Coping
Coping Appraisal Questionnaire
Coping Behaviors Questionnaire
Hamby, Banyard, & Grych, 2013

Coping Appraisal Questionnaire
The appraisal aspects of coping measure an individual’s cognitive and emotional approach to problems. To develop a brief scale of cognitive appraisal, we adapted three items from the 11-item Active-Cognitive subscale of Holahan and Moos’s widely used Coping Strategies scale (1987; items 2, 3 and 4 below) to simplify wording and focus on general coping patterns. For example, a Holahan and Moos item reads, “Tried to step back from the situation and be more objective”; our adapted item reads, “When dealing with a problem, I try to step back from the problem and think about it from a different point of view.” We also wrote four new items to tap into aspects of appraisal that are important to our coping model (1, 5, 6, and 7). These hold together well, with a single factor accounting for 60% of the variance and producing an alpha of .88.

Coping Behaviors Questionnaire
The behavioral items were inspired by the conceptual model developed by Spitzberg and colleagues for coping with stalking. Spitzberg and Cupach (2008) conceive of coping in 5 categories: Moving Inward, Moving Outward, Moving Away, Moving Toward, and Moving Against. An advantage of their model is that no particular type of coping automatically is a priori defined as good or bad. Spitzberg and Cupach developed a 40-item scale, but their items were specific to stalking and were written for an educated participant. For example, a sample item is "While this person was pursuing you, did you ever…SEEK THERAPIES (e.g., invest time and effort into hobbies, drugs, exercise, medicine, therapeutic activities such as massage, meditation, exercise, watch television, internet, etc.)."

We piloted 21 items that were not problem-specific, used simple language, and attempted to include all five of their domains. However, we also tried to minimize overlap with our other scales, such as social support, and so we focused on items that were unique coping strategies in our survey. For the version included in the Life Paths study, two constructs emerged: Self-Care and Managing. Self-Care accounted for 36% of the variance in a principal axis factor analysis and includes four items on exercise, humor, taking care of oneself and planning for a better future (loadings > .30 in a Varimax rotation). Although self-care is a common recommendation by providers and others who deal with chronic stress, it is not well-captured in existing instruments. Managing accounted for 18% of the variance and also included four items: waiting it out, distracting oneself, seeking professional help, and compromising.

Reliability & validity: In our rural, low-income sample, internal consistency (coefficient alpha) for the appraisal subscale was .89. Internal consistency for the entire behavioral subscale was .75. For the Self-Care subscale, alpha was .70, and for the Managing subscale, alpha was .55. The Coping Appraisal Scale is moderately correlated with emotional regulation, forgiveness, and other related strengths. The Behavioral Coping Scale is moderately correlated with social support, meaning making, and related constructs. The two scales correlate .56 with each, supporting that they are similar yet distinct constructs.

Scoring: Items on each scale or subscale are summed, with higher scores indicating higher levels of coping behaviors.

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 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

Coping Behaviors
Self-Care
1. 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

2. When dealing with a problem, I make jokes about it or try to make light of it.
   Mostly true about me .......................... 4
3. 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

4. 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

**Managing**

1. 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

2. When dealing with a problem, I often distract myself by watching television, listening to music, or surfing the internet.

- 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 have used professional help, such as calling the police or going to a doctor or therapist.

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


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

**Other coping items.** These items did not load with the others but were retained in the Life Paths study to cover a broader domain of potential strategies.

1. When dealing with a problem, I sometimes drink more alcohol, smoke more, or take more medication 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

2. When dealing with a problem caused by someone I know, I try to avoid the person or stay away from them.

- Mostly true about me ......................... 4
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<th>Description</th>
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