

Adolescent-Coping Orientation for Problem Experiences (A-COPE)

The Adolescent-Coping Orientation for Problem Experiences (A-COPE), developed by Joan Patterson and Hamilton McCubbin (1983a), is a coping inventory which has been designed to identify the behaviors adolescents find helpful in managing problems or difficult situations.

The normal developmental tasks of adolescents' center on the search for identity, both as part of a group and as individuals, with attention focused on physical, social and psychological aspects of the self. The need to develop enough independence from one's family to discover one's separateness and uniqueness frequently creates an atmosphere of conflict in the family. The often touted storm and stress of adolescence in American culture is a reality for many adolescents. In the critical transitional period from childhood to young adulthood, adolescents struggle with staying connected to and dependent on their families, while also trying to exercise their growing need for independence. This pull between being connected to and being separate from one's family underlies adolescent coping behavior.

Example Items:

"When you face difficulties or feel tense, how often do you:"

*Listen to music- stereo, radio, etc.

*Cry

*Try to think of the good things in your life

Available in: Spanish, French, Japanese, Swedish, Italian, Finnish, Hindi, Filipino

