explain your response here further if you would like to.

Q4.37 I left/was excommunicated by the Church because I HAD A SPIRIT OF NON-CONFORMITY.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated by the Church because I HAD A SPIRIT OF NON-CONFORMITY. Yes Is Selected

Q4.38 Please feel free to explain your response here further if you would like to.

Q4.39 I left/was excommunicated by the Church because I HAD TOO MUCH PRIDE.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated by the Church because I HAD TOO MUCH PRIDE. Yes Is Selected

Q4.40 Please feel free to explain your response here further if you would like to.

Q4.41 I left/was excommunicated by the Church because I WAS NOT SUBMISSIVE TO THE CORRECTION OFFERED BY THE MINISTERS.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated by the Church because I WAS NOT SUBMISSIVE TO THE CORRECTION OFFERED BY THE MINISTERS. Yes Is Selected

Q4.42 Please feel free to explain your response here further if you would like to.

Q4.43 I left/was excommunicated by the Church because I BUCKED AT THE CONSTRAINTS IMPOSED BY SHUNNING.

- ☐ Yes (1)
- ☐ No (2)

Answer If I left/was excommunicated by the Church because I BUCKED AT THE CONSTRAINTS IMPOSED BY SHUNNING. Yes Is Selected

Q4.44 Please feel free to explain your response here further if you would like to.

Q4.45 I left/was excommunicated by the Church for some other reason (please specify below and elaborate if you wish):

Q4.46 Your experience at the time of excommunication/leaving. We would like to understand how being shunned by your former church impacted you in the months immediately following your expulsion/leaving. Please rate your agreement with the following statements.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I was very angry about being shunned by the other members of the Church (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was indifferent about being shunned (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was embarrassed about being shunned (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was very depressed about being shunned (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I grieved the loss of my Church fellowship (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was fearful about being out of the Church (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was very relieved about being out of the Church (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was happy about being out of the Church (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





Q4.47 Your experience now. We would like to understand how being shunned by your former church impacts you at the present time. Please rate your agreement with the following statements.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I am very angry about being shunned by the other members of the Church (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am indifferent about being shunned (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am embarrassed about being shunned (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very depressed about being shunned (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I grieve the loss of my Church fellowship (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am fearful about being out of the Church (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very relieved about being out of the Church (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy about being out of the Church (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4.48 Please think about your current perspectives on religion and the XXX Church: Please rate your agreement with each of the views listed below, using the scale provided.

	Strongly Disagree (1)	Disagree (2)	Neither Agree nor Disagree (3)	Agree (4)	Strongly Agree (5)
I would like to return to the XXX Church (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would never return to the XXX Church (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am involved with another church that is not as fulfilling as the XXX Church (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other churches are better than the XXX Church (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life would not be improved by involvement in any church (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would never be involved with any church (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am attempting to follow the XXX Church's rules and am waiting to be accepted back into the Church (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The XXX Church was right in excommunicating me (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Members of the XXX Church are right in shunning me (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The XXX Church treated me very badly (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The XXX Church treated me extremely unfairly (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe the XXX Church's view on being the only true church is just wrong (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The XXX Church invalidated my personal feelings (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was traumatized by the way the XXX Church treated me (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't trust the ministers in the XXX Church (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy about being out of the XXX Church (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was treated disrespectfully by the XXX Church (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4.49 We would like to ask you just a few more questions about your experiences with being shunned/excommunicated/leaving the Church.

Q4.50 If you were married at the time you left the Church, what was the impact on your partner when you were shunned?

Q4.51 What was the impact on your family when you were shunned?

Q4.52 What was the most difficult part of the shunning for you?

Q4.53 How have you coped with the experience of being shunned by the Church?

Q4.54 How has being excommunicated impacted your relationship with God?



Q4.55 Has your experience of being shunned (i.e., your thoughts and feelings about being excommunicated/leaving the Church, etc.) changed over time in any way?

Q4.56 Is there anything else you would like to tell us about your experiences prior to/since leaving/being expelled from the Church?

Q5.1 For the remainder of the survey, we will ask you to complete some scales about your personality. Please note that the response options may differ from scale to scale, so you will need to pay close attention to the values at the top of each scale. Thank you.

Q6.1 Please read each statement and select the response option that indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

	Did not apply to me at all (1)	Applied to me to some degree, or some of the time (2)	Applied to me a considerable degree, or a good part of the time (3)	Applied to me very much, or most of the time (4)
I felt life was meaningless (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt I wasn't worth much as a person (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was unable to become enthusiastic about anything (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I had nothing to look forward to (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I couldn't seem to experience any positive feeling at all (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt down-hearted and "blue" or sad (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it difficult to work up the initiative to do things (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was aware of the action of my heart in the absence of physical exertion (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced breathing difficulty (e.g., excessive rapid breathing) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt scared without any good reason (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was aware of dryness of my mouth (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I felt I was close to panic (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was worried about situations in which I might panic and make a fool of myself (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experienced trembling (e.g., in the hands) (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it hard to wind down (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that I was rather touchy (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was intolerant of anything that kept me from getting on with what I was doing (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tended to over-react to situations (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7.1 Below you will find various statements. Most likely you will strongly agree with some statements and strongly disagree with others. Sometimes you may feel more

neutral. Read each statement carefully and decide the extent to which you personally agree or disagree with it. Select the number that best corresponds to this judgment.

