

# Ways of Coping Questionnaire Report

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Prepared on September 20, 2012 for:  
**Sample Participant**

You completed your evaluation at 7:00 pm EST on December 31, 1969.



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## Your Stressful Situation

How you cope with stress, not stress per se, influences your psychological well-being, social functioning, and bodily health. The *Ways of Coping Questionnaire* (WOC) assesses the thoughts and actions you may use to cope with the stressful encounters of everyday living. To respond to the statements in this questionnaire, you had a specific stressful situation in mind. You took a few moments and thought about the most stressful situation that you had experienced in the past week. When you took the WOC, "stressful" was defined as 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.

If you described a stressful situation, it is below.

### Question

### Answer

The stressful experience:

1332707133 695006475  
982549347 974595084  
921037458 994493496

## Description of Ways of Coping Questionnaire Scales

**Confrontive Coping:** describes aggressive efforts to alter the situation and suggests some degree of hostility and risk-taking.

**Distancing:** describes cognitive efforts to detach oneself and to minimize the significance of the situation.

**Self-Controlling:** describes efforts to regulate one's feelings and actions.

**Seeking Social Support:** describes efforts to seek informational support, tangible support, and emotional support.

**Accepting Responsibility:** acknowledges one's own role in the problem with a concurrent theme of trying to put things right.

**Escape-Avoidance:** describes wishful thinking and behavioral efforts to escape or avoid the problem. Items on this scale contrast with those of the Distancing scale, which suggest detachment.

**Planful Problem Solving:** describes deliberate problem-focused efforts to alter the situation, coupled with an analytic approach to solving the problem.

**Positive Reappraisal:** describes efforts to create positive meaning by focusing on personal growth. It also has a religious dimension.

## Your Ways of Coping Scores in Perspective

Whenever you take a formal assessment, your scores can be inaccurate for many reasons.

- You may have felt different on the day you took the questionnaire than you do today, so you might answer differently if you took the questionnaire again.
- The words on the questionnaire could mean something different for you than for other persons.
- There may have been words in the questionnaire which were unfamiliar to you
- There may have been items on the questionnaire which were not relevant to you.
- The items may not reflect your unique life circumstances and choices.
- You may have personal practices or habits not listed on the WOC which could change your scores. Any questionnaire can only provide a sample of possible ways of coping, but not all ways.
- When you took the WOC, you may have been distracted by something in your environment, such as noise or other people.

### Interpreting Your Ways of Coping Score

The most important thing about your scores is how you interpret them. As you review your ways of coping scores, answer these questions.

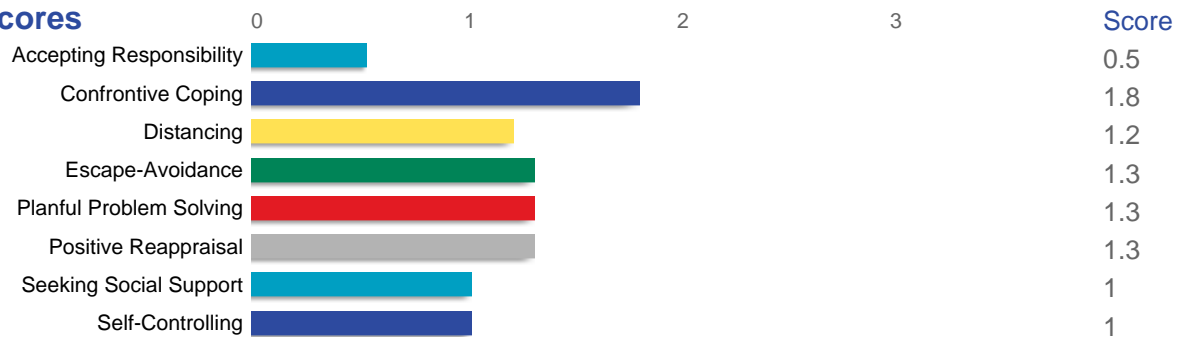
- As you look at your profile, are there high or low scores which surprise you?
- Are you surprised pleasantly or otherwise?
- Write down these scores and your reactions.

## How You Rated Yourself

You used the following labels for each way you may have coped. The WOC provided varying ways you may have coped with this situation.

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

### Your Raw Scores



Following is a graph of your relative scores. The relative score indicates how much you used one way of coping compared to the other ways of coping in the WOC scales.

### Relative Scores



## Positive and Negative Ways of Coping

### Positive Ways of Coping

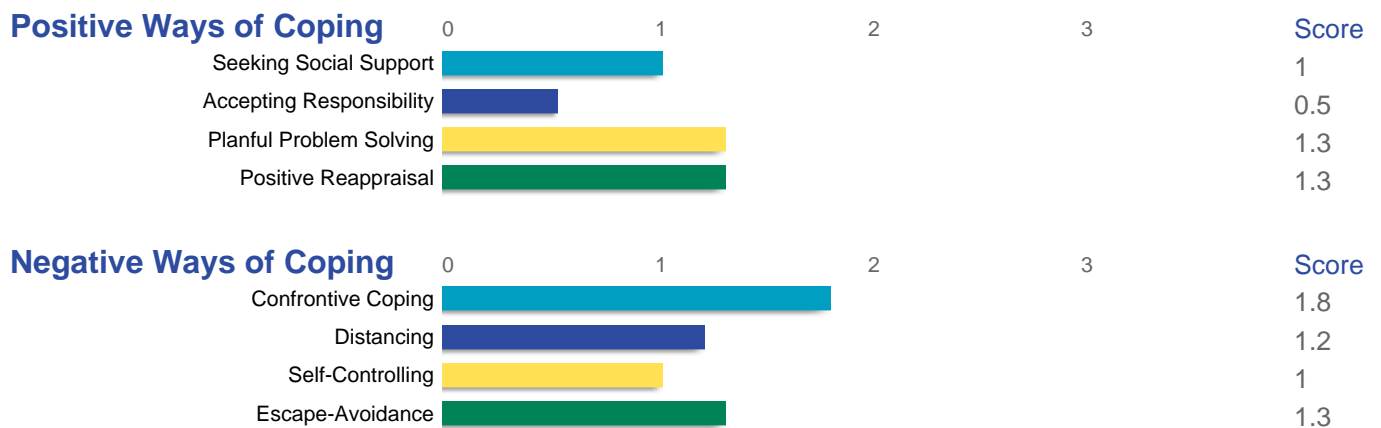
- Positive reappraisal and planful problem-solving are generally associated with better mood.

### Negative Ways of Coping

- Escape avoidance, self-controlling, and self-blame are generally associated with poorer mood.

### Depends on the Situation

- Seeking social support and distancing can relate positively or negatively to mood, depending on the nature of the situation.



## Your Highest and Lowest 10 Item Ratings

Following are 10 items you used the most and the 10 you used the least. The numbers can be interpreted with the labeling below:

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

### Highest 10 items rank ordered by use as a way of coping

Score	Scale	Item
3	Positive Reappraisal	I prayed.
3	Planful Problem Solving	I came up with a couple of different solutions to the problem.
3	Seeking Social Support	I talked to someone about how I was feeling.

All items appear in actual report

**Lowest 10 items rank ordered by use as a way of coping**

Score	Scale	Item
0	Seeking Social Support	I talked to someone to find out more about the situation.
0	Accepting Responsibility	I criticized or lectured myself.
0	Distancing	I went along with fate; sometimes I just have bad luck.



## Demographics

Question	Answer
My Gender is:	Male
My age is:	45 to 54
My marital status is:	Widowed