



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

**INSTRUMENT TITLE:** *The Family Coping Project Coping Scale*

**SOURCE ARTICLE:** Moneyham, L., Hennessy, M., Sowell, R., Demi, A., Seals, B., & Mizuno, Y. (1998). The effectiveness of coping strategies used by HIV-seropositive women. *Research in Nursing & Health*, 21(4), 351-362.

Moneyham, L., Demi, A., Mizuno, Y., Sowell, R., Seals, B., & Guillory, J. (1997-98). Development and testing of a contextually and culturally relevant measure of coping for use with women infected with HIV. *OMEGA – Journal of Death and Dying*, 36(4), 359-374.

Demi, A., Moneyham, L., Sowell, R., & Cohen, L. (1997). Coping strategies used by HIV infected women. *OMEGA – Journal of Death and Dying*, 35(4), 377-391.

**RESPONSE OPTIONS:** Participants rate each item on how frequently they have used the coping strategy in the past month using a 4-point Likert scale ranging from “never” (0), “once in a while” (1), “frequently” (2), to “always” (3).

### **SURVEY ITEMS:**

**The following questions focus on how you deal with your HIV disease. Select the answer on the card that best describes how often in the past month you have used each of the following to cope with your HIV.**

1. I try to believe it's a lie.
2. I stay busy.
3. I go to my family/friends for emotional support.
4. I seek out people who are dealing with the same problem.
5. I take care of my physical health.
6. I pray.
7. I carry on like I always have.
8. I concentrate on taking care of my family.
9. I spent time with friends/family who love and care for me.

### **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:

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10. I stay clear of people.
11. I try to stay informed about HIV.
12. I go through stages thinking it is something else.
13. I try to live my life as if there is nothing wrong with me.
14. I talk to my family and/or friends.
15. I talk with other people with HIV.
16. I practice healthy habits like eating right, exercising, and getting enough rest.
17. I meditate.
18. I think there is nothing wrong with me.
19. I try not to think about it.
20. I try to be near (or with) my family and/or friends.
21. I listen to other people talk about how they cope with HIV.
22. I stay away from drugs and alcohol.
23. I read the Bible.
24. I ask lots of questions about my illness.
25. I stay away from reminders of it.
26. I ask my family for help.
27. I attend HIV support group meetings.
28. I try to avoid stress.
29. I attend church.
30. I think about others more than myself.
31. I focus on the positive things in my life.
32. I try to take care of myself.
33. I try not to talk about it.
34. I see my doctor (or health care provider) regularly.
35. I spend time with friends/family who accept me.
36. I keep all of my health care appointments.
37. I draw strength from my beliefs.
38. I take life one day at a time.
39. I try to help others.
40. I avoid telling others about my illness.
41. I read all I can about HIV.
42. I avoid people who reject me.

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43. I spend time with people who understand what I am going through.
44. I take my medications as prescribed.
45. I take my problems to God.
46. I do things for other people to bring meaning to my life.
47. I avoid thinking negative thoughts.
48. I avoid being around others.
49. I watch how other people respond to HIV/AIDS.
50. I take vitamins, herbs, or other things to stay healthy.
51. I put my illness in God's hands.
52. I try to see the positive things in every situation.
53. I stay in my house.
54. I educate myself about my illness and its treatment.

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