

Coping Scale for Adults Second Edition (CSA-2)

Long Form

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The *Coping Scale for Adults Second Edition* is a 60-item self-report inventory that is useful for considering growth and development surrounding coping and for facilitating the development of coping strategies. This report provides a graphical profile of how often an individual uses each of 20 coping strategies and categorises these strategies into three distinct coping styles.

Coping can be defined as a set of cognitive and affective actions that arise in response to a particular concern. They represent an attempt to restore the equilibrium or remove the turbulence for the individual. This may be done by solving the problem (that is, removing the concern) or accommodating to the concern without bringing about a solution.

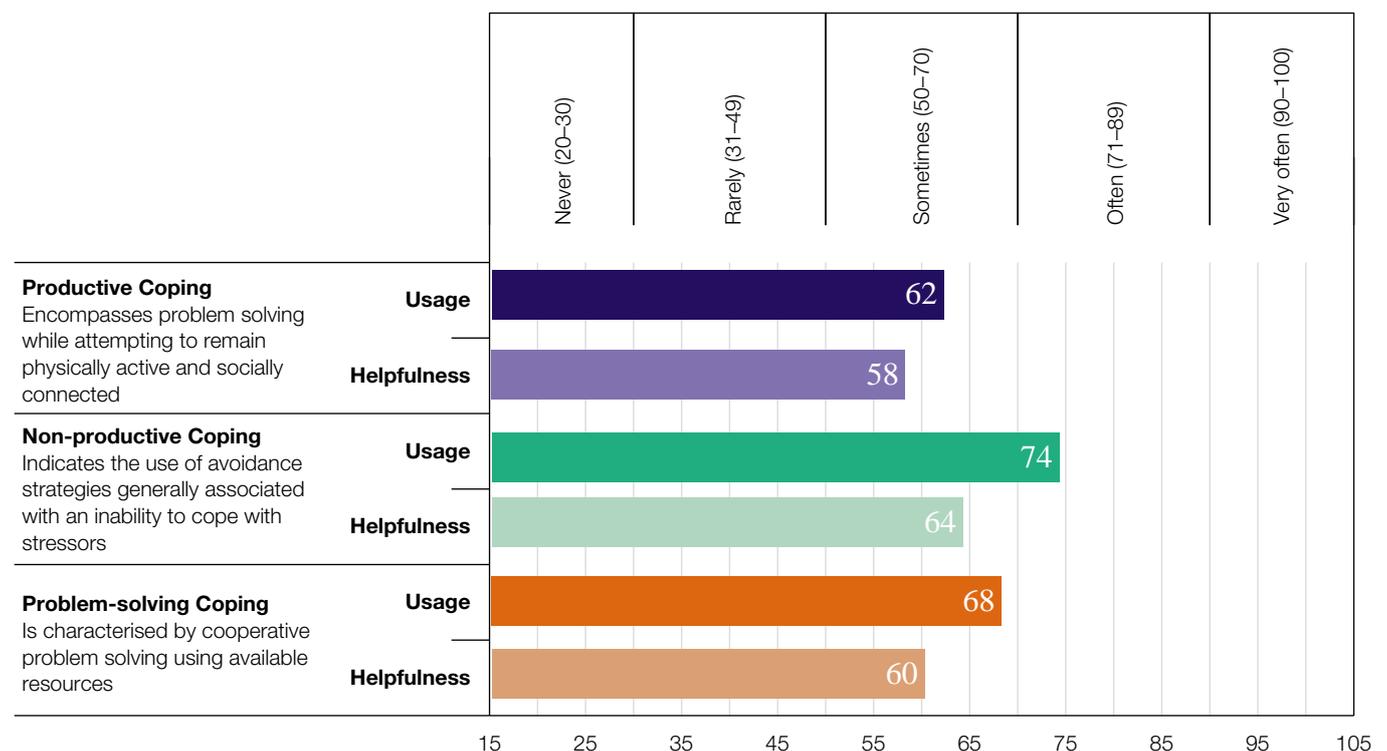
The *Coping Scale for Adults Second Edition* assesses how individual adults cope with either overall concerns or a particular concern. This individual has responded on how they would cope with various concerns or problems.

My mother died earlier this year, and I'm having problems dealing with the every day.

Throughout this report, it is not the absolute score that matters, rather which coping strategies are used a lot, which are used a little and which need to be changed.

