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English version:

#### SCI Stress- und Coping-Inventar (2., überarbeitete und neunormierte Version)

Satow, L. (2024)

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<https://doi.org/10.23668/psycharchives.14079>

All information and materials about the measure can be found at:  
<https://www.testarchiv.eu/en/test/9008856>

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# Stress and Coping Inventory (SCI, English)

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Day of birth: \_\_\_\_ \_\_\_\_ \_\_\_\_

Sex:    male    ☐                      female ☐

                 other    ☐

Date: \_\_\_\_ \_\_\_\_ \_\_\_\_

City: \_\_\_\_\_

## Instructions

The following is about your stress level and how you deal with it. Answer as openly and honestly as possible. There are no right or wrong answers. Make sure you don't omit any statement.

## Stress Exposure

To what extent have you felt stressed by the following events or situations in the last three months?

	Not stressed at all						Very heavily stressed
1. Uncertainty about where you live	1	2	3	4	5	6	7
2. Uncertainty about job, apprenticeship, study, or school	1	2	3	4	5	6	7
3. Uncertainty about a serious illness	1	2	3	4	5	6	7
4. Uncertainty about family or friends	1	2	3	4	5	6	7
5. Uncertainty about your partnership	1	2	3	4	5	6	7
6. Uncertainty about important life goals	1	2	3	4	5	6	7
7. Debt or financial problems	1	2	3	4	5	6	7
8. Pressure to perform at work, at university, in training or at school.	1	2	3	4	5	6	7
9. Expectations and demands of family or friends	1	2	3	4	5	6	7
10. Expectations and demands of your partner	1	2	3	4	5	6	7
11. Health problems	1	2	3	4	5	6	7
12. Your own expectations and demands	1	2	3	4	5	6	7

## Coping with Stress

How do you deal with stress? Answer as openly and honestly as possible. There are no right or wrong answers. Make sure you don't omit any statement.

	Does not apply at all	Rather does not apply	Rather applies	Applies exactly
1. When I'm stressed and under pressure, I relax in the evening with a glass of wine or beer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I tell myself that stress and pressure have their good sides too.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I try to avoid stress beforehand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. No matter how bad it gets, I have good friends I can always count on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. When I feel overwhelmed, there are people who lift me up again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In times of stress and pressure, I find support in my faith.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. If I'm too stressed, I smoke a cigarette.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When faced with stress and pressure, I remind myself that there are higher values in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. When I'm stressed and under pressure, I find support from my partner or a good friend.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I see stress and pressure as a positive challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. When I'm stressed and under pressure, I just focus on the positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Prayers help me deal with stress and threats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. No matter the level of stress, I would never turn to alcohol or cigarettes because of stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I do everything so that stress does not arise in the first place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Even when I'm under a lot of pressure, I don't lose my sense of humor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. No matter how bad it gets, I trust in higher powers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. When it all gets to be too much for me, I sometimes reach for the bottle.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. When I'm under pressure, I have people to help me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. In the case of stress and pressure, I specifically eliminate the causes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I think about how I can avoid time pressure beforehand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Stress Symptoms

Stress and pressure can cause a variety of symptoms. What symptoms have you observed in yourself in the last three months?

Answer as openly and honestly as possible. There are no right or wrong answers. Make sure you don't omit any statement.

	Does not apply at all	Rather does not apply	Rather applies	Applies exactly
1. I sleep badly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I often suffer from stomach pressure or abdominal pain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I often feel like I have a lump in my throat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I often suffer from headaches.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I often ponder my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am often sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I often don't feel like doing anything anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I have lost or gained a lot (more than 10 lb).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. My desire for sex has decreased significantly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I often withdraw into myself and then get so lost that I don't notice anything anymore.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I have facial twitches that I can't control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have trouble concentrating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I have nightmares.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>