Coping Strategies And Personality Traits In Women Patients | 5cb8bd4a2fa0997c8aba93fa3bff92b


"how a man rallies to life's challenges and weather its storms tells everything of who he is and all that he is likely to become." —St. Augustine It has long been understood that how a person adjusts to life stresses is a major component of his or her ability to lead a fulfilling life. Yet it wasn't until the 1960s that coping became a discrete topic of psychological inquiry. Since then, coping has risen to a position of prominence in the modern psychological discourse—especially within the personality, cognitive, and behavioral spheres—and, within the past decade alone, many important discoveries have been made about its mechanisms and functioning, and its role in ongoing psychological and physical health and well-being. A book whose time has come at last, the Handbook of Coping is the first professional reference devoted exclusively to the study of coping. Reporting the observations and insights of nearly sixty leading authorities in stress and coping from a wide range of affiliations and schools of thought, it brings readers the state of the art in coping theory, research, assessment, and applications. In orchestrating the book, the editors have scrupulously avoided imposing any particular slant or point of view, rather than the need to foster greater eclecticism and cooperation between researchers and clinicians concerned with the phenomenon of coping. The Handbook of Coping is divided into five overlapping parts, the first of which serves to lay the conceptual foundations of all that follows. It traces the history of coping from its origins in psychoanalytic theories of unconscious defense mechanisms, and provides an exhaustive review of the latest conceptualizations, models, and constructs. The following section provides an in-depth exploration of current research methodology, measurement, and assessment tools. Part Three explores key facets of coping in a broad range of specific domains, including everyday hassles, chronic disease, cataclysmic events, and many others. The penultimate section focuses on individual differences. Among important topics covered here are coping styles and dispositions; the role of family, social support, and education; and coping behaviors across the life span. The final section, Part Five, is devoted to current applications. Clinical parameters are defined and a number of specific interventions are described, as are proven techniques for helping clients to improve their coping skills. A comprehensive guide to contemporary coping theory, research, and applications, the Handbook of Coping is an indispensable resource for practitioners, researchers, students, and educators in psychology, the health sciences, and epidemiology. Of related interest EGO DEFENSES: Theory and Measurement —Edited by Hope R. Conte and Robert Plutchik This book explores the nature and manifestations of defense mechanisms and traces ego defense theory and research from Freud's initial conceptualization through recent work in object-relations theory and other psychoanalytically oriented approaches. It provides clinical guidelines for diagnosing, assessing, and dealing with defenses, reviews empirical research techniques, and indicates their value in development and in psychotherapy. This volume should be of value to theoreticians, clinicians, and researchers interested in finding appropriate tools for measurement of defense mechanisms. 1994 SOCIAL SUPPORT: An Interactive View —Edited by Barbara R. Sarason, Irwin G. Sarason, and Gregory R. Pierce The study of social support and its relationship to personality, health, and adjustment is one of the fastest growing areas of research and application in psychology. This book contains integrative surveys of clinical and field studies, experimental investigations, and life-span explorations. It approaches social support as an important facet of interpersonal relationships and shows its undesirable, as well as its positive, features. 1990 (0-471-60624-3) 528 pp.Shari Schreiber learned about healing people by having to surmount her own painful life experiences. Tenacious about her pursuit of wholeness and wellness, she invented tools in her mid-twenties to help her grow beyond mere survival and learn to thrive. She imparted these tools and methods to her clients for eighteen of the twenty-five years she was passionately dedicated to helping others repair themselves. Returning to school at forty-one, she'd hoped to legitimize the talents she'd always had, but found that experience lacking. Ms. Schreiber has not worked as a state-licensed professional, because in her view, “psychotherapy” or mind work never seemed to resolve or remedy human pain. Her own approach was extremely unconventional, unique and effective in contrast to other forms of intervention, even within the realm of addiction recovery. Having retired from her wellness practice in late 2017, she hopes to publish many more books that might help you gain clarity, wholeness, contentment, inner peace and joy.Sorting out the scientific facts from the unsupported hype about emotional intelligence. Emotional intelligence (or EI)—the ability to perceive, regulate, and communicate emotions, to understand emotions in ourselves and others—has been the subject of best-selling books, magazine cover stories, and countless media mentions. It has been touted as a solution for problems ranging from relationship issues to the inadequacies of local schools. But the