

Questionnaire No. _____

Date: _____

COPING STRATEGY INDICATOR

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SEX: Male Female

AGE: _____

HOUSEHOLD INCOME:

- Less Than \$15,000 \$25,000 to \$34,999 \$45,000 to \$60,000
 \$15,000 to \$24,999 \$35,000 to \$44,999 Greater than \$60,000

NUMBER OF PERSONS IN HOUSEHOLD: _____

HIGHEST COMPLETED EDUCATION:

- Grammar School
 High School
 College
 Graduate/Professional

OCCUPATION: _____

We are interested in how people cope with the problems and troubles in their lives.

Listed below are several possible ways of coping. We would like you to indicate to what extent you, yourself, used each of these coping methods. All of your responses will remain anonymous.

Try to think of one problem you have encountered in the last six months or so. This should be a problem that was important to you, and that caused you to worry (anything from the loss of a loved one to a traffic citation, but one that was important to you).

Please describe this problem in a few words (remember, your answer will be kept anonymous):

With this problem in mind, indicate how you coped by checking the appropriate box for each coping behavior listed on the following pages. Answer each and every question even though some may sound similar.

Did you remember to write down your problem? If not, please do so before going on.

Keeping that stressful event in mind, indicate to what extent you. . .

1. Let your feelings out to a friend? A lot A little Not at all
2. Rearranged things around you so that your problem had the best chance of being resolved? A lot A little Not at all
3. Brainstormed all possible solutions before deciding what to do? A lot A little Not at all
4. Tried to distract yourself from the problem? A lot A little Not at all
5. Accepted sympathy and understanding from someone? A lot A little Not at all
6. Did all you could to keep others from seeing how bad things really were? A lot A little Not at all
7. Talked to people about the situation because talking about it helped you to feel better? A lot A little Not at all
8. Set some goals for yourself to deal with the situation? A lot A little Not at all
9. Weighed your options very carefully? A lot A little Not at all
10. Daydreamed about better times? A lot A little Not at all
11. Tried different ways to solve the problem until you found one that worked? A lot A little Not at all
12. Confided your fears and worries to a friend or relative? A lot A little Not at all
13. Spent more time than usual alone? A lot A little Not at all
14. Told people about the situation because just talking about it helped you to come up with solutions? A lot A little Not at all
15. Thought about what needed to be done to straighten things out? A lot A little Not at all
16. Turned your full attention to solving the problem? A lot A little Not at all
17. Formed a plan of action in your mind? A lot A little Not at all

18. Watched television more than usual? A lot A little Not at all
19. Went to someone (friend or professional) in order to help you feel better? A lot A little Not at all
20. Stood firm and fought for what you wanted in the situation? A lot A little Not at all
21. Avoided being with people in general? A lot A little Not at all
22. Buried yourself in a hobby or sports activity to avoid the problem? A lot A little Not at all
23. Went to friend to help you feel better about the problem? A lot A little Not at all
24. Went to a friend for advice on how to change the situation? A lot A little Not at all
25. Accepted sympathy and understanding from friends who had the same problem? A lot A little Not at all
26. Slept more than usual? A lot A little Not at all
27. Fantasized about how things could have been different? A lot A little Not at all
28. Identified with characters in novels or movies? A lot A little Not at all
29. Tried to solve the problem? A lot A little Not at all
30. Wished that people would just leave you alone? A lot A little Not at all
31. Accepted help from a friend or relative? A lot A little Not at all
32. Sought reassurance from those who know you best? A lot A little Not at all
33. Tried to carefully plan a course of action rather than acting on impulse? A lot A little Not at all

**You may STOP here.
Thank you for your cooperation!**

SCORING INSTRUCTIONS

1. For each response, assign a numerical score:

If the response is **A lot**, assign a score of **3**.

If the response is **A little**, assign a score of **2**.

If the response is **Not at all**, assign a score of **1**.

2. Enter the scores for each question in the appropriate column below:

SCALE I		SCALE II		SCALE III	
Item	Score	Item	Score	Item	Score
#2	_____	#1	_____	#4	_____
#3	_____	#5	_____	#6	_____
#8	_____	#7	_____	#10	_____
#9	_____	#12	_____	#13	_____
#11	_____	#14	_____	#18	_____
#15	_____	#19	_____	#21	_____
#16	_____	#23	_____	#22	_____
#17	_____	#24	_____	#26	_____
#20	_____	#25	_____	#27	_____
#29	_____	#31	_____	#28	_____
#33	_____	#32	_____	#30	_____
Total I = _____		Total II = _____		Total III = _____	

3. Sum each column, and enter the totals in the appropriate boxes on the graph below.

4. Mark each bar of the graph below at the point indicated by each column total. Fill in the bar up to that point to graphically indicate preferred coping strategy.

