

## **Family Crisis Oriented Personal Evaluation Scales (F-COPES)**

**Author(s):** McCubbin, Olson & Larsen (1981)<sup>1</sup>

**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

**Contact Information:** To use this instrument you must get written permission by paying a one-time copyright fee of \$5.00

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1. McCubbin H., Olson, D., and Larsen, A. (1981). Family Crisis Oriented Personal Scales (F-COPES). In McCubbin HI, Thompson AI, McCubbin MA (1996). Family assessment: Resiliency, coping and adaptation – Inventories for research and practice. Madison: University of Wisconsin System, 455-507.