

APPENDIX B

Coping Schemas Inventory-Revised

To what extent do you usually use each of the following strategies to cope with ____?
 In making your rating, use the following scale:

1	2	3	4	5
Not At All (Never)	A Little Bit (Rarely)	A Moderate Amount (Occasionally)	A Considerable Amount (Often)	A Great Deal (Always)

Please circle the appropriate number for each coping strategy.

1. Rely on others to do what I cannot do myself1 2 3 4 5
2. Do something about the situation1 2 3 4 5
3. Wish that I could undo the past1 2 3 4 5
4. Express my feelings and thoughts1 2 3 4 5
5. Confront the problem by taking appropriate actions1 2 3 4 5
6. Do what is necessary to maintain a personal relationship with God1 2 3 4 5
7. Believe that I can communicate with God1 2 3 4 5
8. Run away from the problem or situation1 2 3 4 5
9. Do what is necessary to fulfill the requirements of the situation1 2 3 4 5
10. Accept what has happened because eventually things will work out as well as can be expected1 2 3 4 5
11. Break down the problem into smaller steps and work on one at a time1 2 3 4 5
12. Learn to live with the problem, because nothing much can be done about it1 2 3 4 5
13. Confront and understand my own feelings1 2 3 4 5
14. Accept/tolerate life as it is and make the best of it1 2 3 4 5
15. Learn to accept the negative realities of life1 2 3 4 5
16. Suppress or avoid facing my own emotions1 2 3 4 5
17. Air my complaints and frustrations1 2 3 4 5
18. Feel guilty for what has happened1 2 3 4 5
19. Practice controlled breathing techniques1 2 3 4 5
20. Change my negative attitude toward this problem into a positive one1 2 3 4 5
21. Change my pace to suit the situation1 2 3 4 5
22. Rely on people who have successfully coped with the problem1 2 3 4 5
23. Take the problem into my own hands by fighting back1 2 3 4 5
24. Look at unavoidable life events as part of my lot in life1 2 3 4 5
25. Engage in mental exercise (such as imagery) to reduce tension1 2 3 4 5
26. Share my feelings with a confidant1 2 3 4 5
27. Try to reduce my anxious thoughts1 2 3 4 5
28. Seek help and direction from God1 2 3 4 5
29. Actively seek out information on my own1 2 3 4 5
30. Wish that I were a different person1 2 3 4 5

31. Feel ashamed for my inadequacies1 2 3 4 5
32. Put off doing something about the problem1 2 3 4 5
33. Accept the present situation because no matter how bad things are they could always be worse1 2 3 4 5
34. Wish that a miracle or something fantastic would happen1 2 3 4 5
35. Believe that God will answer prayers1 2 3 4 5
36. Believe that there must be a purpose in the suffering I experience1 2 3 4 5
37. Make a plan of action and follow it1 2 3 4 5
38. Look to others for moral support1 2 3 4 5
39. Ignore the problem and pretend that it doesn't exist1 2 3 4 5
40. Avoid thinking about the problem or things that are upsetting1 2 3 4 5
41. Wish that the situation were different1 2 3 4 5
42. Believe that God watches over me1 2 3 4 5
43. Mentally transform the situation into something less threatening1 2 3 4 5
44. Rely on available connections to solve the problem1 2 3 4 5
45. Follow religious principles1 2 3 4 5
46. Try *not* to focus on likely negative outcomes1 2 3 4 5
47. Practice muscle relaxation techniques1 2 3 4 5
48. Change my attitude in view of this problem1 2 3 4 5
49. Feel sorry for what I have done1 2 3 4 5
50. Be determined and persistent in attacking the problem1 2 3 4 5
51. Seek emotional support from others1 2 3 4 5
52. Receive practical help from friends1 2 3 4 5
53. Restructure my actions in light of the problem1 2 3 4 5
54. Pray to God1 2 3 4 5
55. Depend on the experts and follow their advice1 2 3 4 5
56. Look at the humorous side of this problem1 2 3 4 5
57. Try to look at the problem from a new perspective1 2 3 4 5
58. Rearrange my activities to accommodate the situation1 2 3 4 5
59. Believe that there is meaning and purpose to the things that happen to me1 2 3 4 5
60. Release my pent-up emotions1 2 3 4 5
61. Double my effort to change the situation1 2 3 4 5
62. Don't worry about the past or the future, accept each day as it comes1 2 3 4 5
63. Develop better time management skills so that I will be more efficient in the future1 2 3 4 5
64. Blame myself for what has happened1 2 3 4 5
65. Believe in an almighty God1 2 3 4 5
66. Believe that valuable lessons can be learned from undesirable experiences1 2 3 4 5
67. Depend on friends for emotional/moral support1 2 3 4 5
68. Believe that God will execute final justice1 2 3 4 5
69. Derive meaning from my past1 2 3 4 5
70. Remind myself that worrying will not accomplish anything1 2 3 4 5
71. Practice meditation techniques to reduce tension1 2 3 4 5

72. Depend on opinions of people who have experienced similar problems1 2 3 4 5

Items of the Coping Schemas Inventory-Revised

- Situational (8 items):* Items 2, 5, 11, 23, 29, 37, 50, and 61
- Self-Restructuring (8 items):* Items 9, 20, 21, 48, 53, 57, 58, and 63
- Active Emotional (8 items):* Items 4, 13, 17, 26, 38, 51, 60, and 67
- Passive Emotional (12 items):* Items 3, 8, 16, 18, 30, 31, 32, 34, 39, 41, 49, and 64
- Meaning (4 items):* Items 36, 59, 66, and 69
- Acceptance (9 items):* Items 10, 12, 14, 15, 24, 33, 40, 56, and 62
- Religious (9 items):* Items 6, 7, 28, 35, 42, 45, 54, 65, and 68
- Social Support (6 items):* Items 1, 22, 44, 52, 55, and 72
- Tension Reduction (8 items):* Items 19, 25, 27, 43, 46, 47, 70, and 71