

The Resilience, Adaptation and Well-Being Project



Youth Coping Index

YCI

YCI:

Youth Coping Index

Overview

The Youth Coping Index (YCI) was developed by Hamilton McCubbin, Anne Thompson, and Kelly Elver (1995c) specifically for the study of African-American youth in residential treatment. Given the importance of youth coping as a viable target for intervention, the goal was to develop a measure which would be ethnically sensitive but applicable to both Caucasian and African-American youth. The YCI is available in English and Spanish.

Development of YCI

The Youth Coping Index emerged from A-COPE: Adolescent Coping Orientation for Problem Experiences (Patterson & H.I. McCubbin, 1983), through a systematic assessment of the self-reported coping responses of African-American youth offenders, the identification of the coping repertoires and the testing of the reliability and validity of the measures through factor analysis, tests of predictive and concurrent validity, and tests of internal consistency.

Conceptual Organization

The Youth Coping Index is a 31-item instrument with a 5-point Likert scale with responses ranging from Not at All (1) to Most of the Time (5), and includes five subscales which assess the degree to which youth use these coping behaviors and strategies to manage life's stressors and strains. The YCI was utilized at two points in time during the treatment process: at intake and shortly before the youth completed the treatment program. The respondents were the youth offenders who were asked to record their typical strategies for coping with stress and distress. Common to both the original A-COPE and the current YCI is the inclusion of, and emphasis on coping behaviors directed at the maintenance or development of constructive interpersonal communication in the family context. This common feature is important to treatment programs which are designed in part to promote a more harmonious relationship between the youth and his or her family, and with an added emphasis on family preservation. The YCI consists of three subscales:

- I. **The Youth Spiritual and Personal Development Subscale.** A 13-item subscale which assesses the degree to which youth engage in behaviors that would be considered constructive activities that promote positive development and self-improvement when faced with a major hardship or crisis. This subscale emphasizes the importance of a youth's efforts to promote spiritual and personal development and includes such coping behaviors as going to church; working hard on schoolwork or other school projects; getting involved in activities in school; talking to a teacher or counselor at school about what bothers you; doing things with the family; and work on a hobby.
- II. **The Youth Positive Appraisal and Problem Solving Subscale.** An 10-item sub scale which assesses the degree to which youth adopt a coping repertoire which emphasizes the importance of a positive self-directed outlook and world view and approach to problem solving. The coping repertoire includes such behaviors as: trying to see the good things in difficult situations; trying to reason with family and talk things out, compromise; try to make your own decisions; try to help other people solve their problems; try to keep up friendships or make new friends; and talk to a friend about how you feel.
- III. **The Youth Incendiary Communication and Tension Management Subscale.** An 8-item subscale which assesses the degree to which youth adopt coping strategies that exacerbate interpersonal tensions and conflicts and adopt cognitive appraisal strategies which minimize the significance of the problem or make the issue larger than it is. The

subscale includes coping behaviors such as: blaming others for what's going wrong; get angry and yell at people; let off steam by complaining to your friends; swear; going along with family's requests and rules; tell yourself the problem is not important; and daydream about how you would like things to be.

Reliability

Overall internal reliability (Cronbach's alpha) for the YCI is .86. Reliability for the Youth Spiritual and Personal Development subscale is .84. The reliability for the Youth Positive Appraisal and Problem Solving subscale is .79. Alpha reliability for the Incendiary Communication and Tension Management subscale is .70.

Validity

The predictive validity of the instrument was established in two ways. The first was to correlate the Youth Coping Index to the outcome of the residential treatment program, and the second was to conduct discriminant analysis to determine the YCI's ability to predict successful outcome. Two criterion indices of success were adopted for this investigation: (a) program completion and (b) post-treatment (3-and 12-month) living situation. Successful completion is operationalized as a classification given to youth who finish the treatment program or who, in the staff's judgment met the staff's expectation for progress and achieved an acceptable level of improvement to be released earlier. Successful post-program adaptation is defined and operationalized as a classification given to youth who leave the program and who upon follow-up (3 or 12 months later) are found to be in a less restrictive living situation (e.g., with family, in a foster home, group home, or independent living situation). Failure is defined as youth living in more restrictive settings (e.g., jail, youth home, shelter, private care facility, state institution or mental health facility) (H.I. McCubbin, Fleming, A.I. Thompson, Neitman, Elver, & Savas, 1995) (Table 18.1).

