

## Screener

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**S01. What is your present religion, if any?**

- a. Protestant → *Disqualify*
- b. Roman Catholic
- c. Mormon → *Disqualify*
- d. Eastern or Greek Orthodox → *Disqualify*
- e. Jewish → *Disqualify*
- f. Muslim → *Disqualify*
- g. Buddhist → *Disqualify*
- h. Hindu → *Disqualify*
- i. Atheist → *Disqualify*
- j. Agnostic → *Disqualify*
- k. Nothing in particular → *Disqualify*
- l. Something else (please specify) \_\_\_\_\_ → *Disqualify*

**S02. Aside from weddings and funerals, how often do you go to Mass?**

- a. More than once a week
- b. Once a week
- c. Once or twice a month
- d. A few times a year → *See quotas*
- e. Seldom → *Disqualify*
- f. Never → *Disqualify*
- g. Don't know → *Disqualify*

Survey introduction (as shown to respondents):

Thank you for participating in our survey. This survey is about Catholic beliefs and practices, including the Sacrament of Reconciliation (Confession). Your honest answers will help us better understand how Catholics think about and experience their faith. The survey will take approximately 10 minutes to complete. All of your responses will be kept completely anonymous. Please answer all questions as honestly and thoughtfully as possible. There are no right or wrong answers - we want to know what you truly think and believe.

## General Catholic Practices and Beliefs

01. Which of the following best describes your experience with Confession over your lifetime?

- a. I have gone to Confession within the past 12 months
- b. I have gone to Confession in the past but not within the past 12 months and do not expect to go again
- c. I have gone to Confession in the past but not within the past 12 months and would consider going again
- d. I went to Confession rarely or mainly as a child, but not as an adult
- e. I have never gone to Confession, but I am open to it
- f. I have never gone to Confession and do not see myself doing so

02. How often have you done each of the following in the past 12 months?

[Randomize]	Daily	Weekly	Every 2 weeks	Monthly	Quarterly	1-3 times	Never
a. [Only show if Q01=a] Go to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
b. Spend time in dedicated, quiet prayer with God, beyond memorized or set prayers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Pray the rosary, say a novena, or do other Catholic devotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Participate in Eucharistic Adoration at your Church	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Participate in a small group or gathering focused on the Catholic faith (not a Bible study)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Read from the Bible on your own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Participate in a Bible study	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

03. To the best of your recollection, how often do you remember your parents/guardians going to Confession?

- a. Never
- b. Rarely
- c. Occasionally
- d. Regularly
- e. I don't remember

04-06. [Intentionally left blank]

07. **Which of the following comes closest to describing your view of God?**
- I do not believe in God or in any higher power
  - I believe in a higher power but am unsure whether God exists
  - I believe God exists, but I often have doubts
  - I believe God exists, though I sometimes have doubts
  - I am confident that God exists and have few or no doubts about it
08. **Which of the following comes closest to describing your view of Satan / the devil?**
- I do not believe in Satan / the devil or in evil spirits or demons
  - I am unsure whether Satan / the devil exists
  - I believe that Satan / the devil exists, but I often have doubts
  - I believe that Satan / the devil exists, though I sometimes have doubts
  - I am confident that Satan / the devil exists and have few or no doubts about it
09. **[Intentionally left blank]**
10. **People approach the Bible in different ways. Which of the following comes closest to your view?**  
*[Rotate order of options (a-b-c-d || d-c-b-a)]*
- The Bible is the Word of God and a central authority that shapes how I believe and live
  - The Bible is an important spiritual guide and an authority in some matters of faith and life
  - The Bible contains wisdom and moral insight, and plays a limited role in how I live my faith
  - The Bible is mainly a collection of human writings, and I look elsewhere for spiritual and moral guidance
11. **[Intentionally left blank]**
12. **People often think differently about morality, responsibility, and God's role in daily life. For each pair below, please select the statement that comes closer to how you personally think.**  
*[Randomize order of each statement in each pair]*
- Whether a type of behavior is morally wrong depends mostly on a person's sincerity and circumstances
  - Some types of behavior are morally wrong even if a person feels sincere or justified
  - Doing something seriously wrong primarily disrupts a person's inner peace or self-understanding
  - Doing something seriously wrong primarily damages a person's relationship with God
  - God is mostly concerned with my overall way of life
  - God is personally concerned with my specific choices and behaviors
  - When people struggle morally, it's usually healthier to move forward without dwelling on it
  - When people struggle morally, it's usually helpful to reflect on it and try to make amends

## Reconciliation Practices and Beliefs

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We'd now like to ask about your personal experience with Confession.

