

Ways of Coping Questionnaire (WCQ)

The WCQ is a self-report tool that identifies the main coping strategies a person uses when faced with stressful situations. It assesses different dimensions of coping, such as problem-focused strategies, emotion-focused strategies, seeking social support, confrontive coping and avoidance behaviors. This tool is used to better understand the psychological mechanisms the individual draws on, in order to guide psychotherapeutic treatment more effectively.

Number of questions	66 questions
Estimated duration	20 minutes
Language	English
Original name	Ways of Coping Questionnaire
Target audience	Adults
Authors	Susan Folkman, Richard S. Lazarus (1988)
Category	Stress

Preview of the 66 questions

Think of a stressful situation you experienced recently.

Just concentrated on what I had to do next—the next step.

Not used | Used somewhat | Used quite a bit | Used a great deal

Think of a stressful situation you experienced recently.

I tried to analyze the problem in order to understand it better.

Not used | Used somewhat | Used quite a bit | Used a great deal

Think of a stressful situation you experienced recently.

Turned to work or substitute activity to take my mind off things.

Not used | Used somewhat | Used quite a bit | Used a great deal

Think of a stressful situation you experienced recently.

I felt that time would make a difference—the only thing to do was to wait.

Not used | Used somewhat | Used quite a bit | Used a great deal

Think of a stressful situation you experienced recently.

Bargained or compromised to get something positive from the situation.

Not used | Used somewhat | Used quite a bit | Used a great deal

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

Each item is rated on a scale from 0 (does not apply or not used) to 3 (used a great deal). Scores are summed for each of the 8 coping subtypes, which makes it possible to identify the preferred strategies. There is no overall total score, but rather a qualitative analysis of coping profiles.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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“Reliable, relevant assessments to better understand my patients' psychological state”

 Benjamin G. - Occupational Psychologist