media hype has far outpaced the scientific research on emotional intelligence. In What We Know about Emotional Intelligence, three experts who are actively involved in research into EI offer a state-of-the-art account of EI in theory and practice. They tell us what we know about EI based not on anecdote or wishful thinking but on science. What We Know about Emotional Intelligence looks at current knowledge about EI with the goal of translating it into practical recommendations in work, school, social, and psychological contexts. This volume details the self-reported stress of being Black in the United States, and documents the cultural resources African Americans draw upon to overcome adversity and maintain a healthy, perspective on life. Based on data obtained from a United States National Survey of Black Americans, the book first discusses psychological and sociological factors affecting life satisfaction. Contributors then explore how these psychosocial factors contribute to such health problems as alcoholism and hypertension. The volume concludes with an examination of strategies Black Americans use in their attempt to solve life problems. These include: prayer; avoidance; active problem-solving; and seeking help from family, communityThis volume is a sequel to the landmark work that
established an exciting new field of study, Stress, Appraisal and Coping (Lazarus and Folkman, 1984). The author now explores the newest trends in research and theory, focusing on the rationale for a cognitive-mediational approach to stress and emotions. He makes clear distinctions between social stress, physiological stress, and psychological stress. By integrating both stress and emotion into one theoretical framework, with appraisal and coping as its basis, this book takes a narrative approach to both theory and research. Lazarus concludes with a look at stress and health, with a specific focus on new developments in infectious diseases, the role of the nervous system, and his view of recent changes in psychotherapy. For all upper division psychology majors, graduate students, academics, and professionals in related fields. THE DEFINITIVE RESOURCE ON MIDLIFE DEVELOPMENT Edited by Margie Lachman, a leader in the field, Handbook of Midlife Development provides an up-to-date portrayal of human development during the middle years of the life span. Featuring contributions from well-established, highly regarded experts, this exhaustive reference fills the gap for a compilation of research on this increasingly important topic. Divided into four comprehensive sections, the book addresses the theoretical, biomedical, psychological, and social aspects of midlife development. Each chapter includes coverage of unifying themes such as gender differences, ethnic and cultural diversity, historical changes, and socioeconomic differences from a life-span developmental perspective. Readers will discover what can be learned from individuals' subjective conceptions of midlife; explore various "cultural" fictions of middle age; examine the resources individuals have at their disposal to negotiate midlife; consider mechanisms for balancing work and family; and other topics as presented in the latest research from the social, behavioral, and medical sciences. Handbook of Midlife Development is an indispensable resource for professionals and practitioners who work with adults and for researchers and students who study adult development and related topics. Some of the midlife topics discussed: * Cultural perspectives * Physical changes * Stress, coping, and health * Intellectual functioning * Personality and the self * Adaptation and resilience * Emotional development * Families and intergenerational relationships * Social relationships * The role of work * Planning for retirementNearly all chapters in this volume are contemporary original research on personality, stress, and coping in educational contexts. The research spans primary, secondary, and tertiary education. Research participants are students and teachers. The volume brings together contributions from the United States, Australia, Canada, Italy, Scotland, and Hong Kong. Outcomes of interest in the studies include achievement (e.g., grades), cognitive processes such as problem solving, and psychological/ emotional health and wellbeing. The book is divided into two sections. Part I focuses on personality, stress, and coping in children and young people and Part II addresses personality, stress and coping among adults. Each chapter is introduced by an abstract that summarizes the study. Each chapter makes a unique contribution and can stand alone; interested individuals may benefit from reading any of the chapters without the necessity of reading others. At the same time, there is frequent overlap among chapters; many authors utilized some of the same measurement devices to assess study variables. Many or identical variables are studied across chapters utilizing diverse theoretical perspectives or models. In measuring coping, several chapters used the Adolescent Coping Scale (Frydenberg & Lewis, 1993) and a number of others utilized the COPE scale (Carver, Scheier, & Weintraub, 1989). Particular personality models or variables were commonly studied. A few chapters investigated the Big Five, two studied self efficacy and two researched implicit theories of personality. Outgrowth of a conference on the psychological and biological bases of behavior, held at the University of Chicago, in September of 1986--Overview. The Five-Factor