
DOI: 1080/107201603902306307

Study type: Quantitative analysis of an online survey

Study size: 40

Demographics: 75% married, 8% divorced, and 5% separated. 39% of the women were 25-35 years old, 34% were between 36-45, 21% between 45-55, and less than 5% were over 55. 55% knew for five or more years about their husbands’ compulsive behaviors. 55% saw their husbands in recovery, 42% did not.

Key findings and quotes:

- The online survey determined that:
  - Initially, 38% of pastors’ wives sought no help whatsoever,
  - 15% sought the help of a friend,
  - 20% talked to a professional counselor,
  - And 20% went to a spiritual leader.

- Solutions that felt most comfortable to them for the healing processes were:
  - Seeking professional counseling (50%)
  - Joining a support group (18%)
  - Confiding in a friend (25%)
  - “The participants provided additional answers in the category of “other” such as prayer, biblical study on forgiveness, telling no one, online support groups, and workshops as their choices” (p. 195).

- Methods that aided coping, as well as their learning about personal recovery were:
  - Prayer (95%)
  - Daily Bible reading (35%)
  - Marriage counseling (28%).
  - 98% of participants indicated they felt their relational healing to be important to God.

- Prevalent emotions during recovery were:
  - Anger (85%)
  - Depression (73%)
  - Helplessness (53%)
  - Shame (55%)
  - Isolation (58%)
  - “Hopelessness, confusion, and bitterness also ranked high, all above 40%” (pp.195-195)
  - Betrayal and loss of trust (82%)
45% of women felt somewhat supported toward recovery by their denomination.