

Stress, Emotions and Affective State

Early Prediction and Prevention of Mood Disorders

Multinational Study Programme

Coping Strategies Inventory (COPE)

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STUDY	[_ _ _ _]	1-4
GROUP	[_ _]	5-6
PERSON	[_ _ _]	7-9
RATING DAY	[_ _ _]	10-12
Sex (1=male, 2=female)	[_]	15
Date of Birth (year/month/day=01)	[_ _ _ _ : _ _ : 0 1]	16-21
Education (1=remedial, 2=junior high, 3=high, 4=college)	[_]	49
DATE (year/month/day)	[_ _ _ _ : _ _ : _ _]	50-57
INTERVIEWER	[_ _ _]	58-60
STUDY SITE	[_ _]	61-62



0 Card number

[_ _] 13-14

Instructions:

People often react in different ways when they are faced with a difficult, challenging, or stressful issue in life. This questionnaire invites you to respond to how frequently you cope in the ways the statements suggest in terms of what you do or feel when you experience a stressful or challenging issue in your life. It is to be expected that the type of issue you face in a given situation may change the way you react so answer the following questions from the viewpoint of what you generally do or feel most of the time. **Please respond to every item** and report what is true or mostly true for you, not what you believe other people would do in a similar situation facing the same issue. Use the following scale and respond to each statement by placing a number in the field at the right hand side of each item.

- 1 I've been turning to work or other activities to take my mind off things. [_] 15
(1= never; 2= rarely; 3= sometimes; 4= often)
- 2 I've been concentrating my efforts on doing something about the situation I'm in. [_] 16
(1= never; 2= rarely; 3= sometimes; 4= often)
- 3 I've been saying to myself "this isn't real". [_] 17
(1= never; 2= rarely; 3= sometimes; 4= often)
- 4 I've been using alcohol or other drugs to make myself feel better. [_] 18
(1= never; 2= rarely; 3= sometimes; 4= often)
- 5 I've been getting emotional support from others. [_] 19
(1= never; 2= rarely; 3= sometimes; 4= often)
- 6 I've been giving up trying to deal with it. [_] 20
(1= never; 2= rarely; 3= sometimes; 4= often)
- 7 I've been taking action to try to make the situation better. [_] 21
(1= never; 2= rarely; 3= sometimes; 4= often)
- 8 I've been refusing to believe that it has happened. [_] 22
(1= never; 2= rarely; 3= sometimes; 4= often)
- 9 I've been saying things to let my unpleasant feelings escape. [_] 23
(1= never; 2= rarely; 3= sometimes; 4= often)
- 10 I've been getting help and advice from other people. [_] 24
(1= never; 2= rarely; 3= sometimes; 4= often)
- 11 I've been using alcohol or other drugs to help me get through it. [_] 25
(1= never; 2= rarely; 3= sometimes; 4= often)
- 12 I've been trying to see it in a different light, to make it seem more positive. [_] 26
(1= never; 2= rarely; 3= sometimes; 4= often)

- 13** I've been criticizing myself. [_] 27
(1= never; 2= rarely; 3= sometimes; 4= often)
- 14** I've been trying to come up with a strategy about what to do. [_] 28
(1= never; 2= rarely; 3= sometimes; 4= often)
- 15** I've been getting comfort and understanding from someone. [_] 29
(1= never; 2= rarely; 3= sometimes; 4= often)
- 16** I've been giving up the attempt to cope. [_] 30
(1= never; 2= rarely; 3= sometimes; 4= often)
- 17** I've been looking for something good in what is happening. [_] 31
(1= never; 2= rarely; 3= sometimes; 4= often)
- 18** I've been making jokes about it. [_] 32
(1= never; 2= rarely; 3= sometimes; 4= often)
- 19** I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. [_] 33
(1= never; 2= rarely; 3= sometimes; 4= often)
- 20** I've been accepting the reality of the fact that it has happened. [_] 34
(1= never; 2= rarely; 3= sometimes; 4= often)
- 21** I've been expressing my negative feelings. [_] 35
(1= never; 2= rarely; 3= sometimes; 4= often)
- 22** I've been trying to find comfort in my religion or spiritual beliefs. [_] 36
(1= never; 2= rarely; 3= sometimes; 4= often)
- 23** I've been trying to get advice or help from other people about what to do. [_] 37
(1= never; 2= rarely; 3= sometimes; 4= often)
- 24** I've been learning to live with it. [_] 38
(1= never; 2= rarely; 3= sometimes; 4= often)
- 25** I've been thinking hard about what steps to take. [_] 39
(1= never; 2= rarely; 3= sometimes; 4= often)
- 26** I've been blaming myself for things that happened. [_] 40
(1= never; 2= rarely; 3= sometimes; 4= often)
- 27** I've been praying or meditating. [_] 41
(1= never; 2= rarely; 3= sometimes; 4= often)
- 28** I've been making fun of the situation. [_] 42
(1= never; 2= rarely; 3= sometimes; 4= often)