

Table 10.2 Coping Strategy Use Scale*

Instructions: “Which of the following coping strategies have you used over the past week to improve your quality of life?”

0	1	2	3	4
Not used/don't know	Less than once a week	Once a week	Several times a week	Daily

Coping Strategy	Frequency of use
1. Planning regular participation in pleasurable activities.	
2. Planning regular participation in activities that boost your confidence.	
3. Planning regular participation in activities that help you relax.	
4. Planning regular participation in activities with other people.	
5. Using problem solving techniques for problems you're having in life such as problems with your job or relationships.	
6. Noticing negative thoughts, allowing them, and choosing to act on more positive or neutral thoughts.	

*Adapted from Robinson, Von Korff, Bush, Lin, & Ludman, 2020.