**DOMAIN:** Mental and Emotional Health

**OUTCOME:** Adaptive Coping with Stress

**MEASURE:** KIDCOPE – Child Version

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| --- | --- | --- | --- | --- | --- |
| [PROGRAM: Either ask children to self-identify a recent stressor or provide a pre-identified stressor for children to consider when responding to these questions]  Please read each questions and check the best answer. | | | | | |
|  | **Did you do this?** | | **How much did it help?** | | |
|  | Yes | No | Not at all | A little | A lot |
| 1. I just tried to forget it | □  1 | □  0 | □  0 | □  1 | □  2 |
| 2. I did something like watch TV or played a game to forget it. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 3. I stayed by myself | □  1 | □  0 | □  0 | □  1 | □  2 |
| 4. I kept quiet about the problem | □  1 | □  0 | □  0 | □  1 | □  2 |
| 5. I tried to see the good side of things. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 6. I blamed myself for causing the problem. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 7. I blamed someone else for causing the problem. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 8. I tried to fix the problem by thinking of answers. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 9. I tried to fix the problem by doing something or talking to someone. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 10. I yelled, screamed, or got mad. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 11. I tried to calm myself down. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 12. I wished the problem had never happened. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 13. I wished I could make things different. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 14. I tried to feel better by spending time with others like family, grownups, or friends. | □  1 | □  0 | □  0 | □  1 | □  2 |
| 15. I didn’t do anything because the problem couldn’t be fixed. | □  1 | □  0 | □  0 | □  1 | □  2 |

**Scoring Instructions:**

Ratings of frequency (Did you do this?) and efficacy (How much did it help?) can be considered separately or in combination when scoring the KIDCOPE. When assessed each type of coping strategy separately, frequency can be computed as to whether a coping strategy was used or not. Alternatively, separate scores can be computed for positive and negative coping strategies by averaging across responses for the items that ask about each type of coping strategy. Positive or adaptive strategies are measured by items 5, 8, 9, 11, and 14; negative or maladaptive strategies are measured by items 1, 2, 3, 4, 6, 10, 12, 13, and 15. Using this approach, the total number of strategies used within a given category (e.g., positive) can be computed, and efficacy can be computed as the average of the ratings of helpfulness (0 for *Not at all*, 1 for *A little* and 2 for *A lot*) for those strategies endorsed.