	Strongly disagree (1)	I tend to disagree (2)	I'm not sure (3)	I tend to agree (4)	Strongly agree (5)
I enjoy reading about my religion (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to church because it helps me to make friends (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It doesn't much matter what I believe so long as I am good (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I have to ignore my religious beliefs because of what people might think of me (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to me to spend time in private thought and prayer (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7.2 I would prefer to go to church

- ☐ a few times a year (1)
- ☐ once every month or two (2)
- ☐ two or three times a month (3)
- ☐ about once a week (4)
- ☐ more than once a week (5)

Q7.3 Click to write the question text

	Strongly disagree (1)	I tend to disagree (2)	I'm not sure (3)	I tend to agree (4)	Strongly agree (5)
I have often had a strong sense of God's presence (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pray mainly to gain relief and protection (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try hard to live all my life according to my religious beliefs (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What religion offers me most is comfort in times of trouble and sorrow (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My religion is important because it answers many questions about the meaning of life (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would rather join a Bible study group than a church social group (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prayer is for peace and happiness (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Although I am religious, I do not let it affect my daily life (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to church mostly to spend time with my friends (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My whole approach to life is based on my religion (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I go to church mainly because I enjoy seeing people I know there (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pray mainly because I have been taught to pray (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prayers I say when I'm alone are as important to me as those I say in church (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Although I believe in my religion, many other things are more important in life (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8.1

[illegible]



Q9.1 For each of the statements below, indicate the degree to which you agree or disagree with the statement.

	Strongly Disagree (1)	Moderately Disagree (2)	Neither Agree nor Disagree (3)	Moderately Agree (4)	Strongly Agree (5)
If other people don't seem to accept me, I don't let it bother me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try hard not to do things that will make other people avoid or reject me. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seldom worry about whether other people care about me. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need to feel that there are people I can turn to in times of need. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want other people to accept me. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not like being alone. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Being apart from my friends for long periods of time does not bother me. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a strong need to belong. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It bothers me a great deal when I am not included in other people's plans. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My feelings are easily hurt when I feel that others do not accept me. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q10.1 Indicate how often each of the statements below is descriptive of you.



	I often feel this way (1)	I sometimes feel this way (2)	I rarely feel this way (3)	I never feel this way (4)
I am unhappy doing so many things alone (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have nobody to talk to (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cannot tolerate being so alone (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I lack companionship (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel as if nobody really understands me (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself waiting for people to call or write (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is no one I can turn to (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am no longer close to anyone (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My interests and ideas are not shared by those around me (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel left out (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel completely alone (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am unable to reach out and communicate with those around me (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My social relationships are superficial (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel starved for company (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No one really knows me well (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel isolated from others (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am unhappy being so withdrawn (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is difficult for me to make friends (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel shut out and excluded by others (19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People are around me but not with me (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11.1 In thinking of events as they transpired prior to and since you left/were expelled by the Church, please answer the following questions.

[illegible]

I rarely think about this event (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often worry about how this event will affect me in the future (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard to separate my former church from what it did (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This event has forever altered my perception of my former church (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
This event changed the way I see my former church (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q12.1 I would be interested in participating in a follow-up interview study about my ex-communication experiences. Please note that selecting YES below in no way commits you to participating in the interview. It merely indicates that you are willing to be contacted at a later date to determine your interest in participating in an interview at a later time.

- ☐ Yes (1)  
☐ No (2)

If No Is Selected, Then Skip To End of Block

Q12.2 Please provide the following information so that we may contact you at a later time about the possibility of participating in an interview study. This information will be kept strictly confidential and destroyed upon completion of the interview study or within 5 years if we do not complete the interview study.

Q12.3 Your first and last names

Q12.4 Your email address

Q12.5 Your telephone number

Q13.1 A range of evidence suggests that humans have a fundamental need to belong or connect emotionally with others, and that they sometimes experience situations that may interfere with the fulfillment of that need (Baumeister & Leary, 1995). In part, we designed this survey to explore whether excommunication or expulsion from the XXX Church interferes with connecting emotionally and, if so, how members who leave the Church experience this interference. To satisfy these emotional connections, people must maintain some warm and enduring relationships with others who care about them, such as family and friends. When people don't have these necessary relationships, they may experience a range of negative outcomes such as loneliness, feelings of rejection, and sometimes even diminished physical and emotional health. With the data from the present study, we hope to answer a number of questions including: How do ex-church members deal with their expulsion? How are their family relationships affected by Church dictates that command shunning and marital avoidance? Do they seek new religious or social connections to replace those lost upon excommunication? The items you completed toward the end of the survey measure various aspects of health and wellbeing (e.g., levels of depression, stress, and anxiety; loneliness). We included these scales in the survey to allow us to assess the lingering impact of expulsion. It is likely that people's experiences with shunning vary, and these items may allow us to explore some of these differences. To our knowledge, this is the first research to explore the unique experiences of individuals who have been excommunicated from the XXX Church. We expect that your responses to the survey will offer important insights into the nature of ex-XXX members' experiences and that these insights will contribute in a meaningful way to our understanding of the need for emotional connections and how people deal with enduring social exclusion. We greatly appreciate the time you invested in completing this survey. If you know of other individuals who might like to participate in this research, please feel free to pass the URL for this survey on to them. The more ex-members who complete this survey, the better the chances that our findings will reflect a broad range of ex-members' experiences. Please do not hesitate to contact us if you have questions or comments about this research. We will post a summary of the results, once they are available, on Dr. XXX's webpage at [www.personalrelationships.ca](http://www.personalrelationships.ca). Finally, we recognize that there is a small chance that you may have found thinking about your experiences concerning ex-communication upsetting. If this is the case for you, you may wish to contact your family physician/general practitioner for a referral to a counselor/psychologist. Alternatively, for immediate 24-hr assistance, you might call the number below: the Distress Centre (403-266-4357) NB: You need not be a resident of Alberta to contact the Distress Centre PLEASE NOTE: the Distress Centre accepts long distance calls.

However, individuals calling long distance will need to assume the cost of the call. They do not accept collect calls. Thanks again for your time in completing this survey.