Coping Inventory for Stressful Situations (CISS)

CISS was founded by Norman S. Endler and James D. Parker

when you encounter a difficult, stressful, or upsetting situation. Please circle a number from 1 to 5 for each item. Indicate how much you engage in these types of activities Instructions: The following are ways people react to various difficult, stressful, or upsetting situations.

21		2	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	w	2	1	ITEM	
Total line a course of action and follow it.	_	20 Buy myself something.	Become very' upset.	Go out for a snack or meal.	Blame myself for being too emotional about the situation.	Tell myself that it is really not happening to me.	Think about how I solved similar problems.	Become very tense.	Feel anxious about not being able to cope.	Treat myself to a favorite food or snack.	Try to go to sleep.	Outline my priorities.	Window shop.	Blame myself for having gotten into this situation.	Become preoccupied with aches and pains.	Do what I think is best	Blame myself for procrastinating	Try to be with other people.	Think about the good times I've had	Focus on the problem and see how I can solve it.	Schedule my time better	Coping Mechanism	
	OT	AO	ЕО	AO	EO	EO	10	EO	ЕО	AO	AO	70	AO	ЕО	ЕО	ТО	EO	AO	AO	TO	To	Category	
	1	1	1	1	1	13	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	Category Not All	
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2		
	ω	З	ω	ω	w	w	ω	ω	ω	ω	w	w	ω	w	ω	w	ω	3	ω	ω	ω		Scales
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4		S
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	Very Much	
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Avoidance Oriented	Emotional Oriented	Task Oriented	48 Watch TV.	47 Try' to be organized so I can be on top of the situation.	46 Use the situation to prove that I can do it.	45 Take it out on other people.	44 Take some time off and get away from the situation. 3	43 Come up with several different solutions to the problem.	42 Make efforts to get things done.	41 Get control of the situation.	40 See a movie.	39 Adjust my priorities	38 Get angry.	37 Phone a friend.	36 Analyze the problem before reacting.	35 Talk to someone whose advice I value.	34 Focus on my general inadequacy	33 Tell myself that it will never happen again.	32 Go for a walk.	31 I spend time with a special person.	30 Worry about what I am going to do.	29 Visit a friend.	28 Wish that I could change what had happened or how I felt.	27 Think about the event and learn from my mistakes	26 Take corrective action immediately.	25 "Freeze" and not know what to do	24 Work to understand the situation.	23 Go to a party.
			AO	To	TO	EO	AO	TO	To	TO	AO	TO	ЕО	AO	To	AO	ЕО	ЕО	AO	AO	EO	AO	EO	TO	TO	EO	To	AO
			1	1	ב	1	1	1	בו	1	1	1	ב	בו	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
0	0	0	3	ω	ω	ω	ω	ω	ω	ω	ω	ω	S	ω	ω	ω	ω	ω	ω	ω	3	ω	w	3	3	3	3	3
			4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
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					Scales		
Item No.	Coping Mechanism	Category	gory 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	ТО	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	ТО	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	ЕО	1	2	3	4	5
11	Work to understand the situation	ТО	1	2	3	4	5
12	Become very upset	ЕО	1	2	3	4	5
13	Take corrective action immediately	ТО	1	2	3	4	5
14	Blame myself for not knowing what to do	ЕО	1	2	ω	4	5
15	Spend time with a special person	AO	1	2	ω	4	5
16	Think about the event and learn from my mistakes	ТО	1	2	ω	4	5
17	Wish that I could change what had happened or how I felt	EO	1	2	3	4	5
18		AO	1	2	3	4	5
19	Analyze my problem before reacting	70	1	2	ω	4	5
20	Focus on my general inadequacies	EO	1	2	ω	4	5
21	Phone a friend	AO	1	2	ω	4	5

Results and Comments

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