

Coping Styles Questionnaire Csq-3 Pdf 76

Item	(Loading)	Rosen	Swar	Tuttle
Factor 1: Distraction				
3. I try to think of something pleasant.	(.545)	DA	—	DA
30. I replay in my mind pleasant experiences in the past.	(.678)	DA	DIS	DA
31. I think of people I enjoy doing things with.	(.753)	DA	DIS	DA
43. I think of things I enjoy doing.	(.766)	DA	DIS	DA
45. I do something I enjoy, such as watching TV or listening to music.	(.666)	IBA	DIS	—
Factor 2: Catastrophizing				
5. It's terrible and I feel it's never going to get any better.	(.723)	CAT	CAT	CAT
12. It's awful and I feel that it overwhelms me.	(.768)	CAT	CAT	CAT
14. I feel my life isn't worth living.	(.677)	CAT	CAT	CAT
28. I worry all the time about whether it will end.	(.690)	CAT	CAT	CAT
38. I feel I can't stand it anymore.	(.768)	CAT	CAT	CAT
42. I feel like I can't go on.	(.702)	CAT	CAT	CAT
Factor 3: Ignoring Pain Sensations				
20. I don't think about the pain.	(.597)	IS	IS	IS
24. I don't pay any attention to it.	(.733)	IS	IS	IS
27. I pretend it's not there.	(.653)	IS	—	—
35. I just go on as if nothing happened.	(.574)	IS	IS	IS
40. I ignore it.	(.697)	IS	IS	IS
Factor 4: Distancing from Pain				
1. I try to feel distant from the pain, almost as if the pain was in somebody else's body.	(.634)	RS	RS	—
18. I try not to think of it as my body, but rather as something separate from me.	(.790)	RS	RS	RS
34. I imagine that the pain is outside of my body.	(.805)	RS	RS	RS
46. I pretend it's not a part of me.	(.728)	RS	RS	RS
Factor 5: Coping Self-Statements				
6. I tell myself to be brave and carry on despite the pain.	(.705)	CSS	—	IS
8. I tell myself that I can overcome the pain.	(.597)	CSS	—	IS
23. I tell myself I can't let the pain stand in the way of what I have to do.	(.647)	CSS	IS	IS
37. Although it hurts, I just keep on going.	(.610)	CSS	IS	IS
Factor 6: Praying				
17. I pray to God it won't last long.	(.853)	PH	PH	PH
32. I pray for the pain to stop.	(.810)	PH	PH	PH
41. I rely on my faith in God.	(.826)	PH	PH	PH
Factor 7: Increasing Activity				
2. I leave the house and do something, such as going to the movies or shopping.	(.570)	IBA	DIS	—
16. I walk a lot.	(.703)	IBA	—	—
Factor 8: Hoping				
15. I know someday someone will be there to help me and it will go away for awhile.	(.665)	PH	PH	PH
21. I try to think years ahead, what everything will be like after I have gotten rid of the pain.	(.554)	PH	—	DA
25. I have faith in doctors that someday there will be a cure for my pain.	(.687)	PH	—	PH
Factor 9: Reinterpreting Pain Sensations				
4. I don't think of it as pain, but rather as a dull or warm feeling.	(.600)	RS	RS	RS
10. I count numbers in my head or run a song through my mind.	(.505)	DA	—	RS
11. I just think of it as some other sensation, such as numbness.	(.668)	RS	RS	RS
Items dropped:				
7. I read.	—	IBA	—	—
9. I take my medication.	—	IPB	—	—
13. I play mental games with myself to keep my mind off the pain.	—	DA	—	—
19. I relax.	—	IPB	—	—
22. I tell myself it doesn't hurt.	—	IS	—	IS
26. No matter how bad it gets, I know I can handle it.	—	CSS	IS	IS
29. I lie down.	—	IPB	—	—
33. I take a shower or a bath.	—	IPB	DIS	—
36. I see it as a challenge and don't let it bother me.	—	CSS	IS	IS
39. I try to be around other people.	—	IBA	DIS	—
44. I do anything to get my mind off the pain.	—	IBA	—	DA
47. I do something active, like household chores or projects.	—	IBA	—	—
48. I use a heating pad.	—	IPB	—	—

Rosen = Rosenstiel and Keefe, 1983 (ref. 8); Swar = Swartzman et al., 1993 (ref. 10); Tuttle = Tuttle et al., 1991 (ref. 9); DA = Diverting Attention; IBA = Increasing Behavioral Activity; CAT = Catastrophizing; IS = Ignoring Pain Sensations; RS = Reinterpreting Pain Sensations; CSS = Coping Self-Statements; PH = Praying and Hoping; IPB = Increasing Pain Behavior; DIS = Distraction.

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The most common early manifestation of stress is a headache. A large headache is the first sign of stress. The pain usually lasts for a few minutes, and then usually begins to fade away. The reason for the pain is that the blood vessels in the head are dilated, and the blood vessels in the head are dilated, and the blood around the brain is pulled into the head, causing the headache. Other frequent early signs of stress are fatigue, irritability, and nervousness. Stress Center Map - Grounded Theory Study - Victims of

Police Violence, Race, and Social Justice Stress Center Map - Grounded Theory Study - Victims of Police Violence,
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