

Coping Self-Efficacy Scale

PATIENT INFORMATION

Name and date of birth: _____ Attending physician/examiner: _____

For each of the following items, write a number from 0 - 10, using the scale. 0 - Cannot do at all 5 - Moderately certain can do 10 - Certain can do When things aren't going well for you, or when you're having problems, how confident are you that you can:

Keep from getting down in the dumps

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0 1 2 3 4 5 6 7 8 9 10

Talk positively to yourself

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0 1 2 3 4 5 6 7 8 9 10

Sort out what can be changed, and what can not be changed

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0 1 2 3 4 5 6 7 8 9 10

Get emotional support from friends and family

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0 1 2 3 4 5 6 7 8 9 10

Find solutions to your most difficult problems

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Break an upsetting problem down into smaller parts

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Leave options open when things get stressful

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Make a plan of action and follow it when confronted with a problem

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Develop new hobbies or recreations

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Take your mind off unpleasant thoughts

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Look for something good in a negative situation

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Keep from feeling sad

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See things from the other person's point of view during a heated argument

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Try other solutions to your problems if your first solutions don't work

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Stop yourself from being upset by unpleasant thoughts

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Make new friends

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Get friends to help you with the things you need

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Do something positive for yourself when you are feeling discouraged

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Make unpleasant thoughts go away

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Think about one part of the problem at a time

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Visualize a pleasant activity or place

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Keep yourself from feeling lonely

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Pray or meditate

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Get emotional support from community organizations or resources

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Stand your ground and fight for what you want

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Resist the impulse to act hastily when under pressure

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Total score: _____