

## **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](#)

