Coping Scale
Hamby, Grych, & Banyard, 2013
Partially adapted from: Holahan & Moos, 1987; Spitzberg & Copach, 2008

This coping questionnaire assesses cognitive, emotional, and behavioral methods of dealing with problems. Some items, focusing on cognitive and emotional approaches, were adapted from Holahan and Moos's (1987) widely-used Coping Strategies Scale (items 2, 3, and 4 below), while other cognitive and emotional items were original (1, 5, 6, and 8). The remainder of the items were adapted from Spitzberg and Copach's (2008) framework for assessing coping in response to stalking. Adapted items were reworded to focus on general coping patterns (versus a response to a specific situation) and simplified to suit a community sample in which some have limited reading levels and educational attainment.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. Of the 17 coping items used in the main sample of over 2500 participants, a domain-level factor analysis for all regulatory strengths produced this 13-item factor, consisting of items reflecting both appraisal and behavioral methods of coping. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.88 and 0.91, respectively. Validity was established in the main sample with strong correlations with other measures of regulatory strengths, such as Anger Management ($r = .57$) and Endurance ($r = .63$), and with measures of well-being, such as Subjective Well-being ($r = .53$) and Posttraumatic Growth ($r = .65$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of coping.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. http://www.lifepathsresearch.org/strengths-measures/

Partially adapted from: Holahan, C. J., & Moos, R. H. (1987). Personal and contextual determinants of coping strategies. *Journal of Personality and Social Psychology*, 52(5), 946-955.
Spitzberg, B., & Cupach, W. (2008). Managing unwanted pursuit. In M. Motley (Ed.), *Studies in Applied Interpersonal Communication* (pp. 3-25). Thousand Oaks, CA: Sage.

1. When dealing with a problem, I spend time trying to understand what happened.
   Mostly true about me 4
   Somewhat true about me 3
   A little true about me 2
   Not true about me 1
2. When dealing with a problem, I try to see the positive side of the situation.
   Mostly true about me 4
   Somewhat true about me 3
   A little true about me 2
   Not true about me 1
3. When dealing with a problem, I try to step back from the problem and think about it from a different point of view.
   Mostly true about me 4
   Somewhat true about me 3
   A little true about me 2
   Not true about me 1
4. When dealing with a problem, I consider several alternatives for handling the problem.
   Mostly true about me 4
   Somewhat true about me 3
   A little true about me 2
   Not true about me 1
5. When dealing with a problem, I try to see the humor in it.
   Mostly true about me 4
   Somewhat true about me 3
   A little true about me 2
   Not true about me 1

6. When dealing with a problem, I think about what it might say about bigger lifestyle changes I need to make.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

7. When dealing with a problem, I often wait it out and see if it doesn't take care of itself.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

8. When dealing with a problem, I often try to remember that the problem is not as serious as it seems.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

9. When dealing with a problem, I often use exercise, hobbies, or meditation to help me get through a tough time.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

10. When dealing with a problem, I make jokes about it or try to make light of it.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

11. When dealing with a problem, I make compromises.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

12. When dealing with a problem, I take steps to take better care of myself and my family for the future.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1

13. When dealing with a problem, I work on making things better for the future by changing my habits, such as diet, exercise, budgeting, or staying in closer touch with people I care about.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1