

Meaning-Centered Coping Scale (MCCS)

Please rate your agreement with each statement about your coping mechanisms with _____ (situation, crisis, traumatic event) according to the following scale.

1	2	3	4	5	6	7
I do not agree at all						I completely agree

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|---|---------------|
| 1. I hope for the best. | 1 2 3 4 5 6 7 |
| 2. I have found a personal meaning in the current situation. | 1 2 3 4 5 6 7 |
| 3. I do something productive every day. | 1 2 3 4 5 6 7 |
| 4. I help others during this time. | 1 2 3 4 5 6 7 |
| 5. I still do what is most important in my life. | 1 2 3 4 5 6 7 |
| 6. I have faith that something positive will come out of this. | 1 2 3 4 5 6 7 |
| 7. I use this situation to get closer to my loved ones. | 1 2 3 4 5 6 7 |
| 8. I am grateful for my life as it is. | 1 2 3 4 5 6 7 |
| 9. I will get out of this situation stronger than I was before. | 1 2 3 4 5 6 7 |