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EFK

Essener Fragebogen zur Krankheitsverarbeitung

Franke, G. H. & Jagla-Franke, M. (2021)

Franke, G. H. & Jagla-Franke, M. (2021). EFK. Essener Fragebogen zur Krankheitsverarbeitung [aktualisierte Verfahrensdokumentation, Fragebogen deutsch und englisch, und Auswertung (Item-Skalenzuordnung)]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID.

<https://doi.org/10.23668/psycharchives.4893>

In English:

Franke, G. H. & Jagla-Franke, M. (2021). ECQ. Essen Coping Questionnaire [Test description and questionnaire in German and English, evaluation sheet (item scale documentation)]. In Leibniz-Institute for Psychology (ZPID) (Ed.), Open Test Archive. Trier: ZPID.

<https://doi.org/10.23668/psycharchives.4893>

All information and materials about the measure can be found at:

<https://www.testarchive.eu/en/test/9004126>

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ECQ - Essen Coping Questionnaire

How do you currently deal with your disease? Please read each statement carefully and tick the appropriate number to the right.

Category	Not at all	Somewhat	Moderately	Strongly	Extremely
Number	0	1	2	3	4

01.	I actively look for information about my disease in books, magazines or the internet	0--1--2--3--4
02.	I visit other people or invite them to visit me	0--1--2--3--4
03.	I try to find distance and rest	0--1--2--3--4
04.	I make plans and stick to them	0--1--2--3--4
05.	I lose myself in daydreams	0--1--2--3--4
06.	I solve problems step by step	0--1--2--3--4
07.	I try to distract myself and to recover	0--1--2--3--4
08.	I exchange experiences in dealing with the disease with other patients	0--1--2--3--4
09.	I recollect previous experiences with blows of fate	0--1--2--3--4
10.	I look for alternative cures and methods of treatment	0--1--2--3--4
11.	I pick myself up through prayer, meditation or intense contact with nature	0--1--2--3--4
12.	I try to actively tackle my problems	0--1--2--3--4
13.	I refuse to accept my condition	0--1--2--3--4
14.	I find out as much as possible about my disease	0--1--2--3--4
15.	I start to open up towards other people	0--1--2--3--4
16.	I follow the medical advice very closely	0--1--2--3--4
17.	I spend good times with other people	0--1--2--3--4
18.	I start to indulge myself	0--1--2--3--4
19.	I have doubts that my medical treatment is good enough	0--1--2--3--4
20.	I seek contact with other people who have experienced a similar situation	0--1--2--3--4
21.	I become irritated and impatient with other people	0--1--2--3--4
22.	I reassure myself	0--1--2--3--4
23.	I keep on living as if nothing has happened	0--1--2--3--4

Category	Not at all	Somewhat	Moderately	Strongly	Extremely
Number	0	1	2	3	4

24.	I trust my doctors	0--1--2--3--4
25.	I start feeling sorry for myself	0--1--2--3--4
26.	I start to see my situation realistically and to act accordingly	0--1--2--3--4
27.	I try to figure out how to come to terms with my disease	0--1--2--3--4
28.	I start to see a purpose in the disease	0--1--2--3--4
29.	I withdraw from other people	0--1--2--3--4
30.	I start to show my feelings to other people	0--1--2--3--4
31.	I pray and seek solace in faith	0--1--2--3--4
32.	I go out with friends	0--1--2--3--4
33.	I mistrust the doctors and have the diagnosis checked	0--1--2--3--4
34.	I accept help from other people	0--1--2--3--4
35.	I am angry with my fate	0--1--2--3--4
36.	I seek success and self-affirmation	0--1--2--3--4
37.	I start to accept the disease as my fate	0--1--2--3--4
38.	I actively make new acquaintances or refresh old acquaintances	0--1--2--3--4
39.	I downplay the significance and importance	0--1--2--3--4
40.	I start to think and to ponder	0--1--2--3--4
41.	I have a high degree of confidence in my medical treatment	0--1--2--3--4
42.	I regain my inner strength	0--1--2--3--4
43.	I do not think about my illness anymore	0--1--2--3--4
44.	I try to help other people	0--1--2--3--4
45.	I like to be looked after and taken care of	0--1--2--3--4