

Brief-COPE (Brief-COPE)

[Study Name/ID pre-filled]

Site Name:

Subject ID:

Instructions

The following questions ask how you have sought to cope with a hardship in your life. Read the statements and indicate how much you have been using each coping style.

1. I've been turning to work or other activities to take my mind off things.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

2. I've been concentrating my efforts on doing something about the situation I'm in.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

3. I've been saying to myself "this isn't real".

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

4. I've been using alcohol or other drugs to make myself feel better.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

5. I've been getting emotional support from others.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

6. I've been giving up trying to deal with it.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

7. I've been taking action to try to make the situation better.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

8. I've been refusing to believe that it has happened.

- | | |
|--|--|
| <input type="checkbox"/> 1. I haven't been doing this at all | <input type="checkbox"/> 2. A little bit |
| <input type="checkbox"/> 3. A medium amount | <input type="checkbox"/> 4. I've been doing this a lot |

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9. I've been saying things to let my unpleasant feelings escape.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

10. I've been getting help and advice from other people.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

11. I've been using alcohol or other drugs to help me get through it.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

12. I've been trying to see it in a different light, to make it seem more positive.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

13. I've been criticizing myself.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

14. I've been trying to come up with a strategy about what to do.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

15. I've been getting comfort and understanding from someone.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

16. I've been giving up the attempt to cope.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

17. I've been looking for something good in what is happening.

- | | |
|--|--|
| <input type="radio"/> _1. I haven't been doing this at all | <input type="radio"/> _2. A little bit |
| <input type="radio"/> _3. A medium amount | <input type="radio"/> _4. I've been doing this a lot |

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18. I've been making jokes about it.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

19. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

20. I've been accepting the reality of the fact that is has happened.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

21. I've been expressing my negative feelings.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

22. I've been trying to find comfort in my religion or spiritual beliefs.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

23. I've been trying to get advice or help from other people about what.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

24. I've been learning to live with it.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

25. I've been thinking hard about what steps to take.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

26. I've been blaming myself for things that happened.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

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27. I've been praying or meditating.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

28. I've been making fun of the situation.

_1. I haven't been doing this at all

_2. A little bit

_3. A medium amount

_4. I've been doing this a lot

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Notes

Subscales are:

Problem-Focused Coping (Sum of Items 2, 7, 10, 12, 14, 17, 23, 25)

High score indicates psychological strength, grit, a practical approach to problem solving. A high score indicates coping strategies that are aimed at changing the stressful situation.

Emotion-Focused Coping (Sum of Items 5, 9, 13, 15, 18, 20, 21, 22, 24, 26, 27, 28)

A high score indicates coping strategies that are aiming to regulate emotions associated with the stressful situation. High or low scores are not uniformly associated with psychological health or ill health, but can be used to inform a wider formulation of the respondent's coping styles.

Avoidant Coping (Sum of Items 1, 3, 4, 6, 8, 11, 16, 19)

A high score indicate physical or cognitive efforts to disengage from the stressor. Low scores are typically indicative of adaptive coping.

Total score: sum of all items 28 to 112

References

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Dias, C., Cruz, J. F., and Fonseca, A. M. (2012). *The relationship between multidimensional competitive anxiety, cognitive threat appraisal, and coping strategies: A multi-sport study. Int. J. Sport Exerc. Psychol.* 10, 52–65. doi: 10.1080/1612197X.2012.645131

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