

Name of Measure: Coping Attitudes, Sources, and Practices Questionnaire (Yeh, 1999)

Purpose of Measure: To investigate coping attitudes, practices, and sources

Author(s) of Abstract:

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Reference: Yeh, C. & Wang, Y. W. (2000). Asian American coping attitudes, sources, and practices: Implications for indigenous counseling strategies. *Journal of College Student Development*, 41(1), 94-103.

Description of measure: This is a 27 item measure with 3 sub-scales: Coping Attitudes, Coping Sources, and Coping Practices. The Coping Attitudes section consisted of three parts: Professional coping (3 items concerning attitudes towards seeking professional counseling); Self-coping (3 items relating to keeping problems to oneself) and Relational Coping (4 items concerning attitudes about using parents, siblings, friends, and significant others). The Attitudes sub-scale utilizes a Likert-type scale ranging from 1=*strongly disagree* to 5=*strongly agree*. The Coping Sources sub-scale (8 items) examines respondents use of social, professional, familial, and religious relationships to cope with their difficulties. The Coping Practices sub-scale (9 items) assesses the extent to which the respondent engages in various recreational, social, religious, academic, and impulse (e.g., substance abuse) activities. Both Coping Sources and Coping Practices sub-scales utilize a check list format.

Language availability: English

Translation comments: not applicable

Description of Asian population: The evaluation was conducted with 470 Asian American undergraduates drawn from 9 universities located on both the east and west coasts. The sample was 51.1% Chinese, 21.9% Korean, 13.8% Filipino, 13.2% Indian. There were 271 female and 199 male students, with a mean age of 19.7 years (SD=1.47). In terms of religious affiliation, 50.9% identified as protestant, 8.1% identified as Buddhist, 8.7% identified as Hindu, and 2.6% identified as 'other'. In terms of generation level, 38.7% were first generation, 56.8% were second generation, 2.3% were 2.5 generation, 0.6% were third generation, 0.9% were fourth generation, and 0.6% were 'other'.

Norms:

Frequencies and Percentages of Coping Sources and Practices by Ethnic Group (n=470)

	Total %	n	Chinese %	Indians %	Filipino %	Korean %
<b>Coping Sources</b>						
Friends	94.7	445	95.8	100.0	93.7	93.2
Parents	59.7	279	64.4	63.9	51.5	7.36
Siblings	50.1	234	52.7	45.9	48.4	47.6

			Chinese	Indians	Filipino	Korean
	Total %	n	%	%	%	%
Significant others	41.5	195	42.7	39.3	53.1	34.0
None	37.0	74	34.7	32.8	39.1	44.7
Groups or clubs	11.1	52	10.0	9.8	10.9	14.6
Pastors*	9.1	43	7.9	1.6	9.4	16.5
Counselors	7.7	39	6.7	9.8	7.8	8.7
<b>Coping practices</b>						
Social activity	63.4	298	61.5	73.3	66.7	64.4
Exercise	61.1	287	66.5	55.0	60.3	56.4
Family relations	48.4	224	48.5	61.7	42.9	43.6
Hobbies	41.1	193	45.6	35.0	37.6	3.40
Study	30.9	145	29.7	31.7	39.7	29.7
Religion*	29.1	137	25.9	23.3	28.6	42.6
Artistic activity	27.9	131	29.7	25.0	25.4	28.7
Substance abuse & cigarette smoking***	14.9	70	7.9	18.3	22.2	25.7
Counseling	5.5	26	5.0	5.0	7.9	5.9

Statistically significant inter-group differences were found in terms of the use of pastors as a coping source ( $\chi^2 = 11.20, p < .05$ ), in the use of religion ( $\chi^2 = 110.86, p < .05$ ), and the use of substance abuse ( $\chi^2 = 21.42, p < .00$ ), as coping practices. Korean students were the most likely to use religious sources and practices to cope and were also most likely to use substances. Table reproduced with permission from the American College Personnel Association (ACPA)

**Reliability:** The reliability coefficients for the Professional coping and Self-coping subscales are .82 and .72.

**Validity:** Contact Dr. Yeh

**Original reference to instrument:** Yeh, C. J. (1999). Coping Attitudes, Sources, and Practices Questionnaire. Unpublished manuscript.

**How to obtain a copy of the measure:** Contact Dr. C. Yeh, cy101@columbia.edu