

When things aren't going well for you, or when you're having problems, how confident are you that you can:	0	1	2	3	4	5	6	7	8	9	10	
11. Look for something good in a negative situation.												99
12. Keep from feeling sad.												99
13. See things from the other point of view during a heated argument.												99
14. Try other solutions to your problems if your first solutions don't work.												99
15. Stop yourself from being upset by unpleasant thoughts.												99
16. Make new friends.												99
17. Get friends to help you with the things you need.												99
18. Do something positive for yourself when you are feeling discouraged.												99
19. Make unpleasant thoughts go away.												99
20. Think about one part of the problem at a time.												99
21. Visualize a pleasant activity or place.												99
22. Keep yourself from feeling lonely.												99
23. Pray or meditate.												99
24. Get emotional support from community organizations or resources.												99
25. Stand your ground and fight for what you want.												99
26. Resist the impulse to act hastily when under pressure.												99
Total score:												

Scoring and interpretation

They are then asked to rate on an 11-point scale the extent to which they believe they could perform behaviors important to adaptive coping. Anchor points on the scale are 0 ('cannot do at all'), 5 ('moderately certain can do'), and 10 ('certain can do').

An overall CSES score is created by summing the item ratings. The standard scoring rule with summated rating scale scores is that respondents must answer at least 80% of the scale items. For respondents missing an item or items, we estimate an individual's score for the missing item(s) by adding in their mean for the items that they answered for each item that they skipped, resulting in a "corrected sum."

Higher scores on the CSES suggest a strong belief in one's ability to cope effectively with stressors and challenges, which may correlate with better psychological well-being and resilience.

Lower scores indicate a lack of confidence in coping abilities, which may be associated with higher levels of psychological distress and poorer mental health outcomes.

References

Chesney, M. A., Neilands, T. B., Chambers, D. B., Taylor, J. M., & Folkman, S. (2006). A validity and reliability study of the coping self-efficacy scale. *British Journal of Health Psychology*, 11(Pt 3), 421–437. <https://doi.org/10.1348/135910705X53155>

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