

Coping_UK

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Imagine that a child was being mean to you by calling you bad names or hitting and pushing you. What would you do? There are all kinds of things that children could do if they were being picked on. Put a circle around the number that shows HOW MUCH YOU WOULD DO each of the following things if you were being picked on.

		Almost never	Sometimes	Often
1	I try to think of different ways to solve the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I tell a friend or family member what happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I break something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I yell or shout to let off steam.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I worry about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I ask a friend or someone from my family what they would do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I think that it is not such a big problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I change something so things will work out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I talk to somebody about how it made me feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I forget the whole thing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I swear (use bad words) out loud.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I just feel sorry for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I do something else to help me forget about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I do something else to not think about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I do something to make up for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I tell myself it doesn't matter.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17	I get angry and throw or hit something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I worry that others will think badly of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	I watch TV or read a book so I can think about something else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	I go over in my mind what to do or say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	I ask someone in my family for advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	keep myself busy with other things so I don't worry about the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	I tell myself that the problem is not very important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	I do something to change the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	I get help from someone in my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	I would say I don't care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	I stamp my feet and slam or bang doors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I keep feeling afraid it will happen again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	I find lots of other things to think about.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	I will think it is no big deal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	I make a plan of what I am going to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32	I ignore the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33	I think about it so much that I can't sleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34	I find a way to solve the problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>