Family Crisis Oriented Personal Evaluation Scales (F-COPES)

Author(s): McCubbin, Olson & Larsen (1981)

Population/Age Group: Completed individually by adolescents and adults

Purpose: To identify problem-solving and behavioral strategies utilized by families in difficult or problematic situations.

Description: The F-COPES is a 30-item measure designed to assess family-level coping. Dimensions derive from the Family Resiliency model. They include acquiring social support, reframing, seeking spiritual support, mobilizing family to acquire/accept help, and passive appraisal. Items are scored on a 5-point scale from always to never.

Scoring and Interpretation: Subscale scores and a total score are calculated. Total possible scores on the F-COPES range from 30 to 150, with higher scores indicating higher levels of coping and problem solving ability. Scores below 81 on the total score indicate inadequate coping.

Psychometrics Properties: The F-COPES has evidence of reliability and validity. Cronbach’s alpha ranges from .62-.87 across a variety of studies, test-retest reliability ranges between .61-.95. Validity has been established for this instrument in several large scale studies of families under stress. Comparative data for African American families is available.

Training Requirements: None

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