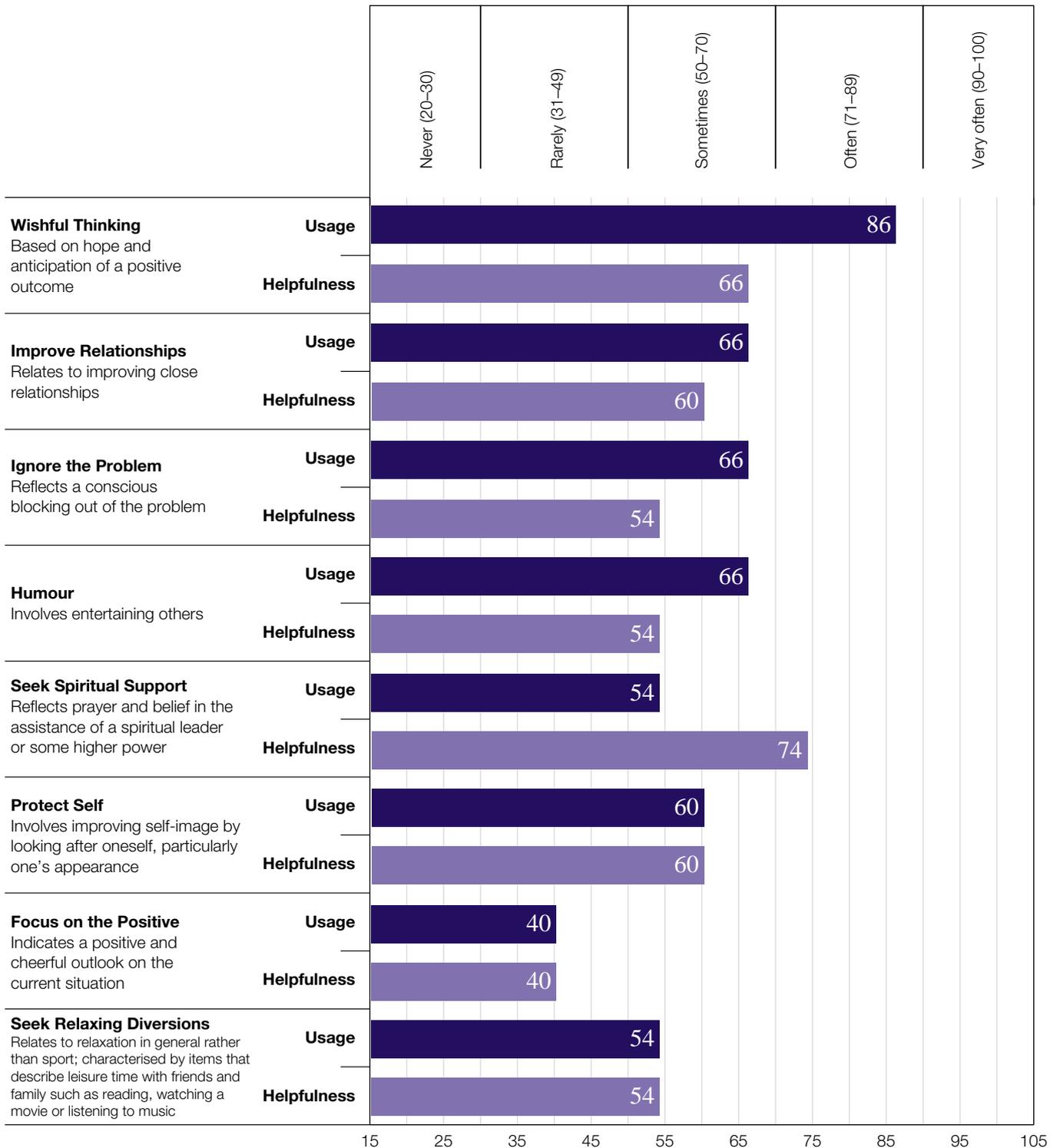
Profile of Coping Styles

The adjusted scores graphed below are based on mean ratings of the items in that coping style.



