

Instrument Title: The Religious Commitment Inventory-10 (RCI-10)

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**RCI-10**  
**Religious Commitment Inventory-10**

**Instructions:** Read each of the following statements. Using the scale to the right, CIRCLE the response that best describes how true each statement is for you.

	Not at all true of me 1	Somewhat true of me 2	Moderately true of me 3	Mostly true of me 4	Totally true of me 5
1. I often read books and magazines about my faith.	1	2	3	4	5
2. I make financial contributions to my religious organization.	1	2	3	4	5
3. I spend time trying to grow in understanding of my faith.	1	2	3	4	5
4. Religion is especially important to me because it answers many questions about the meaning of life.	1	2	3	4	5
5. My religious beliefs lie behind my whole approach to life.	1	2	3	4	5
6. I enjoy spending time with others of my religious affiliation.	1	2	3	4	5
7. Religious beliefs influence all my dealings in life.	1	2	3	4	5
8. It is important to me to spend periods of time in private religious thought and reflection.	1	2	3	4	5
9. I enjoy working in the activities of my religious affiliation.	1	2	3	4	5
10. I keep well informed about my local religious group and have some influence in its decisions.	1	2	3	4	5

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**RCI-10 “Scoring Manual”**

There is no scoring manual. The scoring is straightforward. Add the scores on each item. If you want to use the two subscale scores separately (Items 1, 3, 4, 5, 7, and 8 make up the Intrapersonal Religious Commitment subscale; items 2, 6, 9, and 10 make up the Interpersonal Religious Commitment subscale), add the items on each subscale. (No reverse scoring is needed.) I described the norms in the 2003 J Counseling Psych article. I copied some sections below.

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In the present article, we have presented evidence of the reliability and validity of the scores on the RCI-10. Evidence has considered (a) secular university students, (b) university students from explicitly Christian colleges (c) adults from the community, (d) single and married people, (e) Christians, Buddhists, Muslims, Hindus, and people who respond none to their religious preference, and (f) therapists and clients at secular and explicitly Christian counseling agencies. Many criteria of validity have been employed and tell a relatively consistent story suggesting various types of validity of scores on the RCI-10 and its two subscales. **We reported validity evidence for the full-scale RCI-10 scores and both subscale scores. There is limited evidence that scores on each of the subscales are valid and measure somewhat different constructs. However, the scales are very highly inter-correlated, so for use in the clinic and in research, we cannot (at this time) advocate using subscale scores.**

Means and standard deviations for groups totaling almost 2000 people are summarized in Appendix A. For secular groups, means for the full-scale RCI are between 21 and 26 (SDs between 10 and 12). According to theorizing and reviews of research (Worthington, 1988; Worthington et al., 1996), people scoring greater than one SD higher than the mean should be considered highly religious. There is evidence that they view the world more in terms of their religious worldview than do less religious people or non-religious people. Therefore, religion is expected to play a part in counseling and certainly in the perception of clients. Choosing the most accurate mean and standard deviation is thus important. **We suggest, by using the most extreme scores within our ranges, that the normative mean for a general sample of United States adults is 26 with a SD of 12. Thus, according to theory (Worthington, 1988), a full-scale RCI-10 score of 38 or higher would justify considering a person to be highly religious. Our samples of professing Christians from churches (mean = 39), clients in explicitly Christian agencies (mean = 37), students at Christian private universities (mean = 38.5), and therapists at explicitly Christian agencies (mean = 46) supports Worthington's (1988) theorizing and other research (for a summary, see Worthington et al., 1996).**

#### Appendix A

*Normative Data for the RCI-10 for State University Students, Community Christians, Students of Various Religious Identities, Clients, and Counselors.*

