

### Client Information

<i>Client Name</i>	Demo Client
<i>Date of birth (age)</i>	16 April 1990 (30)

### Assessment Information

<i>Assessment</i>	Brief-COPE (Brief-COPE)
<i>Date administered</i>	5 October 2020
<i>Assessor</i>	Mr Demo Account
<i>Time taken</i>	2 minutes 39 seconds

### Results

	Raw Score	Percentile
Avoidant Coping	32	33.8
Approach Coping	24	74.6

### Scoring and Interpretation Information

Scores are presented for the two overarching coping styles:

1. Avoidant Coping, which is characterised by the subscales of denial, substance use, venting, behavioural disengagement, self-distraction and self-blame.

Avoidant Coping is associated with poorer physical health among those with medical conditions. Compared to Approach Coping, Avoidant Coping is shown to be a less effective at managing anxiety.

2. Approach Coping is characterised by the subscales of active coping, positive reframing, planning, acceptance, seeking emotional support, and seeking informational support.

Approach Coping is associated with more helpful responses to adversity, including adaptive practical adjustment, better physical health outcomes and more stable emotional responding.

As well as raw scored being presented for Avoidant and Approach Coping, percentile ranks are presented using normative data from a heart-failure sample (Eisenberg et al., 2012) to indicate the relative preference to coping compared to others experiencing adversity.

Scores are also presented for each of the following subscales.

- Self-distraction, items 1 and 19 (Avoidant)
- Active coping, items 2 and 7 (Approach)
- Denial, items 3 and 8 (Avoidant)
- Substance use, items 4 and 11 (Avoidant)
- Emotional support, items 5 and 15 (Approach)
- Use of informational support, items 10 and 23 (Approach)
- Behavioral disengagement, items 6 and 16 (Avoidant)
- Venting, items 9 and 21

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### Scoring and Interpretation Information (cont.)

- (Avoidant)
- Positive reframing, items 12 and 17 (Approach)
  - Planning, items 14 and 25 (Approach)
  - Humor, items 18 and 28 \*
  - Acceptance, items 20 and 24 (Approach)
  - Religion, items 22 and 27 \*
  - Self-blame, items 13 and 26 (Avoidant)

\*Humor and Religion are neither Approach or Avoidance coping

### Client Responses

		I haven't been doing this at all	A little bit	A medium amount	I've been doing this a lot
1	I've been turning to work or other activities to take my mind off things.	1	2	3	4
2	I've been concentrating my efforts on doing something about the situation I'm in.	1	2	3	4
3	I've been saying to myself "this isn't real".	1	2	3	4
4	I've been using alcohol or other drugs to make myself feel better	1	2	3	4
5	I've been getting emotional support from others.	1	2	3	4
6	I've been giving up trying to deal with it.	1	2	3	4
7	I've been taking action to try to make the situation better.	1	2	3	4
8	I've been refusing to believe that it has happened.	1	2	3	4
9	I've been saying things to let my unpleasant feelings escape.	1	2	3	4
10	I've been getting help and advice from other people.	1	2	3	4
11	I've been using alcohol or other drugs to help me get through it.	1	2	3	4
12	I've been trying to see it in a different light, to make it seem more positive.	1	2	3	4
13	I've been criticizing myself.	1	2	3	4
14	I've been trying to come up with a strategy about what to do.	1	2	3	4

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**Client Responses (cont.)**

		I haven't been doing this at all	A little bit	A medium amount	I've been doing this a lot
15	I've been getting comfort and understanding from someone.	1	2	3	4
16	I've been giving up the attempt to cope.	1	2	3	4
17	I've been looking for something good in what is happening.	1	2	3	4
18	I've been making jokes about it.	1	2	3	4
19	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	1	2	3	4
20	I've been accepting the reality of the fact that it has happened.	1	2	3	4
21	I've been expressing my negative feelings.	1	2	3	4
22	I've been trying to find comfort in my religion or spiritual beliefs.	1	2	3	4
23	I've been trying to get advice or help from other people about what to do.	1	2	3	4
24	I've been learning to live with it.	1	2	3	4
25	I've been thinking hard about what steps to take.	1	2	3	4
26	I've been blaming myself for things that happened	1	2	3	4
27	I've been praying or meditating	1	2	3	4
28	I've been making fun of the situation.	1	2	3	4