Model Across Cultures was designed to further an understanding of the interrelations between personality and culture by examining the dominant paradigm for personality assessment - the Five-Factor Model or FFM - in a wide variety of cultural contexts. This volume provides a comprehensive overview of contemporary research and theory about personality traits and culture that is extremely relevant to personality psychologists, cross-cultural psychologists, and psychological anthropologists. Affective disorders are a subject of interest to clinicians for more than a century. The awareness of an urgent need for an evidence-based “personalized” approach to treatment is growing in the field of psychiatry. New findings from patients, experts psychology, and research methods are changing the way we think about knowledge. Specific themes of major depression, bipolar disorder, and schizoaffective disorder are critically reviewed, addressing topics such as neurobiological mechanisms underlying the pathogenesis, treatment resistant depression, translational research and challenging stigma of serious mental illness. Particular emphasis is put on novel developments in Cognitive-Behavioral Therapy and on attention to causal mechanisms of behaviour change in the Cognitive Behavioral Analysis System of Psychotherapy. Comprehensive Handbook of Psychological Assessment, Volume 2 presents the most up-to-date coverage on personality assessment from leading experts. Contains contributions from leading researchers in this area. Provides the most comprehensive, up-to-date information and personality assessment. Presents conceptual information about the tests. The original and creative analyses presented in this work represent a new understanding of the exciting field of personality and disease. Contributors offer current research findings and their experienced opinions on the relationships that exist between personality and disease in a clear, comprehensive fashion. Among the topics covered are models of linkages between personality and disease, stress and illness, individual differences and health—gender, coping and stress. Personality and social factors of and how they affect the outcome of cancer, are also discussed. The exploration and examination of the issues presented here are extremely valuable and will have a major impact on future research and practice. Here is a monumental work that continues in the tradition pioneered by co-author Richard Lazarus in his classic book Psychological Stress and the Coping Process. Dr. Lazarus and his collaborator, Dr. Susan Folkman, present here a detailed theory of psychological stress, building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation. As an integrative theoretical analysis, this volume pulls together two decades of research and thought on issues in behavioral medicine, emotion, stress management, treatment, and life span development. A selective review of the most pertinent literature is included in each chapter. The total reference listing for the book extends to 60 pages. This work is necessarily multidisciplinary, reflecting the many dimensions of stress-related problems and their situation within a complex social context. While the emphasis is on psychological aspects of stress, the book is oriented towards professionals in various disciplines, as well as advanced students and educated laypersons. The intended audience ranges from psychiatrists, clinical psychologists, nurses, and social workers to sociologists, anthropologists, medical researchers, and physiologists. The National Cancer Institute (NCI) has designated the topic of real-time data capture as an important and innovative area. As such, the NCI sponsored a national meeting of distinguished research scientists to discuss the state of the science in this emerging and burgeoning field. This book reflects the findings of the conference and discusses the state of the science of real-time data capture and its application to health and cancer research. It provides a conceptual framework for minute-by-minute data capture - ecological momentary assessments (EMA) - and discusses health-related topics where these assessments have been applied. In addition, future directions in real-time data capture assessment, interventions, methodology, and technology are discussed. Despite the rapidly growing interest in the methodology of real-time data capture (e.g., journal special issues, widely attended conference presentations, etc.), to date no single book has focused solely on this topic. The volume will serve as an important resource for researchers, students, and government scientists interested in pursuing real-time health research, and will nicely complement our lists in epidemiology, public health, and oncology. This Encyclopedia was designed with the overarching goal to collect together in a single resource the knowledge generated by this interdisciplinary field,