Sample	Study	N	Total RCI-10	Intrapersonal Commitment (Factor 1)	Interpersonal Commitment (Factor 2)
University students	Archival data collected over a 7-year period.	710	23.1 (10.2)	14.4 (6.7)	8.8 (4.3)
University students	Study 1	155	23.6 (10.8)	14.7 (7.1)	9.0 (4.5)
University students	Study 2	132	25.7 (11.9)	15.9 (7.3)	9.8 (5.1)
Christian students at explicitly Christian Colleges	Study 3	150	38.5 (7.9)	24.6 (4.9)	13.4 (3.7)
Married, Christian adults	Study 4	190	39.0 (9.3)	24.0 (5.9)	15.2 (3.7)
University students	Study 5	468	22.8 (10.5)	14.1 (6.6)	8.5 (4.4)
Sub-sample Buddhist students	Study 5	52	21.1 (8.8)	13.2 (5.3)	7.9 (3.8)
Sub-sample Christian students	Study 5	278	25.8 (10.3)	16.0 (6.3)	9.8 (4.4)
Sub-sample Hindu students	Study 5	10	24.5 (9.9)	15.1 (6.9)	9.4 (3.3)
Sub-sample Muslim students	Study 5	12	29.7 (15.1)	18.4 (9.2)	11.3 (6.0)
Sub-sample Non-religious students	Study 5	116	14.9 (7.1)	9.5 (5.0)	5.3 (2.5)
Clients in Christian Agencies	Study 6	167	37.0 (10.4)	23.1 (6.3)	13.9 (4.7)
Clients in a secular counseling center	Study 6	46	21.4 (11.7)	14.1 (7.7)	7.3 (4.5)
Therapists in Christian agencies	Study 6	33	45.9 (4.4)	28.5 (1.8)	17.4 (3.0)
Therapists in a secular counseling center	Study 6	18	25.5 (11.3)	16.2 (7.2)	9.3 (4.4)

Factor Loadings						
Item	1	2	<i>M</i>	<i>SD</i>	<i>h</i> <sup>2</sup>	
5. My religious beliefs lie behind my whole approach to life. <sup>a,b,c,d</sup>	<b>.81</b>	.34	2.56	1.51	.72	
3. I spend time trying to grow in understanding of my faith.	<b>.78</b>	.30	2.49	1.31	.64	
8. It is important to me to spend periods of time in private religious thought and reflection <sup>a,b</sup>	<b>.76</b>	.32	2.52	1.36	.64	
7. Religious beliefs influence all my dealings in life <sup>a,c,d</sup> .	<b>.67</b>	.48	2.25	1.37	.67	
4. Religion is especially important to me because it answers many questions about the meaning of life <sup>a,d</sup> .	<b>.66</b>	.47	2.89	1.56	.64	
1. I often read books and magazines about my faith <sup>a,b</sup> .	<b>.59</b>	.32	1.96	1.16	.48	
9. I enjoy working in the activities of my religious organization <sup>a</sup> .	.31	<b>.83</b>	2.34	1.36	.66	
6. I enjoy spending time with others of my religious affiliation <sup>b</sup> .	.35	<b>.73</b>	2.64	1.46	.61	
10. I keep well informed about my local religious group and have some influence in its decisions <sup>a</sup> .	.39	<b>.71</b>	1.75	1.15	.64	
2. I make financial contributions to my religious organization.	.31	<b>.62</b>	2.24	1.32	.47	

*Note.* Values in boldface type are factor loadings at or above the criteria for selection. Factor loadings: 1 = Intrapersonal Religious Commitment; 2 = Interpersonal Religious Commitment. The exploratory factor analysis is for the 10 items retained after eliminating 7 items from the RCI-17 (the form in which the instrument was administered). Each item is rated as 1= not at all true of me, 2= somewhat true of me, 3= moderately true of me, 4= mostly true of me, or 5 = totally true of me.

<sup>a</sup>Adapted from Allport and Ross (1967)

<sup>b</sup>Adapted from Gorsuch and McPherson (1989)

<sup>c</sup>Adapted from Hoge (1972)

<sup>d</sup>Adapted from King and Hunt (1969)