

[illegible]

ANSWER HERE

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Item No.	Coping Mechanism	Category	Scales				
			Not at All				Very Much
1	Take some time off and get away from the situation	AO	1	2	3	4	5
2	Focus on the problem and see how I can solve it	TO	1	2	3	4	5
3	Blame myself for having gotten into this situation	EO	1	2	3	4	5
4	Treat myself to a favorite food or snack	AO	1	2	3	4	5
5	Feel anxious about not being able to cope	EO	1	2	3	4	5
6	Think about how I solved similar problems	TO	1	2	3	4	5
7	Visit a friend	AO	1	2	3	4	5
8	Determine a course of action and follow it	TO	1	2	3	4	5
9	Buy myself something	AO	1	2	3	4	5
10	Blame myself for being too emotional about the situation	EO	1	2	3	4	5
11	Work to understand the situation	TO	1	2	3	4	5
12	Become very upset	EO	1	2	3	4	5
13	Take corrective action immediately	TO	1	2	3	4	5
14	Blame myself for not knowing what to do	EO	1	2	3	4	5
15	Spend time with a special person	AO	1	2	3	4	5
16	Think about the event and learn from my mistakes	TO	1	2	3	4	5
17	Wish that I could change what had happened or how I felt	EO	1	2	3	4	5
18	Go out for a snack or meal	AO	1	2	3	4	5
19	Analyze my problem before reacting	TO	1	2	3	4	5
20	Focus on my general inadequacies	EO	1	2	3	4	5
21	Phone a friend	AO	1	2	3	4	5

Results and Comments

Overall, research using the CISS supports the notion that task-oriented coping is associated with greater wellbeing and positive adjustment to stress, while emotion-oriented and avoidance-oriented coping tend to be associated with greater distress and maladaptive adjustment. These associations have been found across a wide variety of stressful circumstances, including among people coping with academic worries (Zeidner, 1994), eating disorders (Koff & Sangani, 1998), chronic disease (Hurt et al., 2011), desire to quit smoking (Naquin & Gilbert, 1996), and insomnia (Morin, Rodrigue, & Ivers, 2003).