highlighting the links between science and practice. In it, scholars, health care practitioners and the general public will find a wealth of information on topics such as physical activity, stress and health, smoking, pain management, social support and health, cardiovascular health, health promotion, and HIV/AIDS. This two-volume set includes more than 200 entries on topics covering all aspects of health and behavior. In addition, the Encyclopedia of Health and Behavior includes a comprehensive set of additional resources with entries on selected organizations and an appendix with a detailed annotated listing of such organizations as well as Web sites of interest. We investigated personality traits, coping strategies, and social factors among emergency rescuers of three catastrophic events that occurred in 2009 and 2013. These events were natural disasters, two of which were caused by human negligence. We used the cognitive interview (CI) protocol to interview witnesses and investigate their memory of the event. A qualitative analysis using the ATLAS.ti software was performed to subdivide the type of verbal production in the number of scenes recollected, negative emotions, vivid mental images, and self-experience of the event. All participants were also assessed using the Trauma Symptom Inventory for the presence of traumatic reactions at the time of the interview and tests (from December 2015 until January 2016) and 6 months before the interview to exclude the presence of further Traumatic job-related events. Personality traits (Big Five Questionnaire), coping strategies (Coping Inventory for Stressful Situations-Adult), and other social factors (the Post-Traumatic Growth Inventory) have been assessed. The aim of the study is to identify individual factors contributing to the development of post-traumatic stress disorder (PTSD) in emergency rescuers. We found that some personality traits, social factors, and specific cognitive strategies may act as protective factors to traumatic reactions. This book traces the development of coping from birth to emerging adulthood by building a conceptual and empirical bridge between coping and the development of cognitive and emotional regulation. It offers a comprehensive Account of factors influencing coping, including the roles of current coping theories and research, and reviews of age differences and changes in coping during childhood and adolescence. It integrates multiple strands of cutting-edge theory and research, including work on the development of stress neurophysiology, attachment, emotion regulation, and executive functions. In addition, chapters track how coping develops, starting from birth and following its progress across multiple qualitative shifts during childhood and adolescence. The book identifies factors that shape the development of coping, focusing on the effects of underlying neurobiological changes, social relationships, and stressful experiences. Qualitative shifts are emphasized and explanatory factors highlight multiple entry points for the diagnosis of problems and implementation of remedial and preventive interventions. Topics featured in this text include: Developmental conceptualizations of coping, such as action regulation under stress. Neurophysiological developments that underlie age-related shifts in coping. How coping is shaped by early adversity, temperament, and attachment. How parenting and family factors affect the development of coping. The role of coping in the development of psychopathology and resilience. The Development of Coping is a must-have resource for researchers, professors, and graduate students as well as clinicians and related professionals in developmental, clinical, and school psychology, public health, counseling, personality and social psychology, and neuropsychological psychology as well as prevention and intervention science. Through the use of new technologies, researchers, and practitioners in health education and health communication can now provide health information and behavior change strategies that are customized based on the unique needs, interests, and concerns of different individuals. These tailored health messages can be highly effective in assisting individuals in understanding and responding to health concerns. In this volume, Matthew Kreuter, David Farrell, and their colleagues define the process of tailoring and describe its uses in health communication programs. They present a theoretical and public health rationale for tailoring and support their position with empirical evidence. They also lay out the steps involved in creating and delivering tailored health communication programs, which can then be applied in practice. Practitioners, researchers, and students in health communication, health psychology, public health, and related areas will find this book to be a vital and accessible resource. It has permitted it to and societal complexities have necessitated its growth. Psychological testing or psychological assessment is a field characterised by the use of samples of behaviour in order to infer generalisations about a given individual. By samples of behaviour, one means observations over time of an individual performing tasks that have usually been prescribed beforehand. These responses are often compiled into statistical tables that allow the evaluator to compare the behaviour of the individual being tested to the responses of a norm group. The broad categories of psychological evaluation tests include: Norm-referenced, IQ/achievement tests, Neuropsychological tests, Personality tests, Objective tests (Rating scale), Direct observation tests. Psychological evaluations using data mining. New and important research is presented in this book. This book collects the contribution of a selected number of clinical psychiatrists interested in the clinical evaluation of specific issues on psychopathy. The nine chapters of the book address some relevant issues related to nosography, early recognition and treatment, bio-psycho-social models (in particular cognitive-behavioral and ethological ones), and social and familial