



# Well-being

## Hope

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### 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, Kannada/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

# Jalowiec Coping Scale And Lazarus

**Ying-Ying Zheng**



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