

THE PROACTIVE COPING INVENTORY FOR ADOLESCENTS (PCI-A)

Esther R. Greenglass, Ralf Schwarzer and Fiorenzo Laghi, 2008

The following statements deal with reactions you may have to various situations. Indicate how true each of these statements is depending on how you feel about the situation. Do this by checking the most appropriate box:

1	2	3	4
Not at all True	Barely True	Somewhat True	Completely True

- | | | | | |
|---|---|---|---|---|
| 1. I think it is useful to manage your money well in order to avoid being poor in old age. | 1 | 2 | 3 | 4 |
| 2. When I experience a problem, I take the initiative in resolving it. | 1 | 2 | 3 | 4 |
| 3. I take action only after thinking carefully about a problem. | 1 | 2 | 3 | 4 |
| 4. I make lists and try to focus on the most important things first. | 1 | 2 | 3 | 4 |
| 5. In my mind I go through many different scenarios in order to prepare myself for different outcomes. | 1 | 2 | 3 | 4 |
| 6. After attaining a goal, I look for another, more challenging one. | 1 | 2 | 3 | 4 |
| 7. I like challenges and beating the odds. | 1 | 2 | 3 | 4 |
| 8. I think about every possible outcome to a problem before tackling it. | 1 | 2 | 3 | 4 |
| 9. I imagine myself solving a difficult problem before I actually have to face it. | 1 | 2 | 3 | 4 |
| 10. When I have a problem with my teachers, friends, or family I imagine beforehand how I will deal with them successfully. | 1 | 2 | 3 | 4 |
| 11. I am a "take charge" person. | 1 | 2 | 3 | 4 |
| 12. When there are serious misunderstandings with teachers, family members or friends, I practice before how I will deal with them. | 1 | 2 | 3 | 4 |
| 13. Before getting messed up with a problem I'll call a friend to talk about it. | 1 | 2 | 3 | 4 |
| 14. When I have problems, I can usually solve them with help from my friends. | 1 | 2 | 3 | 4 |
| 15. I confide my feelings in others to build up and maintain close relationships. | 1 | 2 | 3 | 4 |
| 16. I try to let things work out on their own. | 1 | 2 | 3 | 4 |
| 17. I make projects for my future. | 1 | 2 | 3 | 4 |
| 18. Rather than acting impulsively, I usually think of various ways to solve a problem. | 1 | 2 | 3 | 4 |
| 19. I study hard to protect myself against failure. | 1 | 2 | 3 | 4 |
| 20. I plan my strategies to change a situation before I act. | 1 | 2 | 3 | 4 |
| 21. I imagine myself solving difficult problems. | 1 | 2 | 3 | 4 |
| 22. When I have a problem I prefer to not think about it. | 1 | 2 | 3 | 4 |
| 23. I can usually identify people who can help me develop my own solutions to problems. | 1 | 2 | 3 | 4 |
| 24. When I'm depressed I get out and talk with my friends. | 1 | 2 | 3 | 4 |
| 25. I try to talk and explain my problems in order to get feedback from my friends. | 1 | 2 | 3 | 4 |
| 26. I turn problems into positive experiences. | 1 | 2 | 3 | 4 |
| 27. When solving my own problems my friend's advice can be helpful. | 1 | 2 | 3 | 4 |
| 28. Advice I get from others has often helped me deal with my problems. | 1 | 2 | 3 | 4 |

1	2	3	4
Not at all True	Barely True	Somewhat True	Completely True

- | | | | | |
|--|----------------------------|----------------------------|----------------------------|----------------------------|
| 29. My friends help me feel cared for. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 30. When I have a problem I usually let it simmer on the back burner for a while. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 31. Despite numerous setbacks, I usually succeed in getting what I want. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 32. I ask others what they would do in my situation. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 33. Talking to others can be really useful because it provides another perspective on the problem. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 34. I know who can be counted on when the chips are down. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 35. Rather than spending all my pocket money, I prefer to save a little for when I will need it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 36. I think ahead to prevent possible dangerous situations. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 37. I always try to find a way to work around obstacles; nothing really stops me. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 38. If someone tells me I can't do something, you can be sure I will do it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 39. I tackle a problem by thinking about realistic possible alternatives. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 40. I try to pinpoint what I need to succeed. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 41. If I find a problem too difficult sometimes I put it aside until I'm ready to deal with it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 42. I often see myself failing so I don't get my hopes up too high. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 43. If I am sad, I know who I can call to help me feel better. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 44. I break down a problem into smaller parts and do one part at a time. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 45. When I have my family, I will take care of to protect them from bad events in the future. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 46. I often find ways to break down difficult problems into manageable components. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 47. I make plans of things to do before bad events happen. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 48. Before failure strikes I am well-prepared for its possible consequences. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 49. I address a problem from various angles until I find the appropriate action. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 50. When I have to study many matters, I make a plan and follow it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 51. I plan strategies for what I hope will be the best possible outcome. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 52. I visualise my dreams and try to achieve them. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 53. Before tackling a difficult task, I imagine being successful in doing it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 54. When I have a problem, I usually see myself not being able to resolve it. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 55. When I think about my future career, I imagine myself getting the one I want. | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |