**Attachment D5**

**Brief Cope**

Form Approved

OMB No. 0920-xxxx

Exp. Date xx/xx/20xx

Brief Cope

III. Please read each item below and indicate by marking an “X” in the appropriate box, **to what extent you used it to cope with stressful situations.**

**1 = I have not done this at all**

**2 = I have done this a little bit**

**3 = I have done this a medium amount**

**4 = I have done this a lot**

Public reporting burden of this collection of information is estimated to average 3 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (XXXX).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Not At All**(1) | **A Little****Bit**(2) | **A Medium** **Amount**(3) | **A Lot**(4) |
| 1 | Turned to work or other activities to take my mind off things.  | **□** | **□** | **□** | **□** |
| 2 | Concentrated my efforts on doing something about the situation.  | **□** | **□** | **□** | **□** |
| 3 | Said to myself "this isn't real.".  | **□** | **□** | **□** | **□** |
| 4 | Used alcohol or other drugs to make myself feel better.  | **□** | **□** | **□** | **□** |
| 5 | Received emotional support from others.  | **□** | **□** | **□** | **□** |
| 6 | Gave up trying to deal with it.  | **□** | **□** | **□** | **□** |
| 7 | Took action to try to make the situation better.  | **□** | **□** | **□** | **□** |
| 8 | Refused to believe that it had happened.  | **□** | **□** | **□** | **□** |
| 9 | Said things to let my unpleasant feelings escape.  | **□** | **□** | **□** | **□** |
| 10 | Received help and advice from other people.  | **□** | **□** | **□** | **□** |
| 11 | Used alcohol or other drugs to help me get through it.  | **□** | **□** | **□** | **□** |
| 12 | Tried to see it in a different light, to make it seem more positive.  | **□** | **□** | **□** | **□** |
| 13 | Criticized myself.  | **□** | **□** | **□** | **□** |
| 14 | Tried to come up with a strategy about what to do.  | **□** | **□** | **□** | **□** |
| 15 | Received comfort and understanding from someone.  | **□** | **□** | **□** | **□** |
| 16 | Gave up the attempt to cope.  | **□** | **□** | **□** | **□** |
| 17 | Looked for something good in what was happening.  | **□** | **□** | **□** | **□** |
| 18 | Made jokes about it.  | **□** | **□** | **□** | **□** |
| 19 | Did something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.  | **□** | **□** | **□** | **□** |
| 20 | Accepted the reality of the fact that it had happened.  | **□** | **□** | **□** | **□** |
| 21 | Expressed my negative feelings.  | **□** | **□** | **□** | **□** |
| 22 | Tried to find comfort in my religion or spiritual beliefs.  | **□** | **□** | **□** | **□** |
| 23 | Tried to get advice or help from other people about what to do.  | **□** | **□** | **□** | **□** |
| 24 | Learned to live with it.  | **□** | **□** | **□** | **□** |
| 25 | Thought hard about what steps to take.  | **□** | **□** | **□** | **□** |
| 26 | Blamed myself for things that happened.  | **□** | **□** | **□** | **□** |
| 27 | Prayed or meditated.  | **□** | **□** | **□** | **□** |
| 28 | Made fun of the situation.  | **□** | **□** | **□** | **□** |