Test-Retest Reliability

The short term (1-2 weeks) tests of reliabilities over time for YCI are not available. The long term (6-15 months apart) test-retest reliability for the overall YCI is .43. As part of longitudinal studies with an intervention program, test-retest reliabilities will be less than the expected .70 or higher. The test-retest reliabilities for the Youth Spiritual and Personal Development subscale, the Youth Positive Appraisal and Problem Solving subscale and the Incendiary Communication and Tension Management subscale are .44, .33, and .19 respectively.

Additional Validity Checks

In a follow-up study of African-American youth in treatment, Youth Coping at intake was a significant predictor of program completion and successful adaptation 3 months and twelve months after treatment. Furthermore, changes in youth coping over the 6-12 months of treatment were also predictive of program completion as well as 3-month and 12-month adaptation.

Scoring Procedures

To obtain a total score for YCI, the values of all the responses (i.e., Never = 1, Hardly Ever = 2, Sometimes = 3, Often = 4, and Most of the Time = 5) should be summed. For item number 17, however, the values should be reversed before summing (i.e., Never = 5, Hardly Ever = 4, Sometimes = 3, Often = 2, and Most of the Time = 1). Subscale scores are obtained by summing the number circled by the respondent (i.e., Never = 1, Hardly Ever = 2, Sometimes = 3, Often = 4, and Most of the Time = 5) for the items in each subscale. The following list will help you determine which items belong to each subscale. Item number 17 requires reversal before summing and is marked with an asterisk in the right hand column.

Norms and/or Comparative Data

The comparative data for YCI are available separately for African Americans and Caucasians, as well as for the overall sample. Percentile tables with standardized scores, means and standard deviations are presented in Tables 18.2 through 18.13 (H.I. McCubbin, A.I. Thompson, & Elver, 1995c).

Instrument Utilization for Research

The YCI instrument is currently being tested within the Family Stress, Coping and Health Project and by other investigators. The few studies that have included this instrument have already been cited in the validity section of this chapter and are included in the references. Therefore, a summary table of related publications is not available at this time.

Notes

1. The availability of additional psychometrics and bibliographies of other users is limited at the date of publication due to the recent development of the instrument. Upon publication of this material, wider usage is expected, and as subsequent publications become available they will be added to our database. If you would like to inquire about more recent studies, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to manual@macc.wisc.edu. There will be a charge for these additional materials.
2. When referencing this instrument, the proper citation is: McCubbin, H.I., Thompson, A.I., & Elver, K.M. (1995). Youth Coping Index (YCI). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). *Family assessment: Resiliency, coping and adaptation-Inventories for research and practice*. (pp. 585-611). Madison: University of Wisconsin System.
3. A Spanish language version of YCI is available but was not typeset for this publication. Please write or email if you wish to obtain a copy. There will be a charge for this additional material.

Table 18.2
Youth in Residential Treatment Program Youth Coping Index Total Scale Overall
(N = 430)

Raw Scores	Standard Scores	Cumulative Percentiles
0-45	-3.0	.5
46-49	-2.7	.7
50-51	-2.6	.9
52-53	-2.5	1.2
54-55	-2.4	1.4
56-60	-2.1	2.6
61	-2.0	3.3
62-63	-1.9	4.0
64	-1.8	4.7
65-66	-1.7	6.7
67-68	-1.6	7.4
69	-1.5	8.1
70-71	-1.4	9.8
72-73	-1.3	10.7
74	-1.2	11.9
75-76	-1.1	14.7
77-78	-1.0	17.4
79	-0.9	19.5
80-81	-0.8	20.9
82	-0.7	24.0
83-84	-0.6	27.7
85-86	-0.5	31.6
87	-0.4	33.5
88-89	-0.3	38.6
90-91	-0.2	44.0
92	-0.1	48.4
93-91	0.0	52.3
95	+0.1	54.9
96-97	+0.2	58.4
98-99	+0.3	61.6
100	+0.4	63.5
101-102	+0.5	68.6
103	+0.6	71.4
104-105	+0.7	75.8
106-107	+0.8	80.2
108	+0.9	82.6
109-110	+1.0	85.8
111-112	+1.1	88.6
113	+1.2	90.9
114-115	+1.3	93.3
116	+1.4	94.2
117-118	+1.5	95.8
119-120	+1.6	96.7
121	+1.7	97.2
122-126	+2.0	98.1
127-128	+2.1	99.1
129-132	+2.4	99.5

