

Dual Employed Coping Scales (DECS)

The Dual Employed Coping Scales (DECS) was developed by Denise Skinner and Hamilton McCubbin (1981) in an attempt to identify the coping behaviors spouses find helpful in managing work and family roles when both partners are employed outside the home. The successful management of the dual-employed lifestyle seems to call for an orchestrated response with family members employing a variety of coping behaviors. DECS is an attempt to more adequately and systematically assess such families' adaptation to the stresses of dual-employed living by identifying and measuring the coping behaviors these families utilize.

Example Items:

"I cope with the demands of our dual-employed family by:"

- *Getting by on less sleep than I'd ideally like to have
- *Buying convenience foods which are easier to prepare at home
- *Getting our children to help out with household tasks

Available in: [English](#)

