Table of Contents

Acknowledgements	13
Abstract	14
Introduction	15
Chapter 1.	
Theories of Stress	17
Stress Defined as a Nonspecific Response	18
Stress Defined as a Stimulus	18
Stress Defined as an Interaction Between Individual and Environment	19
Chapter 2.	
Models of Coping Structure	27
Foundations of Coping Research	27
Functional Models of Coping	32
Topological Models of Coping	37
Action Models of Coping	39
Models with Blended Categories	42
Models of Coping with a Temporal Aspect	47
Models of Social Forms of Coping	49
Problems in Coping Research	52
Chapter 3.	
Theoretical Basis of the Coping Circumplex Model	59
Defining the Concept of Coping	59
Problem Coping and Emotion Coping	61
Concepts of Coping Strategy and Coping Mode	63
Coping Style Definition	65
The Coping Circumplex Model (CCM)	66
Problem Coping: Problem Solving vs. Problem Avoidance	68
Emotion Coping: Positive Emotional Coping vs. Negative Emotional Coping	70
Optimistic Action vs. Pessimistic Passivity	74
Preoccupation with the Problem vs. Hedonic Disengagement	82
Coping Goals and the CCM	87
Personality Dimensions, Social Forms of Coping and the CCM	89
The Prospect of Integrating Various Coping Constructs within the CCM	00

Gender Differences in Coping and the CCM The Problem of Confounding Coping Scales with Distress and the CCM	100 101
Chapter 4. Empirical Verification of the CCM	103
Chapter 5.	
Method	106
Research Design and Participants	106
Statistical Analyses	108
Instruments	112
Chapter 6.	
Results	123
Internal Structure of Coping Styles	123
Gender Differences in Coping Styles	129
Location of Coping Variables in the CCM	130
Relationships between Mental Health and CCM Styles	139
Sinusoidal Relationships with External Variables	140
Chapter 7.	
Discussion	144
Circumplex Structure of Coping	144
Gender, Age and Coping Styles	145
The Integration Potential of the CCM	147
Predicting Mental Health with the CCM Styles	153
Future Directions	157
General Conclusions and Limitations	163
References	164
Appendix	195