

Brief Coping Styles Questionnaire

We are interested in how people respond when they confront difficult or stressful events in their lives. There are lots of ways to try to deal with stress. This questionnaire asks you to indicate what you generally do and feel, when you experience stressful events. Obviously, different events bring out somewhat different responses, but think about what you usually do when you are under a lot of stress.

Then respond to each of the following items by blackening one number on your answer sheet for each, using the response choices listed just below. Please try to respond to each item separately in your mind from each other item. Choose your answers thoughtfully, and make your answers as true FOR YOU as you can. Please answer every item. There are no "right" or "wrong" answers, so choose the most accurate answer for YOU--not what you think "most people" would say or do. Indicate what YOU usually do when YOU experience a stressful event. For more information, go to <http://www.psy.miami.edu/faculty/ccarver/scIbBrCOPE.html>.

1	2	3	4
I usually don't do this at all	I usually do this a little bit	I usually do this a medium amount	I usually do this a lot

Questions	Score
1. I've been turning to work or other activities to take my mind off things.	
2. I've been concentrating my efforts on doing something about the situation I'm in.	
3. I've been saying to myself "this isn't real."	
4. I've been using alcohol or other drugs to make myself feel better.	
5. I've been getting emotional support from others.	
6. I've been giving up trying to deal with it.	
7. I've been taking action to try to make the situation better.	
8. I've been refusing to believe that it has happened.	
9. I've been saying things to let my unpleasant feelings escape.	
10. I've been getting help and advice from other people.	
11. I've been using alcohol or other drugs to help me get through it.	
12. I've been trying to see it in a different light, to make it seem more positive.	
13. I've been criticizing myself.	
14. I've been trying to come up with a strategy about what to do.	
15. I've been getting comfort and understanding from someone.	
16. I've been giving up the attempt to cope.	
17. I've been looking for something good in what is happening.	
18. I've been making jokes about it.	
19. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	
20. I've been accepting the reality of the fact that it has happened.	
21. I've been expressing my negative feelings.	
22. I've been trying to find comfort in my religion or spiritual beliefs.	
23. I've been trying to get advice or help from other people about what to do.	
24. I've been learning to live with it.	
25. I've been thinking hard about what steps to take.	
26. I've been blaming myself for things that happened.	
27. I've been praying or meditating.	
28. I've been making fun of the situation.	

Scoring

The following table lists the coping styles associated with answering yes to the items indicated.

Coping Style	Items
Self-distraction	1 and 19
Active coping	2 and 7
Denial	3 and 8
Substance use	4 and 11
Use of emotional support	5 and 15
Use of instrumental support	10 and 23
Behavioral disengagement	6 and 16
Venting	9 and 21
Positive reframing	12 and 17
Planning	14 and 25
Humor	18 and 28
Acceptance	20 and 24
Religion	22 and 27
Self-blame	13 and 26