Ways of Coping
Test Booklet

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Please provide the following information:

Name:___________________________________ Date:__________________________

Identification Number (optional):___________________ Gender (Circle): M F Age:_____

Marital Status (check): □ Single □ Married □ Widowed □ Separate/Divorced

TO THE COUNSELOR

Fill out your Institutional Address below:

Name/ Institution:_________________________________________________________

Address:________________________________________________________________

Instructions

To respond to the statements in this questionnaire, you must have a specific stressful situation in mind. Take a few moments and think about the most stressful situation that you have experienced in the past week.

By "stressful" we mean a situation that was difficult or troubling for you, either because you felt distressed about what happened, or because you had to use considerable effort to deal with the situation. The situation may have involved your family, your job, your friends, or something else important to you. Before responding to the statements, think about the details of this stressful situation, such as where it happened, who was involved, how you acted, and why it was important to you. While you may still be involved in the situation, or it could have already happened, it should be the most stressful situation that you experienced during the week.

As you respond to each of the statements, please keep this stressful situation in mind. Read each statement carefully and indicate, by circling 0, 1, 2 or 3, to what extent you used it in the situation.

Key: 0 = Does not apply or not used 1 = Used somewhat 2 = Used quite a bit 3 = Used a great deal

Please try to respond to every question.
0 = Does not apply or not used  1 = Used somewhat  2 = Used quite a bit  3 = Used a great deal

1. I just concentrated on what I had to do next – the next step. ........... 0 1 2 3
2. I tried to analyze the problem in order to understand it better. ........... 0 1 2 3
3. I turned to work or another activity to take my mind off things. ........... 0 1 2 3
4. I felt that time would have made a difference – the only thing was to wait. ................................................................. 0 1 2 3
5. I bargained or compromised to get something positive from the situation. ................................................................. 0 1 2 3
6. I did something that I didn’t think would work, but at least I was doing something. ................................................................. 0 1 2 3
7. I tried to get the person responsible to change his or her mind. ........... 0 1 2 3
8. I talked to someone to find out more about the situation. ........... 0 1 2 3
9. I criticized or lectured myself. ................................................................. 0 1 2 3
10. I tried not to burn my bridges, but leave things open somewhat. ........... 0 1 2 3
11. I hoped for a miracle. ................................................................. 0 1 2 3
12. I went along with fate; sometimes I just have bad luck. ........... 0 1 2 3
13. I went on as if nothing had happened. ................................................................. 0 1 2 3
14. I tried to keep my feelings to myself. ................................................................. 0 1 2 3
15. I looked for the silver lining, so to speak; I tried to look on the bright side of things. ................................................................. 0 1 2 3
16. I slept more than usual. ................................................................. 0 1 2 3
17. I expressed anger to the person(s) who caused the problem. ........... 0 1 2 3
18. I accepted sympathy and understanding from someone. ........... 0 1 2 3
19. I told myself things that helped me feel better. ................................................................. 0 1 2 3
20. I was inspired to do something creative about the problem. ........... 0 1 2 3
21. I tried to forget the whole thing. ................................................................. 0 1 2 3
22. I got professional help. ................................................................. 0 1 2 3

Go on to next page
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23. I changed or grew as a person................................. 0 1 2 3
24. I waited to see what would happen before doing anything........ 0 1 2 3
25. I apologized or did something to make up................................. 0 1 2 3
26. I made a plan of action and followed it................................. 0 1 2 3
27. I accepted the next best thing to what I wanted..................... 0 1 2 3
28. I let my feelings out somehow............................................ 0 1 2 3
29. I realized that I had brought the problem on myself................... 0 1 2 3
30. I came out of the experience better than when I went in............ 0 1 2 3
31. I talked to someone who could do something concrete about the problem........................................... 0 1 2 3
32. I tried to get away from it for a while by resting or taking a vacation. 0 1 2 3
33. I tried to make myself feel better by eating, drinking, smoking, using drugs, or medications, etc........................................... 0 1 2 3
34. I took a big chance or did something very risky to solve the problem................................................................. 0 1 2 3
35. I tried not to act too hastily or follow my first hunch.................. 0 1 2 3
36. I found new faith........................................................................ 0 1 2 3
37. I maintained my pride and kept a stiff upper lip........................ 0 1 2 3
38. I rediscovered what is important in life..................................... 0 1 2 3
39. I changed something so things would turn out all right............... 0 1 2 3
40. I generally avoided being with people...................................... 0 1 2 3
41. I didn't let it get to me; I refused to think too much about it........ 0 1 2 3
42. I asked advice from a relative or friend I respected.................... 0 1 2 3
43. I kept others from knowing how bad things were...................... 0 1 2 3
44. I made light of the situation; I refused to get too serious about it.... 0 1 2 3