133-135	+2.6	99.8
136-155	+2.7	100

Mean = 93.456

SD = 16.174

Range = 92

Kurtosis = -.015

Skewness = -.219

Mode = 92.0

Table 18.3
Youth in Residential Treatment Program Youth Coping Index Youth Spiritual and Personal
Development Overall (N = 430)

Raw Scores	Standard Scores	Cumulative Percentiles
0-13	-2.3	.2
14	-2.2	.5
15	-2.1	.7
16	-2.0	1.2
17	-1.9	1.9
18	-1.8	3.3
19	-1.7	4.9
20	-1.6	6.3
21-22	-1.5	10.0
23	-1.4	11.6
24	-1.3	13.0
25	-1.2	15.1
26	-1.1	17.7
27	-1.0	20.7
28	-0.9	23.0
29	-0.8	25.1
30	-0.7	27.2
31	-0.6	31.2
32	-0.5	35.1
33	-0.4	38.8
34	-0.3	42.1
35	-0.2	44.2
36	-0.1	47.2
37	0.0	50.9
38	+0.1	54.0
39	+0.2	57.7
40	+0.3	60.2
41	+0.4	63.0
42	+0.5	67.4
43	+0.6	71.2
44	+0.7	74.7
45	+0.8	77.4
46	+0.9	80.5
47	+1.0	83.5
48	+1.1	84.9
49	+1.2	88.1
50-51	+1.3	91.2
52	+1.4	93.5
53	+1.5	94.2
54	+1.6	96.3
55	+1.7	97.4
56	+1.8	97.9
57	+1.9	98.6
58	+2.0	99.1
59	+2.1	99.3
60-61	+2.3	99.8
62-65	+2.7	100.0

Mean = 37.019
SD = 10.357
Range = 52
Kurtosis = -.667
Skewness = -.021
Mode = 42.0

Table 18.4
Youth in Residential Treatment Program Youth Coping Index Youth Positive Appraisal and Problem Solving Overall (N = 430)

Raw Scores	Standard Scores	Cumulative Percentiles
0-12	-2.9	.5
13	-2.8	.7
14	-2.6	1.4
15	-2.5	1.6
16	-2.4	2.3
17-18	-2.1	3.3
19	-1.9	3.5
20	-1.8	5.6
21	-1.7	7.0
22	-1.5	7.4
23	-1.4	9.5
24	-1.3	11.6
25	-1.1	13.5
26	-1.0	17.0
27	-.09	20.2
28	-.07	24.7
29	-.06	29.5
30	-.05	34.7
31	-.03	39.1
32	-.02	43.3
33	0.0	49.3
34	+0.1	55.6
35	+0.2	60.5
36	+0.4	64.9
37	+0.5	70.0
38	+0.6	74.4
39	+0.8	79.1
40	+0.9	83.3
41	+1.0	84.9
42	+1.2	87.7
43	+1.3	90.7
44	+1.5	95.3
45	+1.6	97.2
46	+1.7	97.9
47	+1.9	99.3
48	+2.0	99.5
49-50	+2.3	100.0

Mean = 33.323

SD = 7.355

Range = 38

Kurtosis = -.131

Skewness = -.321

Mode = 34.0

Table 18.5
Youth in Residential Treatment Program Youth Coping Index Youth Incendiary Communication
and Tension Management Overall (N = 430)

Raw Scores	Standard Scores	Cumulative Percentiles
0-8	-2.7	.7
9	-2.5	.8
10-11	-2.2	1.2
12	-2.0	2.1
13	-1.8	3.3
14	-1.6	5.1
15	-1.5	7.7
16	-1.3	11.2
17	-1.1	16.0
18	-0.9	21.4
19	-0.7	26.7
20	-0.6	32.6
21	-0.4	42.3
22	-0.2	47.4
23	0.0	53.5
24	+0.2	60.9
25	+0.3	67.2
26	+0.5	73.3
27	+0.7	79.3
28	+0.9	84.4
29	+1.1	86.5
30	+1.2	89.3
31	+1.4	91.4
32	+1.6	93.3
33	+1.8	95.3
34	+1.9	97.4
35	+2.1	98.6
36	+2.3	99.5
37	+2.5	99.8
38-40	+2.7	100.0

Mean = 23.114

SD = 5.588

Range = 30

Kurtosis = -.237

Skewness = .161

Mode = 21.0

Table 18.6
Youth in Residential Treatment Program Youth Coping Index Total Scale
African-American (N = 193)

