

## Coping Health Inventory for Parents (CHIP)

The Coping Health Inventory for Parents (CHIP) was developed by Hamilton McCubbin, Marilyn McCubbin, Robert Nevin, and Elizabeth Cauble (1981). It was developed to assess parents' appraisal of their coping responses to the management of family life when they have a child member who is seriously and/or chronically ill. The instrument is available in English and Spanish. In order to describe or predict how a family adapts under a chronic stress situation, the Resiliency Model of Family Stress, Adjustment and Adaptation calls for information about coping behaviors.

### Example Items:

How helpful was this coping behavior to you and/or your family:

\*Getting away by myself

\*Going out with my spouse on a regular basis

\*Doing things with my children

Available in: English, Spanish, Hindi, German, Malay, Korean

