



## UNC CFAR Social and Behavioral Science Research Core SABI Database

**INSTRUMENT TITLE:** *Fleishman Coping with HIV scale*

**SOURCE ARTICLE:** Fleishman, J. A., & Fogel, B. (1994). Coping and depressive symptoms among people with AIDS. *Health Psychology, 13*, 156-156.

**RESPONSE OPTIONS:** Dichotomous response scale

**SURVEY ITEMS:**

1. Try to learn more about AIDS.
2. Tell yourself to accept it.
3. Think about people who were less fortunate than you.
4. Look on the bright side.
5. Make plans for the future.
6. Try to push it out of your mind.
7. Think about better times in the past.
8. Make yourself feel better by drinking or taking drugs.
9. Avoid being with people.
10. Go on as if nothing had happened.
11. Keep your feelings to yourself.
12. Feel sorry for yourself.
13. Keep others from knowing how bad things were.
14. Feel so angry you wanted to hit or smash something.
15. Seek sympathy and understanding from friends.
16. Ask friends or relatives for advice.

**TERMS OF USE:**

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

*Fleishman, J. A., & Fogel, B. (1994). Coping and depressive symptoms among people with AIDS. Health Psychology, 13, 156-156.*

When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.