## APPENDIX 3

**FAMILY CRISIS ORIENTED PERSONAL EVALUATION SCALES (F-COPES)**

**GROUP:** _____  **ADD/AB** _____ 1-60  **NON-USER** _____ 61-90

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Moderately Disagree</th>
<th>Neither Agree/Nor Disagree</th>
<th>Moderately Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

When we face problems or difficulties in our family, we respond by:

1. Sharing our difficulties with relatives.
2. Seeking encouragement and support from friends.
3. Knowing we have the power to solve major problems.
4. Seeking information and advice from persons in other families who have faced the same or similar problems.
5. Seeking advice from relatives (grandparents etc.).
6. Seeking assistance from community agencies and programs designed to help families in our situation.
7. Knowing we have the strength within our family to solve our problems.
8. Receiving gifts and favours from neighbours (food, mail etc.).
9. Seeking information and advice from the family doctor.
10. Asking neighbours for favours and assistance.
11. Facing the problem 'head-on' and trying to get the solution right away.
12. Watching TV.
13. Showing that we are strong.
15. Accepting stressful events as a fact of life.
17. Knowing luck plays a big part in how well we are able to solve family problems.
18. Accepting that difficulties occur unexpectedly.
19. Doing things with relatives (get-togethers, dinners etc.).
20. Seeking professional counseling and help for family difficulties.
21. Believing we can handle our own problems.
22. Participating in church activities.
23. Defining the family problem in a more positive way so that we do not become too discouraged.
24. Asking relatives how they feel about the problems we face.
25. Feeling that no matter what we do to prepare, we will have difficulty handling problems.
26. Seeking advice from a minister.
27. Believing if we wait long enough, the problem will go away.
28. Sharing problems with neighbours.
29. Having faith in God.
30. Total _____  **ASS** _____  **RF** _____  **SSS** _____  **MFA** _____  **PA** ____