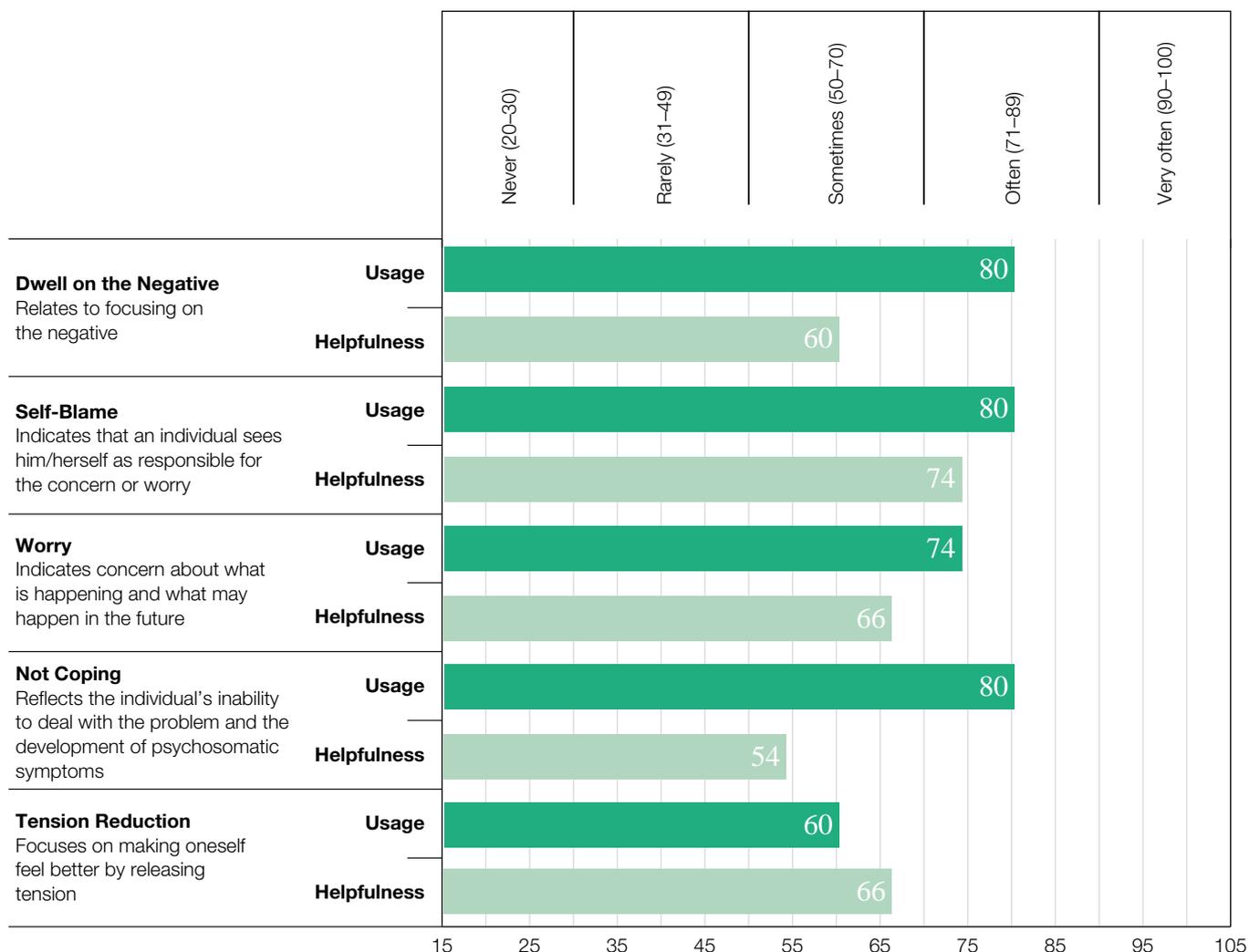
Productive Coping

This coping style encompasses problem-solving while attempting to remain physically active and socially connected. The adjusted scores graphed below are based on mean ratings of the items in that coping strategy.