When we speak about "going to Confession," we are talking specifically about going to a Catholic priest, most often but not exclusively in a confessional or small room, where you kneel or sit, confess your sins to God through a priest, and he gives you penance and absolution for your sins.

In this section, we would like to understand Catholics' views of Confession, regardless of how little or often you attend.

13. [Intentionally left blank]
14. [Intentionally left blank]
15. [Intentionally left blank]
16. **How familiar are you with the Catholic terms "venial sin" and "mortal sin"?**
  - a. Very familiar: I understand what they mean and how they're different
  - b. Somewhat familiar: I've heard the terms but don't feel clear on the difference
  - c. Slightly familiar: I've heard the terms but don't really know what they mean
  - d. Not familiar: I don't recall hearing these terms before
17. [Intentionally left blank]

## Reconciliation Barriers

18. *[If Confession = not in past 12 months:]* People have different reasons for not going to Confession. Thinking about your own experience, to what extent does each of the following play a role in why you do not go to Confession?

*[If Confession 1-3 times in past 12 months]* People who go to Confession sometimes still have reasons they do not go more often. Thinking about your own experience, to what extent does each of the following play a role in why you do not go to Confession more often?

*[If Confession 4+ times in past 12 months:]* Even people who go to Confession regularly can face challenges or obstacles. Thinking about your own experience, to what extent does each of the following play a role in making it harder for you to go to Confession?

	Does <b>not</b> play a role <i>1</i>	Plays a <b>small</b> role <i>2</i>	Plays a <b>moderate</b> role <i>3</i>	Plays a <b>significant</b> role <i>4</i>	Plays a <b>major</b> role <i>5</i>
<i>[Randomize]</i>					
a. I don't think my sins are serious enough to require going to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I feel like I can ask God for forgiveness directly in prayer without needing to go to a priest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I'm not sure what kinds of sins the Church expects people to bring to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I sometimes feel that my sins or life situation make me unworthy of God's forgiveness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I worry that I won't know what to say or that I might do Confession incorrectly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I'm not fully sure how Confession works or what to expect when I go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I feel embarrassed or ashamed talking about my sins out loud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I find the process of Confession uncomfortable or stressful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. I'm not ready to deal with some of the changes Confession would call me to make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. I worry about being judged, misunderstood, or thought less of by the priest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. I sometimes feel like I'm taking advantage of God's mercy by confessing the same sins again and again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. I worry that what I say in Confession might not remain fully confidential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Past negative experiences in Confession made me hesitant to go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Confession times are inconvenient or hard to fit into my schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. I don't really think about going to Confession unless something specific prompts me to go (like a major sin or a season such as Lent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. I didn't grow up going to Confession regularly, so it never became a habit for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Reconciliation Attractors

19. *[If Confession = not in past 12 months:]* People who do not go to Confession have different perspectives on it. Thinking about your own perspective, to what extent would each of the following move you toward going to Confession?

	Would not move me	Would move me slightly	Would move me somewhat	Would move me quite a bit	Would move me a great deal
<i>[Randomize]</i>	1	2	3	4	5
a. Receiving God's forgiveness and mercy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Experiencing a deep sense of peace and freedom from the burden of my sins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Experiencing healing in areas of my life where I struggle or feel wounded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Being in a state of grace so I can receive Communion worthily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Being reconciled with the Church (not just forgiven personally by God)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Concern about my eternal salvation (heaven and hell)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Naming my sins out loud as a way of taking them seriously and motivating change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Avoiding repeating the same sins in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Receiving spiritual or moral guidance from a priest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Receiving spiritual strength to resist temptation and sin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Seeing Confession as an important part of being Catholic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Certain seasons or moments (e.g., Lent, Advent, or life events)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. *[If Confession 1+ times in past 12 months:]* People go to Confession for different reasons. Thinking about your own experience, to what extent does each of the following play a role in why you go to Confession?

	Does <b>not</b> play a role <i>1</i>	Plays a <b>small</b> role <i>2</i>	Plays a <b>moderate</b> role <i>3</i>	Plays a <b>significant</b> role <i>4</i>	Plays a <b>major</b> role <i>5</i>
<i>[Randomize]</i>					
a. I want to receive God’s forgiveness and mercy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Going to Confession gives me a deep sense of interior peace and freedom from the burden of my sins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Confession brings healing to areas of my life where I struggle or feel wounded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I want to be in a state of grace so I can receive Communion worthily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Going to Confession reconciles me with the Church (not just God personally)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Concern about my eternal salvation (heaven and hell) motivates me to go to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Naming my sins out loud helps make them real and motivates me to change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Confession helps me avoid repeating the same sins in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. I receive spiritual or moral guidance from the priest during Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Confession gives me spiritual strength to resist temptation and sin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. It is an important part of being Catholic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Certain seasons or moments (e.g., Lent, Advent, or life events) prompt me to go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. *[If Confession 1+ times in past 12 months:]* People experience Confession in different ways. Thinking about your own experience, to what extent do you experience each of the following, if at all, as a result of going to Confession?

