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# Coping behaviours and assessment of strategies and categories in nurses

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## Source

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Coping behaviours "can be described as either active, dealing with actual events, or reactive, dealing with the perceived or imagined stressor via internal thoughts and feelings. Coping behaviours in nurses can be divided into four broad categories: problem-solving, avoidance, optimism and transference" <sup>[1]</sup> p250 based on the Coping Behaviour Inventory (CBI) <sup>[2]</sup>.

## Assessing coping behaviour

The Coping Behaviour Inventory (CBI) assess coping behaviours in nurses<sup>[2]</sup>. The scale comprehensively analyses and evaluates four domains and lists items within each domain.

The inventory "consists of questions designed to reflect nursing students' coping behaviours. The scale consists of 19 items, ranging from 0 ("Never") to 4 ("Always"). The items fall into four coping behaviour categories:

avoidance (6 items),

problem-solving (6 items),

optimistic (4 items) and

transference (3 items).

High scores indicate higher use of the associated coping behaviour."<sup>[1]</sup> p251.

## References

- <sup>a, b</sup> Andrew E.P. Mitchell. (2020). *The perceived psychological stressors and coping behaviours in university students, on a pre-registration programme*. *JMHTEP*, vol. 15 (4), 249-259. doi:10.1108/jmhtep-09-2019-0048.
- <sup>a, b</sup> Sheila Sheu, Huey-Shyan Lin, Shiow-Li Hwang. (2002). *Perceived stress and physio-psycho-social status of nursing students during their initial period of clinical practice: the effect of coping behaviors*. *International Journal of Nursing Studies*, vol. 39 (2), 165-175. doi:10.1016/s0020-7489(01)00016-5.