Raw Scores	Standard Scores	Cumulative Percentiles
0-45	-3.0	1.0
46-51	-2.7	1.6
52-53	-2.5	2.1
54-55	-2.4	2.6
56-59	-2.2	3.1
60	-2.1	3.6
61-63	-1.9	4.1
64-66	-1.8	6.7
67	-1.7	7.3
68-69	-1.6	8.3
70	-1.5	8.8
71-74	-1.3	9.8
75-76	-1.2	12.4
77	-1.1	13.5
78-79	-1.0	16.1
80-81	-0.9	17.6
82	-0.8	20.7
83-84	-0.7	23.8
85-86	-0.6	25.9
87	-0.5	28.0
88-89	-0.4	32.6
90-91	-0.3	37.3
92	-0.2	41.5
93-94	-0.1	44.6
95-96	0.0	49.7
97	+0.1	51.8
98-99	+0.2	54.9
100-101	+0.3	59.6
102	+0.4	62.2
103-104	+0.5	68.9
105-106	+0.6	73.6
107	+0.7	76.2
108-109	+0.8	81.3
110-111	+0.9	83.9
112-113	+1.0	89.1
114	+1.1	91.2
115-116	+1.2	92.7
117	+1.3	93.8
118-119	+1.4	94.3
120-121	+1.5	96.4
122-126	+1.8	97.9
127-128	+1.9	99.0
129-132	+2.2	99.5
133-155	+2.5	100.0

Mean = 95.430
SD = 16.750

Range = 92
Kurtosis = .397
Skewness = -.489
Mode = 92.0

Table 18.7
Youth in Residential Treatment Program Youth Coping Index Youth Spiritual and Personal Development African-American (N = 193)

Raw Scores	Standard Scores	Cumulative Percentiles
0-13	-2.5	.5
14-15	-2.3	1.0
16-17	-2.2	1.6
18	-2.1	2.6
19	-2.0	4.7
20	-1.9	5.2
21	-1.8	4.7
22	-1.7	6.7
23	-1.6	8.3
24	-1.5	9.8
25	-1.4	11.9
26	-1.3	13.0
27	-1.2	15.5
28	-1.1	16.6
29	-1.0	18.1
30	-0.9	19.7
31	-0.8	23.3
32	-0.7	26.9
33	-0.6	30.6
34	-0.5	32.6
35	-0.4	34.2
36	-0.3	36.8
37	-0.2	39.4
38	-0.1	43.5
39	0.0	46.1
40	+0.1	47.7
41-42	+0.2	55.4
43	+0.3	60.6
44	+0.4	66.3
45	+0.5	70.5
46	+0.6	73.6
47	+0.7	77.7
48	+0.8	79.8
49	+0.9	83.4
50	+1.0	86.5
51	+1.1	87.6
52	+1.2	91.2
53	+1.3	91.7
54	+1.4	95.3
55	+1.5	96.9
56	+1.6	97.4
57	+1.7	97.9
58	+1.8	98.4
59-61	+2.1	99.5
62-65	+2.5	100.0

Mean = 39.404

SD = 10.408

Range = 52

Kurtosis = -.456

Skewness = -.284

Mode = 44.0

Table 18.8
Youth in Residential Treatment Program Youth Coping Index Youth Positive Appraisal and Problem Solving African-American (N = 193)

Raw Scores	Standard Scores	Cumulative Percentiles
0-12	-3.0	1.0
13-14	-2.8	2.1
15-16	-2.5	3.1
17-20	-2.0	3.6
21	-1.8	4.1
22	-1.7	5.2
23	-1.5	6.2
24	-1.4	8.8
25	-1.3	10.1
26	-1.1	14.0
27	-1.0	17.1
28	-0.9	20.7
29	-0.7	23.8
30	-0.6	26.4
31	-0.5	30.6
32	-0.3	36.8
33	-0.2	44.6
34	-0.1	50.8
35	+0.1	53.9
36	+0.2	59.6
37	+0.4	63.2
38	+0.5	67.9
39	+0.6	74.1
40	+0.8	79.3
41	+0.9	81.9
42	+1.0	85.5
43	+1.2	90.7
44	+1.3	93.8
45	+1.4	95.9
46	+1.6	93.9
47	+1.7	98.4
48	+1.8	99.0
49-50	+2.1	100.0

Mean = 34.394

SD = 7.356

Range = 38

Kurtosis = -.366

Skewness = -.511

Mode = 33.0

Table 18.9
Youth in Residential Treatment Program Youth Coping Index Youth Incendiary Communication
and Tension Management African-American (N = 193)

