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, Kannda/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

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Raffaela Di Napoli

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Table of Contents Jalowiec Coping Scale And Lazarus

6. Navigating Jalowiec Coping Scale And Lazarus eBook Formats
    - ePub, PDF, MOBI, and More
    - Jalowiec Coping Scale And Lazarus Compatibility with Devices
    - Jalowiec Coping Scale And Lazarus Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Jalowiec Coping Scale And Lazarus
    - Highlighting and Note-Taking Jalowiec Coping Scale And Lazarus
    - Interactive Elements Jalowiec Coping Scale And Lazarus
8. Staying Engaged with Jalowiec Coping Scale And Lazarus
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Jalowiec Coping Scale And Lazarus
9. Balancing eBooks and Physical Books Jalowiec Coping Scale And Lazarus
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Jalowiec Coping Scale And Lazarus
10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
11. Cultivating a Reading Routine Jalowiec Coping Scale And Lazarus
    - Setting Reading Goals Jalowiec Coping Scale And Lazarus
    - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Jalowiec Coping Scale And Lazarus
    - Fact-Checking eBook Content of Jalowiec Coping Scale And Lazarus
    - Distinguishing Credible Sources
13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
14. Embracing eBook Trends
    - Integration of Multimedia Elements

  - Interactive and Gamified eBooks

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