



# 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)**

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#### **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

**Carolyn Feher Waltz, Ora Strickland**



## **Jalowiec Coping Scale And Lazarus:**

## Unveiling the Magic of Words: A Review of "**Jalowiec Coping Scale And Lazarus**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Jalowiec Coping Scale And Lazarus**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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## **Jalowiec Coping Scale And Lazarus Introduction**

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