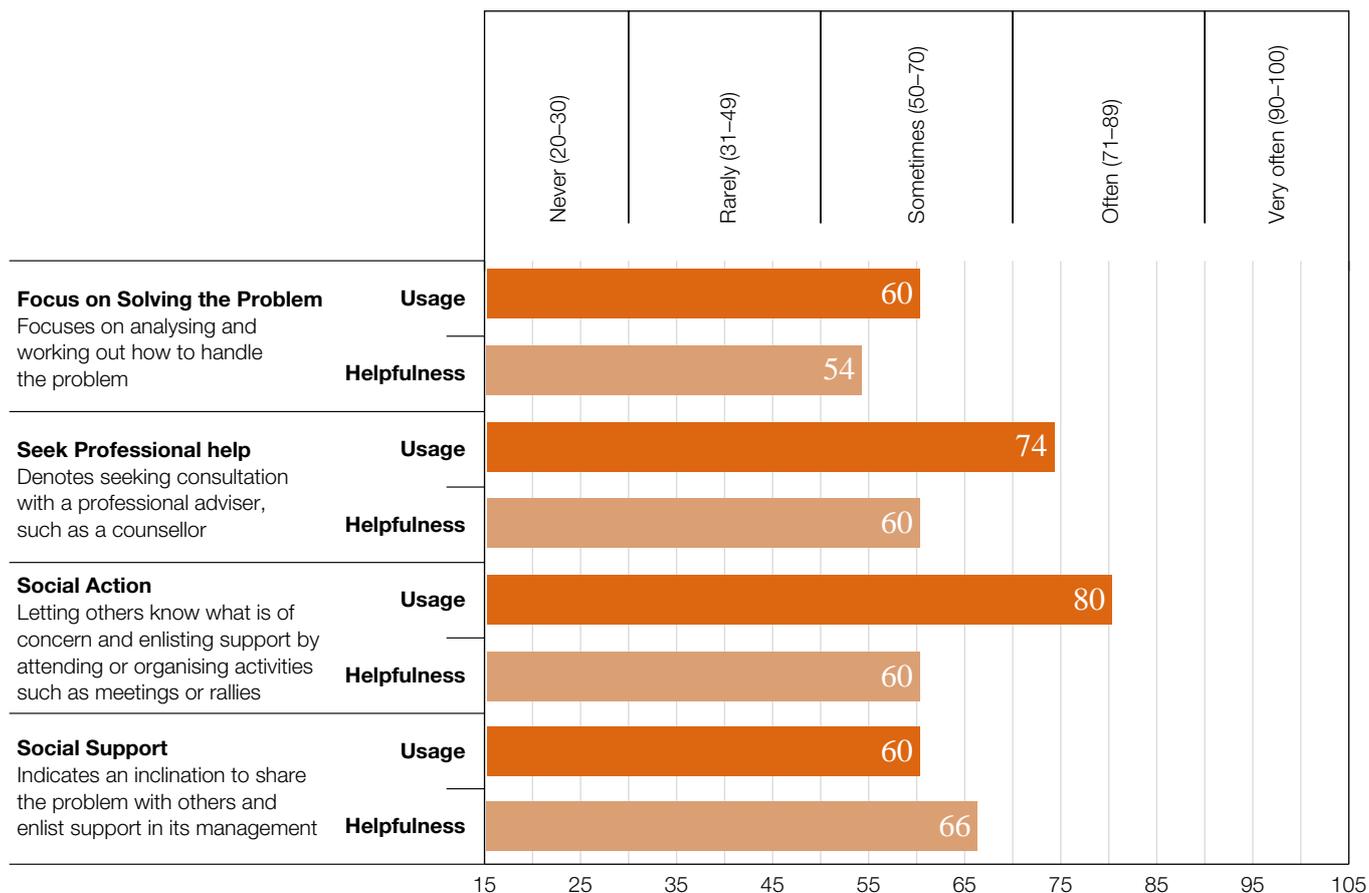
Non-productive Coping

This coping style indicates the use of avoidance strategies generally associated with an inability to cope with stressors. The adjusted scores graphed below are based on mean ratings of the items in that coping strategy.



