

Stress Coping Techniques Questionnaire

Dr. Vijaya Lakshmi and Dr. Shruti Narain

Interpretive Report

VIVEK PATIL
13 Mar 2024



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Particulars

Name **VIVEK PATIL**

Age **22**

Gender **MALE**

ID **1234**

Reason for Referral **--**

Assessor **VIVEK PATIL**

Disclaimer

This profile arises from self-report questionnaires which may have alterations/variation due to individual's actual level of motivation, interests, experience, values, abilities, skills, mood state etc. than the analysis in the report captured basis the responses shared at the time of testing. The report must be interpreted in the light of corroborating evidence gained during the clinical interview. The findings of this report should be professionally interpreted in the light of other information about the individual. This report may include sensitive information that is likely to be misinterpreted by those without the required training. Authorization for use of this report is limited to the examinee and their designated consultants. Any further use requires the authorization of the examinee or their legal guardian.

Introduction

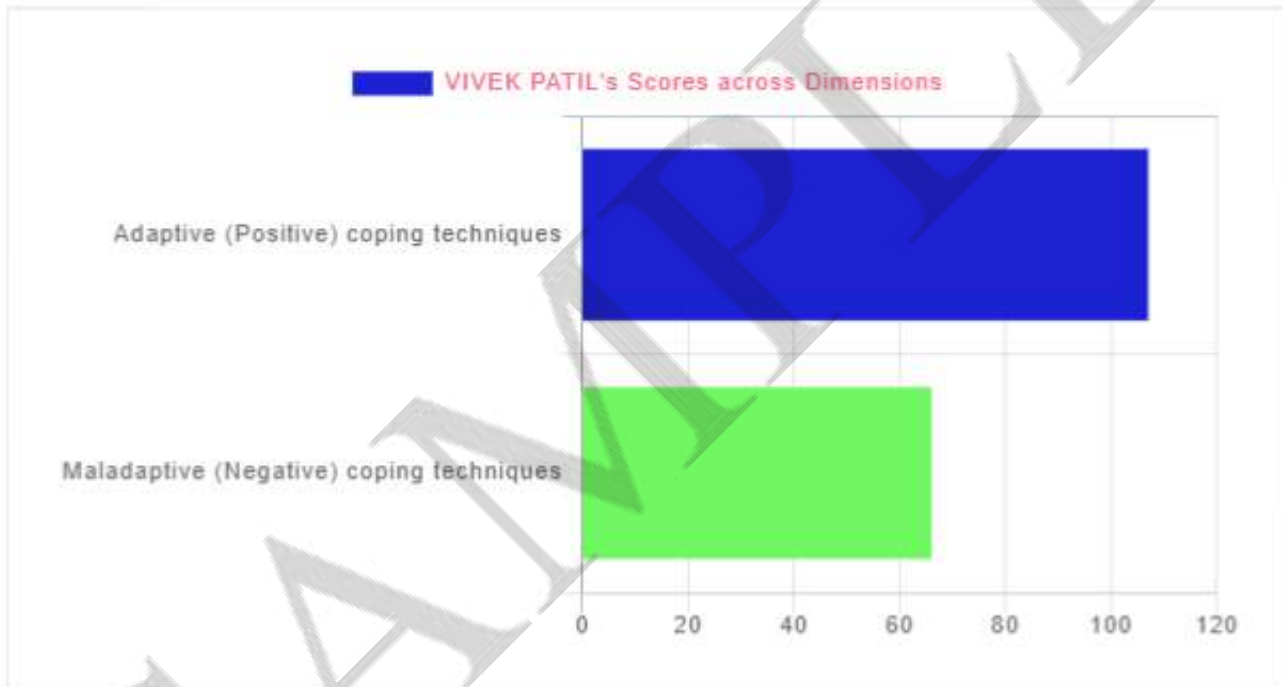
The stress coping techniques scale is a 61-item self report measure that is used to quickly assess the cognitive and behavioural strategies used by an individual in day-to-day life to manage the demands of a situation when these are appraised as taxing or stressful. It was developed by Dr. Vijaya Lakshmi and Dr. Shruti Narain in 2017. If a person gets a 'High' score on both the dimensions then treat it as inconsistency response. The higher qualitative interpretation obtained between the two dimensions i. e. Adaptive or Maladaptive Stress Coping Technique, will be taken as the final stress coping technique adopted.

