

## **The Family Crisis Oriented Personal Evaluation Scales (F-COPES)**

The Family Crisis Oriented Personal Evaluation Scales (F-COPES), developed by Hamilton McCubbin, David Olson, and Andrea Larsen (1981), was created to identify problem solving and behavioral strategies utilized by families in difficult or problematic situations. FCOPEs draws upon the coping dimensions of the Resiliency Model of Family Adjustment and Adaptation in which the following factors are integrated: pile-up, family resources, and meaning/perception.

The instrument features 30 coping behavior items which focus on the two levels of interaction outlined in the Resiliency Model: (1) Individual to family system, or the ways a family internally handles difficulties and problems between its members; and (2) Family to social environment, or the ways in which the family externally handles problems or demands that emerge outside its boundaries, but affect the family unit and its members. It was hypothesized that families operating with more coping behaviors focused on both levels of interaction will adapt to stressful situations more successfully.

### **Example Items:**

"When we face problems or difficulties in our family, we respond by:"

- \*Sharing our difficulties with relatives
- \*Accepting stressful events as a fact of life
- \*Believing if we wait long enough, the problem will go away

Available in: English, Spanish, French, Hebrew, Xhosa, Afrikaans, Korean, Thai

