Young Adult Coping Orientation for Problem Experiences (YA-COPE)

English The Young Adult Coping Orientation for Problem Experiences (YA-COPE), developed by Joan Patterson, Hamilton McCubbin, and Janet Grochowski (1983), represents a modification of Adolescent-Coping Orientation for Problem Experiences (A-COPE) to identify the behaviors that adolescents found helpful in managing problems or difficult situations.

Example Items:
"When you face difficulties or feel tense, how often do you:"
* Be with a boyfriend or girlfriend
* Let off steam by complaining to your friends
* Get a job or work harder at one

Available in: English, Spanish