



Well-being

Hope

Jalowiec Coping Scale

JALOWIEC COPING SCALE **OVERVIEW OF JCS BY DR. ANNE JALOWIEC © 6/2001**

AUTHOR OF JCS AND COPYRIGHT HOLDER (1977 Original Version, 1987 Revised Version)

Dr Anne Jalowiec, RN, PhD, FAAN
Professor Emeritus, Loyola University of Chicago
Email address: jalo@prodigy.net

PURPOSE OF JCS

The **JCS (1987 revised version)** assesses situation-specific coping behavior by measuring the degree of use and the perceived effectiveness of 60 cognitive and behavioral coping strategies in a stressful situation designated by the researcher or clinician.

POPULATIONS FOR JCS USE

The JCS has been used nationally and internationally in numerous studies/projects with many different clinical and well populations, and with a wide range of age groups (including adolescents and elderly). The JCS has been used to assess coping with many different kinds of physical, emotional, and social stressors; eg: major life stressors, developmental stressors, illness stressors, work stressors, and stressors related to natural disasters. The instrument has been employed by a variety of professional disciplines for both research and clinical practice.

LANGUAGES

The JCS has been translated into more than 20 languages/dialects so far: Arabic, Chinese, Dutch, Finnish, French, Greek, Icelandic, Iranian, Israeli, Italian, Kannda/Tamil (India), Korean, Japanese, Norwegian, Portuguese, Spanish, Swedish, Tagalog (Philippines), Taiwanese, Thai, Turkish.

ADMINISTRATION OF INSTRUMENT

The JCS can be completed either by interview or by the individual subject/patient. Explicit directions on the instrument allow for easy self-administration. It takes 10-15 minutes to complete the JCS. The instrument has been evaluated by reading-level

specialists and found to have a sixth-grade reading level; therefore the JCS is easily understood by most persons.

RESPONSE FORMAT

The 60 JCS items are concise descriptions of specific cognitive and behavioral coping strategies. The designated stressor (for which coping behavior is being assessed) is written in/typed in at the top of the form by the researcher/clinician; this can also include a specified time frame for the coping assessment (eg: the last 3 months).

The 1987 revised JCS has two parts: use (Part A) and effectiveness (Part B), each measured on a 4-point (0 to 3) rating scale. The degree of use of each coping strategy is rated as: never used, seldom used, sometimes used, or often used. The perceived effectiveness of each coping strategy (that has been used) is rated as: not helpful (in coping with the designated stressor), slightly helpful, fairly helpful, or very helpful. At the end of the instrument, the person can also list and rate other coping strategies used by that person that are not found on the scale.

JCS SUBSCALES

The 1987 revised JCS has eight subscales (coping styles) that were rationally derived by the author via sequential thematic clustering. See table below for a list and description of each coping style, as well as an example of a coping strategy from each subscale.

JALOWIEC COPING SCALE: DESCRIPTION OF COPING STYLES			
Coping Style	# of Items	Description of Coping Style	Example of Coping Strategy
Confrontive	10	Facing up to the problem	Thought out ways to handle the situation
Evasive	13	Avoiding the problem	Tried to put the problem out of your mind
Optimistic	9	Positive thinking	Thought about the good things in your life
Fatalistic	4	Pessimistic attitude	Resigned yourself to a hopeless situation
Emotive	5	Releasing emotions	Took out your tensions on someone else
Palliative	7	Make yourself feel better	Took medications to reduce tension
Supportant	5	Using support systems	Discussed the problem with family/friends
Self-reliant	7	Depending on yourself	Preferred to work things out yourself

SCORING THE JCS

To score the JCS, ratings for the coping strategies are summed separately for use and for effectiveness, thereby yielding eight use scores and eight effectiveness scores. Overall scores for use and for effectiveness can also be obtained by adding the scores for the eight subscales. Two main types of scoring methods can be used: (1) raw scores

or (2) adjusted scores (that adjust for the number of coping strategies used by each person for that particular coping style). Scoring instructions are available in the JCS packet of materials.

PSYCHOMETRIC SUPPORT FOR JCS

A concise summary of reliability and validity support for the instrument is included in the JCS packet of materials. Additional psychometric data can be found in publications on studies using the JCS (a comprehensive bibliography of publications on the JCS is included in the JCS packet).

TO OBTAIN THE JCS PACKET OF MATERIALS

If you are interested in using the JCS and obtaining a copy of the JCS packet of materials, please email Dr. Jalowiec stating: (1) the specific purpose of the study/project, (2) the type and number of subjects, (3) where the study/project will be done, and (4) if the JCS will be used for a thesis, dissertation, funded project, or unfunded project. Email address is: jalo@prodigy.net. Please note that the JCS is a copyrighted instrument and cannot be used without the written permission of Dr Jalowiec. (Even in the case of foreign language versions of the JCS that have been translated by others, permission must still be obtained from Dr Jalowiec as the original author of the scale.)

Please be aware that there is a fee for the JCS, which varies depending on the type and extent of the project. The JCS packet of materials includes the following: one copy of the JCS (from which you may make as many copies as you need for the project for which you paid the fee), a signed form granting you permission to use the JCS, an overview of the JCS, a description of the JCS subscales, a list of which JCS items belong to which subscales (that is needed for scoring the instrument), information on various ways to score the JCS, a concise summary of reliability and validity data for the JCS, and a comprehensive JCS bibliography.

Coping Scale © Copyright 1979 by Anne Jalowiec, PhD, RN, FAAN. Professor Emeritus, Loyola University; email jalo@prodigy.net.