

# WAYS OF COPING QUESTIONNAIRE (WAYS)

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The Ways of Coping Questionnaire (WAYS) is a widely used self-report measure of coping strategies. Developed by Folkman and Lazarus in 1988, the questionnaire assesses the frequency with which individuals utilize problem-focused and emotion-focused coping strategies in response to stressful situations. The questionnaire consists of 59 items and is divided into two subscales, problem-focused coping and emotion-focused coping, each with 29 items. The Ways of Coping Questionnaire (WAYS) has been used extensively in research on stress and coping, and has become a widely accepted tool for assessing coping strategies in both clinical and non-clinical populations.

The Ways of Coping Questionnaire (WAYS) measures both problem-focused and emotion-focused coping strategies. Problem-focused coping strategies are active attempts to change or manage the problem situation, such as problem-solving or planning. Emotion-focused coping strategies are attempts to manage or regulate emotional responses to the problem situation, such as seeking social support or distraction. The Ways of Coping Questionnaire (WAYS) has been found to be reliable and valid in both clinical and non-clinical populations.

The Ways of Coping Questionnaire (WAYS) has been used extensively in research to assess the relationship between coping strategies and psychological adjustment. For example, research has found that individuals who use more problem-focused coping strategies are more likely to report better psychological adjustment than those who use more emotion-focused coping strategies. Additionally, research has found that the use of specific coping strategies is related to specific psychological outcomes, such as increased levels of anxiety or depression.

In conclusion, the Ways of Coping Questionnaire (WAYS) is a reliable and valid measure of coping strategies that has been used extensively in research on stress and coping. The questionnaire can be used to assess the frequency with which individuals utilize problem-focused and emotion-focused coping strategies, and can provide useful information about the relationship between coping strategies and psychological adjustment.

## References

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