

# Brief Coping Orientation to Problems Experienced (Brief-COPE)

Category: Coping | Items: 28 | Time: ~5 min

## Description / When to Use

28-item measure of effective and ineffective coping strategies during stressful events.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 28 items in this scale. Estimated completion time: 5 minutes.

## Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

## Response Options

1 = I haven't been doing this at all | 2 = A little bit | 3 = A medium amount | 4 = I've been doing this a lot

## Scoring Guide

14 subscales (2 items each) scored 1-4. Subscale range 2-8. Can group into adaptive and maladaptive coping.

### Subscales:

- Self-distraction: 2 items
- Active coping: 2 items
- Denial: 2 items
- Substance use: 2 items
- Emotional support: 2 items
- Instrumental support: 2 items
- Behavioral disengagement: 2 items
- Venting: 2 items
- Positive reframing: 2 items
- Planning: 2 items
- Humor: 2 items
- Acceptance: 2 items
- Religion: 2 items
- Self-blame: 2 items

## Cutoff Interpretation

Score Range	Severity	Recommended Action
Variable	By subscale	None

## Psychometric Properties

Cronbach's alpha: 0.90 | Test-retest reliability: 0.85

Validity: Comprehensive coping assessment; 14 distinct coping strategies.

## License

Free to use with citation

## Citation (APA Format)

Carver, C. S. (1997). You want to measure coping but your protocol's too long. *Personality and Social Psychology Bulletin*, 4(1), 92-100.

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