

## Interpersonal Stress Coping Scale

### The instruction for this scale

Please recall the specifics of your own experiences of stress due to interpersonal relationships. These may include quarreling with others, being talked about behind your back, feeling awkward while speaking, and worrying if you have hurt someone's feelings. Please read each item and indicate to what extent you used that strategy in the situations you encountered. Please mark the appropriate response by using the following rating scale.

0 = did not use, 1 = used somewhat, 2 = used quite a bit, and 3 = used a great deal

### Items for this scale

No	Item
Factor 1: Distancing Coping	
15	Tried to avoid contact with the person
14	Tried to ignore the person
7	Decided not to have anything more to do with the person
1	Tried to avoid talking with the person
2	Tried have only superficial associations with the person
Factor 2: Reassessing Coping	
6	Took a pragmatic view of the matter
8	Tried not to worry about it
4	Decided not to take the matter serious
5	Spent time as usual
13	Thought that a solution would be found somehow or other
Factor 3: Constructive Coping	
10	Reflected on one's own conduct
12	Tried to understand the other person's feelings
11	Examined and corrected one's self
9	Tried hard to prevent the other person from feeling bad
3	Tried to talk it through thoroughly

Kato, T. (2013). Assessing coping with interpersonal stress: Development and Validation of the Interpersonal Stress Coping Scale in Japan. *International Perspectives in Psychology: Research, Practice, and Consultation*, 2, 100-115. doi: 10.1037/ipp0000002