Overview of the test

This report is based on the subject's responses on Stress Coping Techniques Questionnaire. The report is presented into 2 sections; first section provides comprehensive information about the respondent's composite Stress Coping Techniques and its interpretation and the second section provides subject's detailed profile on each of the 2 dimensions/sub-facets of personality and score interpretation.

Results

SUBSCALE	RAW SCORE	QUALITATIVE DESCRIPTOR
Adaptive (Positive) coping techniques	107	Moderate
Maladaptive (Negative) coping techniques	66	Moderate



Managing stress is all about taking charge of one's thoughts, emotions, daily activities, environment, and the way of dealing with problems. Coping behaviour is a characteristic and often automatic action or set of actions taken in dealing with stressful or the threatening situations. When people are under stress, they are less likely to engage in healthy behaviours which may increase a person's subjective sense of stress.

Dimension Wise Interpretations

Adaptive (Positive) coping techniques

107

Adaptive coping refers to the behaviours that enable an individual to adjust to the environment effectively and function optimally in various domains. Many stress management programs emphasize good health habits and social skills as additional techniques for the control of stress. These include good eating habits, exercise, assertiveness in social situations, and use of social support (Taylor, 2012). Among others are time management and planning, humor, sharing with reasonable individuals, praying to God, venting out emotions like crying.

Score Interpretation

Moderate_Adaptive

The respondent has a score which corresponds to "Moderate" on Adaptive Stress Coping Techniques. The individual struggles with keeping themselves in peace and to act fully motivated in doing daily activities, overall adjustment to the changes in the environment and manage with the coping mechanisms. The individual tries very hard to keep a good way of leading a healthy lifestyle - eating a low-fat diet, drinking alcohol in moderation, getting enough sleep, and exercising but keeping itself on the track that helps the person in coping with stress properly is very hard. The individual who possesses a moderate level does occasionally involve in stress management programs that emphasize good health habits and social skills (eg. Active listening, Conflict Resolution, Empathy and Relationship Management) as additional techniques for the control of stress.

Maladaptive (Negative) coping techniques

66

Some strategies provide temporary relief in short run, but tend to be maladaptive in the end. Stress often affects eating habits adversely: People under stress

consume too many stimulants (such as coffee), too much sugar, and too much junk food. Among others are alienation, procrastination, and avoidance, wasting time, venting out emotions on others, self medication, sleeping too much or too little, self-blame or unnecessarily criticizing other, smoking, drug abuse and the like.

Score Interpretation

Moderate_Maladaptive

The respondent has a score which corresponds to "Moderate" on Maladaptive Stress Coping Techniques. The individual try to find relief in the short run, by consuming stimulants like coffee, and eating too much junk food more than which is required in stress coping, because it is subjective means only the person experiencing it can determine whether it's present and how severe it feels. The individual does express the emotions of others about the condition which is placed negatively about the person's emotions and feelings one is been suffering from, the self-blaming or criticizing, drinking alcohol and drug abuse, etc. on itself for the pain and stress that is caused in the situation.

Item Responses

1	1	2	1	3	1	4	1
5	2	6	1	7	2	8	1
9	1	10	3	11	4	12	3
13	2	14	3	15	4	16	4
17	1	18	2	19	3	20	5
21	5	22	4	23	2	24	2
25	3	26	4	27	5	28	4
29	5	30	3	31	2	32	5
33	3	34	1	35	2	36	1
37	1	38	2	39	3	40	1
41	1	42	3	43	3	44	2
45	4	46	4	47	3	48	3
49	3	50	3	51	4	52	5
53	4	54	5	55	3	56	2
57	3	58	3	59	3	60	4
61	5						

Impressions / Suggestions

Assessor Suggestions for the Report

Uravathi Prasad

SAMPLE