Raw Scores	Standard Scores	Cumulative Percentiles
0-8	-2.4	1.0
9	-2.2	1.6
10-11	-1.9	2.6
12	-1.7	4.1
13	-1.5	6.7
14	-1.3	10.4
15	-1.2	11.9
16	-1.0	17.6
17	-0.8	22.8
18	-0.6	29.6
19	-0.5	36.3
20	-0.3	45.1
21	-0.1	54.4
22	+0.1	59.1
23	+0.2	64.2
24	+0.4	72.5
25	+0.6	75.6
26	+0.8	79.3
27	+0.9	85.0
28	+1.1	89.6
29	+1.3	90.7
30	+1.5	92.2
31	+1.7	93.3
32	+1.8	95.9
33	+2.0	96.9
34	+2.2	98.4
35	+2.4	99.0
36	+2.5	99.5
37-40	+2.7	100.0

Mean = 21.632

SD = 5.677

Range = 29

Kurtosis = -.061

Skewness = -.264

Mode = 21.0

Table 18.10
Youth in Residential Treatment Program Youth Coping Index
Total Scale Caucasian (N = 237)

Raw Scores	Standard Scores	Cumulative Percentiles
0-49	-2.8	.4
50-59	-2.1	.8
60-61	-2.0	3.0
62-63	-1.9	3.8
64	-1.8	5.1
65-66	-1.7	6.8
67-69	-1.5	8.0
70	-1.4	9.3
71-72	-1.3	11.4
73	-1.2	11.8
74-75	-1.1	14.8
76-77	-1.0	19.0
78	-0.9	19.8
79-80	-0.8	23.2
81	-0.7	23.6
82-83	-0.6	28.7
84	-0.5	30.8
85-86	-0.4	36.3
87	-0.3	38.0
88-89	-0.2	43.5
90-91	-0.1	49.4
92	0.0	54.0
93-94	+0.1	58.6
95	+0.2	61.2
96-97	+0.3	63.7
98	+0.4	66.2
99-100	+0.5	68.4
101	+0.6	71.3
102-103	+0.7	75.5
104-105	+0.8	79.7
106	+0.9	81.0
107-108	+1.0	84.8
109	+1.1	87.8
110-111	+1.2	88.6
112	+1.3	90.3
113-114	+1.4	93.2
115	+1.5	94.9
116-117	+1.6	95.8
118	+1.7	97.5
119-120	+1.8	97.9
121-125	+2.1	98.3
126-128	+2.3	99.2
129-132	+2.6	99.6
133-155	+2.8	100.0

Mean = 91.848
SD = 15.541

Range = 86
Kurtosis = -.216
Skewness = -.003
Mode = 92.0

Table 18.11
Youth in Residential Treatment Program Youth Coping Index Youth Spiritual and Personal
Development Caucasian (N=237)

Raw Scores	Standard Scores	Cumulative Percentiles
0-14	-2.1	.4
15-16	-1.9	1.3
17	-1.8	2.1
18	-1.7	3.8
19	-1.6	5.1
20	-1.5	7.2
21	-1.4	9.3
22	-1.3	12.7
23	-1.2	14.3
24	-1.1	15.6
25	-1.0	17.7
26	-0.9	21.5
27	-0.8	24.9
28	-0.7	28.3
29	-0.6	30.8
30	-0.5	33.3
31	-0.4	37.6
32	-0.3	41.8
33	-0.2	45.6
34	-0.1	49.8
35	0.0	52.3
36	+0.1	55.7
37	+0.2	60.3
38	+0.3	62.4
39	+0.4	67.1
40	+0.5	70.5
41	+0.6	73.0
42	+0.7	77.2
43	+0.8	79.7
44	+0.9	81.4
45	+1.0	83.1
46	+1.1	86.1
47	+1.2	88.2
48	+1.3	89.0
49	+1.4	92.0
50	+1.5	93.2
51	+1.6	94.1
52	+1.7	95.4
53	+1.8	96.2
54	+1.9	97.0
55	+2.0	97.9
56	+2.1	98.3
57	+2.2	99.2
58	+2.3	99.6
59-65	+2.4	100.0

Mean = 35.076

SD = 9.921
Range = 45
Kurtosis = -.605
Skewness = .161
Mode = 37.0

Table 18.12
Youth in Residential Treatment Program Youth Coping Index Youth Positive Appraisal and
Problem Solving Caucasian (N=287)