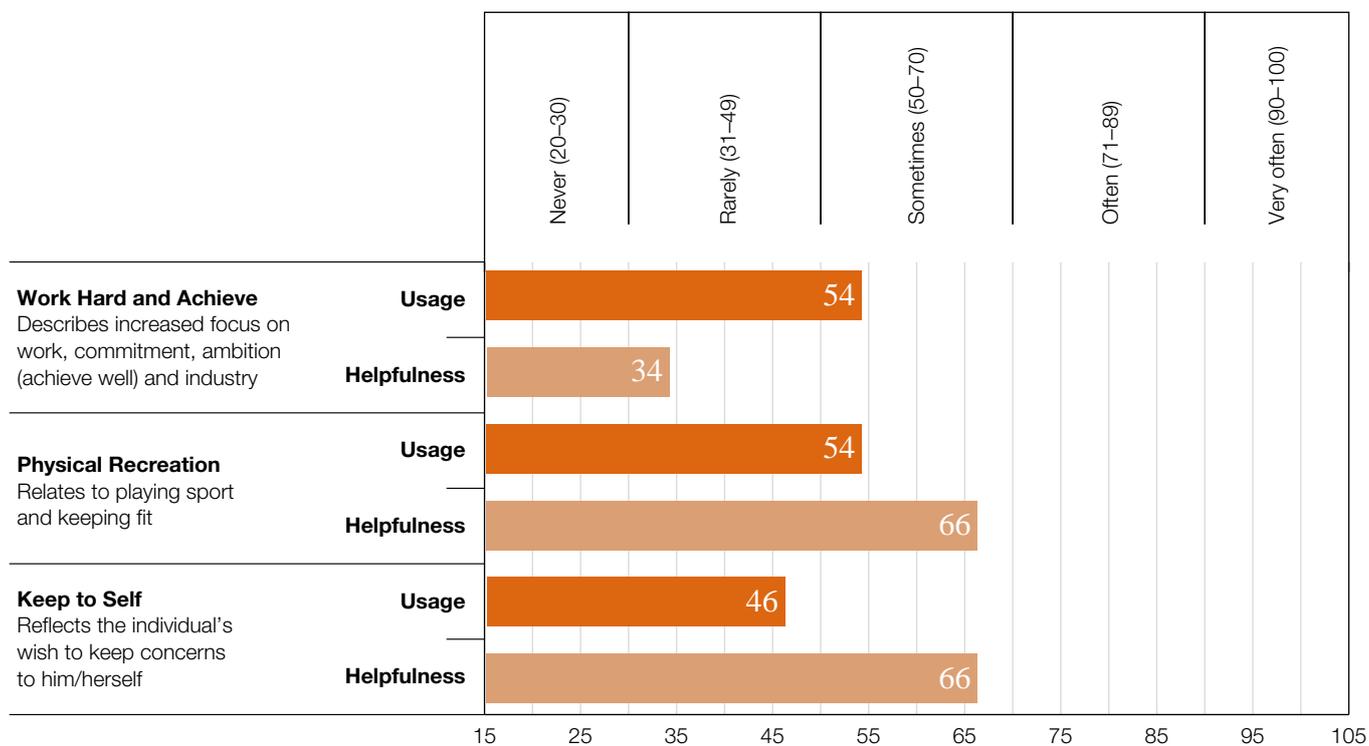
Problem-solving Coping

This coping style indicates the use of cooperative problem-solving using available resources.



Other Coping Strategies

Usage of Work Hard, Physical Recreation, and Keep to Self, which do not contribute to any of the three styles, should be considered along with their helpfulness to determine whether you would want to do more or less of them, and how they may become more helpful.



Interpreting the Results

In interpreting the results of the *Coping Scale for Adults Second Edition*, it is important to emphasise the self-regulatory nature of coping. Self-awareness is a precursor to self-regulation. The opportunity needs to be created for people to learn about themselves in order that these understandings can be readily translated into practice. A comprehensive picture of coping is valuable as it can be used to help people to understand their own coping behaviour and to make changes which they think are necessary.

Follow-up

In order to promote clients' reflection and evaluation of their own coping style, they can be led through a discussion that focuses on a series of questions. The following questions may be used to stimulate discussion:

1. What have you discovered about the way in which you cope with your concerns?
2. What strategies do you use very often?
3. What strategies do you use infrequently?
4. Would you like to make some changes to the way you cope?
5. What would you like to do more of?
6. What would you like to do less of?
7. What would you like to do differently?
8. Do you use some strategies very often even if they are not helpful? If so, why? Would you like to change that? If so, in what way?
9. Do you use some strategies only sometimes even if they are helpful? If so, why? Would you like to change that? If so, in what way?

