



A-COPE

ADOLESCENT-COPING ORIENTATION FOR PROBLEM EXPERIENCES[®]

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Purpose

A-COPE is designed to record the behaviors adolescents find helpful to them in managing problems or difficult situations which happen to them or members of their families.

Coping is defined as individual or group behavior used to manage the hardships and relieve the discomfort associated with life changes or difficult life events.

Directions

- Read each of the statements below which describes a behavior for coping with problems.
- Decide how often you do each of the described behaviors when you face difficulties of real tense. Even though you may do some of these things just for fun, please indicate only how often you do each behavior as a way to cope with problems.
- Circle one of the following responses for each statement:
1 – NEVER 2 – HARDLY EVER 3 – SOMETIMES 4 – OFTEN 5 – MOST OF THE TIME
- Please be sure and circle a response for each statement.

	Never	Hardly Ever	Sometimes	Often	Most of the Time
When you face difficulties or feel tense, how often do you:					
1. Go along with parents' requests and rules	1	2	3	4	5
2. Read	1	2	3	4	5
3. Try to be funny and make light of it all	1	2	3	4	5
4. Apologize to people	1	2	3	4	5
5. Listen to music-stereo, radio, etc.	1	2	3	4	5
6. Talk to a teacher or counselor at school about what bothers you	1	2	3	4	5
7. Eat food	1	2	3	4	5
8. Try to stay away from home as much as possible	1	2	3	4	5
9. Use drugs prescribed by a doctor	1	2	3	4	5



	Never	Hardly Ever	Sometimes	Often	Most of the Time
<i>When you face difficulties or feel tense, how often do you:</i>					
10. Get more involved in activities at school	1	2	3	4	5
11. Go shopping; buy things you like	1	2	3	4	5
12. Try to reason with parents and talk things out; compromise	1	2	3	4	5
13. Try to improve yourself (get body in shape, get better grades, etc.)	1	2	3	4	5
14. Cry	1	2	3	4	5
15. Try to think of the good things in your life	1	2	3	4	5
16. Be with a boyfriend or girlfriend	1	2	3	4	5
17. Ride around in the car	1	2	3	4	5
18. Say nice things to others	1	2	3	4	5
19. Get angry and yell at people	1	2	3	4	5
20. Joke and keep a sense of humor	1	2	3	4	5
21. Talk to a minister/priest/rabbi	1	2	3	4	5
22. Let off steam by complaining to family members	1	2	3	4	5
23. Go to church	1	2	3	4	5
24. Use drugs (not prescribed by doctor)	1	2	3	4	5
25. Organize your life and what you have to do	1	2	3	4	5
26. Swear	1	2	3	4	5
27. Work hard on schoolwork or other school projects	1	2	3	4	5
28. Blame others for what's going wrong	1	2	3	4	5
29. Be close with someone you care about	1	2	3	4	5
30. Try to help other people solve their problems	1	2	3	4	5
31. Talk to you mother about what bothers you	1	2	3	4	5
32. Try, on your own, to figure out how to deal with your problems or tension	1	2	3	4	5

Please continue on other side 

	Never	Hardly Ever	Sometimes	Often	Most of the Time
<i>When you face difficulties or feel tense, how often do you:</i>					
33. Work on a hobby you have (sewing, model building, etc.)	1	2	3	4	5
34. Get professional counseling (not from a school teacher or school counselor)	1	2	3	4	5
35. Try to keep up friendships or make new friends	1	2	3	4	5
36. Tell yourself the problem is not important	1	2	3	4	5
37. Go to a movie	1	2	3	4	5
38. Daydream about how you would like things to be	1	2	3	4	5
39. Talk to a brother or sister about how you feel	1	2	3	4	5
40. Get a job or work harder at one	1	2	3	4	5
41. Do things with your family	1	2	3	4	5
42. Smoke	1	2	3	4	5
43. Watch T.V.	1	2	3	4	5
44. Pray	1	2	3	4	5
45. Try to see the good things in a difficult situation	1	2	3	4	5
46. Drink beer, wine, liquor	1	2	3	4	5
47. Try to make your own decisions	1	2	3	4	5
48. Sleep	1	2	3	4	5
49. Say mean things to people; be sarcastic	1	2	3	4	5
50. Talk to your father about what bothers you	1	2	3	4	5
51. Let off steam by complaining to your friends	1	2	3	4	5
52. Talk to a friend about how you feel	1	2	3	4	5
53. Play video games (Space Invaders, Pac-Man) pool, pinball, etc.	1	2	3	4	5
54. Do a strenuous physical activity (jogging, biking, etc.)	1	2	3	4	5