


# Brief COPE (Brief COPE)

The Brief COPE is a self-report questionnaire measuring the different coping strategies used in response to stress. It quickly identifies the coping mechanisms an individual favors in stressful situations, distinguishing between active and passive coping strategies.

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| Number of questions | 28 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Brief COPE |
| Target audience | Adults and adolescents |
| Authors | Charles S. Carver (1997) |
| Category | Stress |

## Preview of the 28 questions

I turned to work or other activities to take my mind off things.

I didn't do this at all | I did this to some extent | I did this fairly often | I did this very often

I decided on a course of action and followed it.

I didn't do this at all | I did this to some extent | I did this fairly often | I did this very often

I told myself it wasn't real.

I didn't do this at all | I did this to some extent | I did this fairly often | I did this very often

I used alcohol or other substances to feel better.

I didn't do this at all | I did this to some extent | I did this fairly often | I did this very often

I sought emotional support from others.

I didn't do this at all | I did this to some extent | I did this fairly often | I did this very often

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

The Brief COPE comprises 14 dimensions, each assessed by 2 items rated on a 4-point Likert scale (from "I usually don't do this at all" to "I usually do this a lot"). The scores for each dimension are added up to obtain a measure of individual coping styles.


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 Laura V. - Online Psychologist