Coping Tips

1. Aim to **increase** your use of most of the productive coping strategies such as:
Productive strategies include: Wishful Thinking, Improve Relationships, Ignore the Problem, Humour, Seek Spiritual Support, Protect Self, Focus on the Positive, Seek Relaxing Diversions.
2. Aim to **decrease** your use of non-productive coping strategies such as: Dwell on the Negative, Self-blame, Worry, Not Coping, Tension Reduction.
3. Aim to increase your use of problem-solving focused strategies such as: Focus on Solving the Problem, Seek Professional Help, Social Action, Social Support.
4. Use positive thinking: positive thoughts lead to positive feelings and hope
5. Believe in your capacity to cope
6. Avoid negative thinking by stopping, evaluating and reframing your thoughts
7. Use assertive communication and problem-solving skills where appropriate
8. Learn to manage conflict
9. Ask others for help when you do not have the strategies to cope.

How to Think More Positively

Hundreds of thoughts run through our minds every day, explaining and judging events and situations. If your thoughts are mostly negative, then you will experience mostly negative feelings. Negative thinking can cause low self-esteem, frustration, anger, unhappiness, depression, poor health, poor performance and low motivation.

When something happens that you have negative feelings about:

1. Stop and listen to your self-talk – have awareness of your self-talk

A good way to do this is to write down what happened, what your thoughts were and how you felt.

2. Evaluate your self-talk

Make a list of why your self-talk might be true and why it might be false. Thinking of reasons why your thoughts might be false is hard at first. If it is too difficult, ask someone else who can give an objective perspective.

3. Reframe your self-talk so it is more truthful and less negative

You don't have to pretend not to be disappointed or hurt – that would be unnatural. The aim is to try to look at the most positive perspective and keep some hope in your thoughts. One negative event doesn't make your whole future negative.

Avoiding Non-productive Coping

Some coping strategies are generally not helpful in dealing with problems, as they are largely negative and avoid the problem. A person may rely on these strategies because of habit, they might not be aware the strategy is useless or harmful and they may not be aware of other strategies they could use. To avoid non-productive coping strategies:

1. Learn from your mistakes and work out how to do things differently next time
2. Engage in peaceful activities: fishing, walking, reading, taking a bath, etc.
3. Do more activities you enjoy: drawing, computer games, playing music, watching a movie, etc.
4. Make time for physical exercise: go for a run, go to the gym, hit a punching bag, dance to your favourite music, etc.

Getting along with Others

Communication is a part of everyday life. Sometimes it can be difficult to communicate with someone, particularly about something important. If you feel you can't speak with someone about a problem, try talking about a less concerning issue and see how it goes. In time you may feel comfortable enough to discuss your problem, or you may decide to talk with someone else about it.

When you want to discuss something important, how you approach the conversation will impact how well it goes. You need to consider what you want to express (feelings and words) and you need to say it without denigrating others. Use assertive communication to communicate successfully.

Assertive communication is expressing yourself and your wants in an honest, respectful and direct way that does not put others down. To communicate assertively, use I messages, state a tangible situation, explain the effect and suggest a preferred outcome. For example, 'When I'm shouted at, I feel embarrassed and bombarded. Could you please tell me in an ordinary voice what you're upset about?'

Avoid both aggressive and passive communication. Aggressive communicators stand up for their rights at the expense of others in a rude and overly powerful manner. They attack another person, rather than objecting to others' behaviour or the situation. Passive communicators put others' rights before their own, feel sorry for themselves and remain silent so that others do not know how they feel.

Coping with Conflict

Conflict arises from differences between people and a certain amount of conflict is normal. Each of us is an individual with our own needs and desires, which may clash with others'. Conflict in small amounts can be an opportunity for growth, if it leads to positive change. When conflict is ongoing or severe, our relationships suffer and it can lead to negative outcomes, such as aggression or depression. To cope with conflict:

1. Understand their needs and concerns
2. Communicate your needs and concerns
3. Handle your emotions
4. Brainstorm creative options
5. Consider your alternatives
6. Build win-win solutions

Asking for Help

Sometimes problems can seem too awful to talk about. They might seem too minor or trivial to bother others with, or you might not be comfortable approaching someone else with a problem. There are various people to turn to when problems arise. Friends and family members can be a great support. If the problem is something you feel embarrassed or guilty about – or if you don't want to discuss it with family or friends – there is another option: professional help. Doctors, counsellors and psychologists are trained to assess situations and to help people better understand and manage their responses by developing effective coping strategies – no matter how big or small the issue.