Go on to next page
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45. I talked to someone about how I was feeling. ............................... 0 1 2 3
46. I stood my ground and fought for what I wanted. .......................... 0 1 2 3
47. I took it out on other people. ....................................................... 0 1 2 3
48. I drew on my past experiences; I was in a similar situation before ... 0 1 2 3
49. I knew what had to be done, so I doubled my efforts to make things work. ................................................................. 0 1 2 3
50. I refused to believe that it had happened...................................... 0 1 2 3
51. I promised myself that things would be different next time. ............ 0 1 2 3
52. I came up with a couple of different solutions to the problem........... 0 1 2 3
53. I accepted the situation, since nothing could be done. .................... 0 1 2 3
54. I tried to keep my feeling about the problem from interfering with other things. ...................................................... 0 1 2 3
55. I wished that I could change what had happened or how I felt........ 0 1 2 3
56. I changed something about myself. .............................................. 0 1 2 3
57. I daydreamed or imagined a better time or place than the one I was in. 0 1 2 3
58. I wished that the situation would go away or somehow be over with. 0 1 2 3
59. I had fantasies or wishes about how things might turn out. ............. 0 1 2 3
60. I prayed. ....................................................................................... 0 1 2 3
61. I prepared myself for the worst. .................................................... 0 1 2 3
62. I went over in my mind what I would say or do. ............................. 0 1 2 3
63. I thought about how a person I admire would handle this situation and used that as a model. ................................. 0 1 2 3
64. I tried to see things from the other person's point of view. .............. 0 1 2 3
65. I reminded myself how much worse things could be. .................... 0 1 2 3
66. I jogged or exercised. ................................................................. 0 1 2 3

Stop Here.
Scoring the Ways of Coping Questionnaire

**Raw Scores**

To score the Ways of Coping Questionnaire, add the raw score for each item on the scale to get a total score. There are four possible responses 0, 1, 2, and 3. These are also the weights that should be used to get the raw score. Note that not all 66 items are scaled.

<table>
<thead>
<tr>
<th># of items</th>
<th>Item in the scale</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>6, 7, 17, 28, 34, 46</td>
<td>Confrontive Coping</td>
</tr>
<tr>
<td>6</td>
<td>12, 13, 15, 21, 41, 44</td>
<td>Distancing</td>
</tr>
<tr>
<td>7</td>
<td>10, 14, 35, 54, 62, 63</td>
<td>Self-Controlling</td>
</tr>
<tr>
<td>6</td>
<td>8, 18, 22, 31, 42, 45</td>
<td>Seeking Social Support</td>
</tr>
<tr>
<td>4</td>
<td>9, 25, 29, 51</td>
<td>Accepting Responsibility</td>
</tr>
<tr>
<td>8</td>
<td>11, 16, 33, 40, 47, 50, 58, 59</td>
<td>Escape-Avoidance</td>
</tr>
<tr>
<td>6</td>
<td>1, 26, 39, 48, 49, 52</td>
<td>Planful Problem Solving</td>
</tr>
<tr>
<td>7</td>
<td>20, 23, 30, 36, 38, 56, 60</td>
<td>Positive Reappraisal</td>
</tr>
</tbody>
</table>

Raw scores describe the coping effort for each of the eight types of coping. High raw scores indicate that the person often used the behaviors described by that scale in coping with the stressful event.

**Relative Scores**

Relative scores describe the proportion of effort represented for each type of coping and are expressed as a percentage that ranges from 0 to 100. A high relative score on a scale means that the person used those coping behaviors more often than they used other behaviors.

To calculate the relative scores:

1. Calculate the average response per scale by dividing the total raw score by the number of items in the scale. For example, if the raw score for Confrontive Coping is 15 then the average response is 2.5 because there are 6 items on this scale.
2. Sum the average responses per scale across all the scales. For example, take the eight averages derived from 1 above and sum them.
3. Divide the average score for each scale (from 1) by the sum of the of the averages (from 2 above) for all 8 scales. This value is the relative score for the scale.