Raw Scores	Standard Scores	Cumulative Percentiles
0-13	-2.7	.4
14	-2.5	.8
15	-2.4	1.3
16	-2.3	1.7
17-18	-2.0	3.4
19	-1.9	3.8
20	-1.7	7.2
21	-1.6	9.3
22-23	-1.3	12.2
24	-1.2	13.9
25	-1.0	16.0
26	-0.9	19.4
27	-0.8	22.8
28	-0.6	27.8
29	-0.5	34.2
30	-0.3	41.4
31	-0.2	46.0
32	-0.1	48.5
33	+0.1	53.2
34	+0.2	59.5
35	+0.4	65.8
36	+0.5	69.2
37	+0.6	75.5
38	+0.8	79.7
39	+0.9	83.1
40	+1.0	86.5
41	+1.2	87.3
42	+1.3	89.5
43	+1.5	90.7
44	+1.6	93.3
45	+1.7	98.3
46	+1.9	98.7
47-50	+2.0	100.0

Mean = 32.451
SD = 7.253
Range = 34
Kurtosis = -.376
Skewness = -.189
Mode = 30.0

Table 18.13
Youth in Residential Treatment Program Youth Coping Index Youth Incendiary Communication
and Tension Management Caucasian (N=237)

Raw Scores	Standard Scores	Cumulative Percentiles
0-12	-2.4	.4
13-14	-2.0	.8
15	-1.8	4.2
16	-1.6	5.9
17	-1.4	10.5
18	-1.2	14.8
19	-1.0	19.0
20	-0.8	22.4
21	-0.6	32.5
22	-0.4	38.0
23	-0.3	44.7
24	-0.1	51.5
25	+0.1	60.3
26	+0.3	68.4
27	+0.5	74.7
28	+0.7	80.2
29	+0.9	83.1
30	+1.1	86.9
31	+1.3	89.9
32	+1.5	91.1
33	+1.7	94.1
34	+1.9	96.6
35	+2.0	98.3
36	+2.2	99.6
37-40	+2.6	100.0

Mean = 24.321

SD = 5.223

Range = 26

Kurtosis = -.402

Skewness = .217

Mode = 21.0

YCI

YOUTH COPING INDEX

English Version



YCI
YOUTH COPING INDEX ©
 Hamilton I. McCubbin Anne I. Thompson Kelly M. Elver

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 or feel 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

NOTE: Anytime the words parent, mother, father, brother or sister are used, they also mean step parent, step-mother, etc.

<i>When you face difficulties or feel tense, how often do you:</i>	Never	Hardly Ever	Sometimes	Often	Most of the Time
1. Apologize to people	1	2	3	4	5
2. Talk to a teacher or counselor at school about what bothers you	1	2	3	4	5
3. Read	1	2	3	4	5
4. Get more involved in activities at school	1	2	3	4	5
5. Try to improve yourself (get body in shape, get better grades, etc.)	1	2	3	4	5
6. Try to reason with parents and talk things out; compromise	1	2	3	4	5
7. Try to think of the good things in your life	1	2	3	4	5
8. Say nice things to others	1	2	3	4	5
9. Get angry and yell at people	1	2	3	4	5
10. Work hard on schoolwork or other school projects	1	2	3	4	5
11. Pray	1	2	3	4	5
12. Try, on your own, to figure out how to deal with your problems or tensions	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>					
13. Try to make your own decisions	1	2	3	4	5
14. Go to church	1	2	3	4	5
15. Swear	1	2	3	4	5
16. Organize your life and what you have to do	1	2	3	4	5
17. Go along with parents' requests and rules	1	2	3	4	5
18. Blame others for what's going wrong	1	2	3	4	5
19. Tell yourself the problem is not important	1	2	3	4	5
20. Try to help other people solve their problems	1	2	3	4	5
21. Get professional counseling (not from a school teacher or school counselor)	1	2	3	4	5
22. Try to keep up friendships or make new friends	1	2	3	4	5
23. Daydream about how you would like things to be	1	2	3	4	5
24. Play video games (Space Invaders, Pac-Man), pool, pinball, etc.	1	2	3	4	5
25. Let off steam by complaining to your friends	1	2	3	4	5
26. Say mean things to people; be sarcastic	1	2	3	4	5
27. Do things with your family	1	2	3	4	5
28. Talk to a friend about how you feel	1	2	3	4	5
29. Try to see the good things in a difficult situation	1	2	3	4	5
30. Work on a hobby you have (sewing, model building, etc.)	1	2	3	4	5
31. Do a strenuous physical activity (jogging, biking, etc.)	1	2	3	4	5