<i>[Randomize]</i>	Not at all <i>1</i>	Slightly <i>2</i>	Somewhat <i>3</i>	Quite a bit <i>4</i>	A great deal <i>5</i>
a. I feel uplifted or encouraged after going to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I experience a deep sense of peace that stays with me afterward	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I feel a genuine sense of joy when I leave the confessional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Confession brings healing to areas of my life where I've felt wounded or discouraged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I feel renewed or refreshed in my faith after going to Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I feel reassured of God's love and mercy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Confession positively affects how I treat other people (e.g., more patient, kind, empathetic)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I feel more inclined to forgive others after receiving forgiveness myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Confession renews my desire to live out my faith more openly and intentionally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. I feel a greater desire to bring Christ's love into the world through my words and actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. I know that I have been forgiven by God	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Confession increases my confidence in my ability to change my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Reconciliation Future

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22. **Regardless of whether or how often you go to Confession, which comes closest to how you feel right now?**
- I would like to go to Confession more often
  - I'm open to going more often, but it's not a priority for me right now
  - I don't really feel a desire to go more often
  - Not sure
23. **How well does the following Confession time, as it is typically offered at parishes, fit your typical schedule?**
- Saturday mid-afternoon***
- Fits very well
  - Fits somewhat well
  - Fits somewhat poorly
  - Fits very poorly
  - Not sure
24. ***[If Confession = not in past 12 months:] or [If Confession 1-3 times in past 12 months:]* Which of the following confession times, if offered regularly at your parish, would make you more likely to go *([If Confession 1-3 times in past 12 months:] more often)*? Select all that apply.**
- Weekday evenings
  - Weekday mornings
  - Saturday mornings
  - Sunday mornings before Mass or between Masses
  - Sunday evenings
  - None of these would make a difference *[exclusive]*
25. ***[If Confession = not in past 12 months:] or [If Confession 1-3 times in past 12 months:]* Thinking realistically, which statement comes closer to your situation?**
- Even with more convenient Confession times, I would probably not go *[If Confession 1-3 times in past 12 months:] more often*
  - More convenient Confession times would remove an important obstacle, making me more likely to go *[If Confession 1-3 times in past 12 months:] more often*

26. Given where you are today, how helpful, if at all, would each of the following be in helping you go to Confession more often?

	Would not really help 1	Would help a little 2	Would help some 3	Would help a lot 4	Would help tremendously 5
<i>[Randomize]</i>					
a. Confession being offered at more convenient times (e.g., weekday evenings, before or after Mass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. More reminders or invitation to go to Confession during certain seasons (such as Lent or Advent)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Priests clearly explaining what to expect in Confession and what to say	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Learning how to examine my conscience or prepare for Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Hearing more clearly that Confession is not only for mortal or serious sins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Understanding the biblical roots of Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Hearing priests speak more often about God's mercy rather than judgment in Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Hearing that it's normal to struggle with the same sins and still be welcomed in Confession	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. More opportunities for Confession where I don't feel personally known or recognized by the priest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Going to Confession together with a trusted family member or friend (not in the confessional together)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Hearing real-life examples of how Confession has helped other Catholics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Harvard Human Flourishing Questions

27. Overall, how satisfied are you with your life as a whole these days?

	0	1	2	3	4	5	6	7	8	9	10	
Not satisfied at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely satisfied

28. In general, how happy or unhappy do you usually feel?

	0	1	2	3	4	5	6	7	8	9	10	
Extremely unhappy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely happy

29. In general, how would you rate your physical health?

	0	1	2	3	4	5	6	7	8	9	10	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

30. How would you rate your overall mental health?

	0	1	2	3	4	5	6	7	8	9	10	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

31. To what extent do you feel the things you do in your life are worthwhile?

	0	1	2	3	4	5	6	7	8	9	10	
Not at all worthwhile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely worthwhile

32. I understand my purpose in life.

	0	1	2	3	4	5	6	7	8	9	10	
Strongly disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly agree