

Supplemental Materials

S1-1. The Instruction and Items for the Coping Flexibility Scale-Revised

Thinking about stress or taking measures against stress is called stress coping. It involves experiencing stress and using a strategy for dealing with that stress. As a result, the stressful situation may have improved or worsened. What do you usually do after implementing a stress strategy? Respond to the statements below by ticking the appropriate box for "very applicable," "applicable," "somewhat applicable," or "not applicable."

1. If the situation has not improved, I consider a different coping strategy.
2. I do not repeat using a coping strategy that made the situation worse.
3. I can stop using a coping strategy that has made the situation worse.
4. I cope with stress by establishing clear objectives.
5. If I did not cope well, I use an alternative coping strategy.
6. Even if the stressful situation has worsened, I can cope by using another strategy.
7. I know if a coping strategy has been successful or unsuccessful.
8. I can stop using a coping strategy that has been ineffective.
9. I can stop using a failed coping strategy.
10. Even if I fail to cope with stress, I can come up with a new coping strategy.
11. I know which coping strategies are effective and which strategies are ineffective.
12. I can grasp if a coping strategy that I have used has been working well.

Note. The Abandonment subscale items are 2, 3, 8, and 9. The Re-coping subscale items are 1, 5, 6, and 10. The Meta-Coping subscale items are 7, 4, 11, and 12.

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S2. Descriptive Statistics of the Coping Flexibility Scale-Revised by Gender, Age, and Marital Status in Study 1

Value	Men			Women		
	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD
Abandonment						
20-29	400	5.58	3.20	400	5.13	2.88
30-39	400	5.39	3.03	400	5.21	2.98
40-49	400	5.03	2.93	400	5.25	2.98
50-59	400	5.32	2.89	400	5.30	2.81
60-69	293	5.44	2.77	308	5.78	2.89
70 or more	107	5.45	3.33	92	6.05	2.95
Unmarried	904	5.31	3.06	669	5.13	2.91
Married	1,096	5.38	2.95	1,331	5.46	2.92
Sum	2,000	5.35	3.00	2,000	5.35	2.92
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Re-coping						
20-29	400	5.26	3.05	400	4.78	2.82
30-39	400	4.85	2.95	400	4.85	3.02
40-49	400	4.81	2.86	400	4.65	2.92
50-59	400	4.96	2.86	400	4.51	2.82
60-69	293	4.61	2.76	308	4.87	2.72
70 or more	107	5.16	3.32	92	5.27	2.98
Unmarried	904	4.87	3.01	669	4.69	2.90
Married	1,096	4.97	2.87	1,331	4.78	2.86
Sum	2,000	4.93	2.93	2,000	4.75	2.88
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Meta-coping						
20-29	400	4.84	3.20	400	4.15	2.80
30-39	400	4.51	2.99	400	4.43	2.84
40-49	400	4.28	2.84	400	4.34	2.94
50-59	400	4.43	2.84	400	4.31	2.83

60-69	293	4.52	2.79	308	4.75	2.82
70 or more	107	5.17	3.14	92	4.83	2.95
Unmarried	904	4.45	3.09	669	4.29	2.99
Married	1,096	4.64	2.85	1,331	4.45	2.79
Sum	2,000	4.55	2.96	2,000	4.40	2.86

S3. Descriptive Statistics of the Coping Flexibility Scale-Revised in All Samples

Subscale	Sample	<i>n</i>	Mean	SD	α
Abandonment	0	1,135	6.42	3.26	0.872
	1	4,000	5.35	2.96	0.872
	2	400	5.64	3.19	0.887
	4	196	7.14	2.67	0.844
	5	194	7.25	3.16	0.869
	6	220	6.26	3.06	0.859
	7	235	7.68	3.01	0.855
	8	144	6.30	3.07	0.850
	9	228	5.68	3.07	0.871
	0-9	Alpha = 0.871, 95% CI (0.865, 0.876)			
Re-coping	0	1,135	6.13	2.82	0.887
	1	4,000	4.84	2.90	0.927
	2	400	6.28	3.01	0.918
	4	196	6.15	2.36	0.841
	5	194	6.06	2.57	0.848
	6	220	5.93	3.19	0.905
	7	235	7.06	3.37	0.914
	8	144	6.09	2.58	0.883
	9	228	6.21	2.98	0.908
	0-9	Alpha = 0.915, 95% CI (0.911, 0.918)			
Meta-coping	0	1,135	4.95	2.58	0.776
	1	4,000	4.47	2.91	0.899
	2	400	4.78	2.64	0.787
	4	196	5.11	2.25	0.726
	5	194	5.06	2.48	0.770
	6	220	5.00	2.90	0.809
	7	235	5.99	2.95	0.817
	8	144	5.09	2.29	0.740
	9	228	4.79	2.63	0.783
	0-9	Alpha = 0.861, 95% CI (0.854, 0.867)			

Note. CI is confidence interval.