consequences of psychopathic personality. Fifteen-year-old Ari Mendoza is an angry loner with a brother in prison, but when he meets Dante and they become friends, Ari starts to ask questions about himself, his parents and his family that he has never asked before. Explores the relationship between certain personality characteristics and stress. Examines the role of personality and individual differences in the stress process, highlighting the link between various personality differences and demographics in health, behavior and other stress-related outcomes. Explores Type A behavior, neuroticism, locus of control, hardness and other individual difference factors such as sex, age, gender and social class. ["For those who are entering the field or who want to broaden their perspective, I believe that this Handbook is indispensable. More than just a contribution to the field, the Handbook may well become a classic.---PyscRITIQUES "The editors fully achieved their goal of producing a state-of-the-science stress reference for use by investigators, educators, and practitioners with clinical and health interests.---Psycho-Oncology "This is an important book about the scientific study of stress and human adaptation. It brings together both empirical data and theoretical developments that address the fundamental question of how psychosocial variables get inside the body to influence neurobiological processes that culminate in physical disease." From the Foreword by David C. Glass, PhD Emeritus Professor of Psychology Stony Brook University Edited by two leading health psychologists, The Handbook of Stress Science presents a detailed overview of key topics in stress and health psychology. With discussions on how stress influences physical health—including its effects on the nervous, endocrine, cardiovascular, and immune systems—the text is a valuable source for health psychologists, as well as researchers in behavioral medicine, neuroscience, genetics, clinical and social psychology, sociology, and public health. This state-of-the-art resource reviews conceptual developments, empirical findings, clinical applications, and investigative strategies and tools from the past few decades of stress research. It represents all major approaches to defining stress and describes the themes and developments that characterize the field of health-related stress research. The five sections of this handbook cover: Current knowledge regarding the major biological structures and systems that are involved in the stress response Social-contextual contributions to stress and to processes of adaptation to stress, including the workplace, socioeconomic status, and social support The concept of cognitive appraisal as it relates to stress and emotion Psychological factors influencing stress such as, personality, gender, and adult development The evidence linking stress to health-related behavior and physical health outcomes Research methods, tools, and strategies, including the
principles and techniques of both laboratory experimentation and naturalistic stress research Coping and Defending: Processes of Self-Environment Organization investigates coping and defending within the context of personal-social psychology, with emphasis on processes of self-environment organization. Topics range from ego and stress to personality theory, family, and child rearing. Comprised of 13 chapters, this book begins with a discussion on theories and conceptualizations of ego, paying particular attention to its logical constraints as state; the neomechanical personal man; rational choice; and continuity and discontinuity in states. Subsequent chapters explore coping, defense, and fragmentation as ego processes; immanent value in personality theory; problems and perspectives in investigating ego processes; and the interrogation between structures and ego processes. The next section is largely devoted to empirically based findings concerning the development of ego processing; the link between stress and processing; and processing in families. The final chapter describes research aimed at developing and improving coping and defense scales based on personality inventories. This monograph will be of interest to developmentalists, cognitivists, personologists, clinicians, and social psychologists, as well as sociologists and perhaps anthropologists. This Encyclopedia provides a comprehensive overview of individual differences within the domain of personality, with major sub-topics including assessment and research design, taxonomy, biological factors, evolutionary evidence, motivation, cognition and emotion, as well as gender differences, cultural considerations, and personality disorders. It is an up-to-date reference for this increasingly important area and a key resource for those who study intelligence, personality, motivation, aptitude and their variations within members of a group. Drawing on cases, Stark identifies the problems with our current approach to domestic violence, outlines the components of coercive control, and then uses this alternate framework to analyze the cases of battered women charged with criminal offenses directed at their abusers. What enables people to bounce back from stressful experiences? How do certain individuals maintain a sense of purpose and direction over the long term, even in the face of adversity? This is the first book to move beyond childhood and adolescence to explore resilience across the lifespan. Coverage ranges from genetic and physiological factors through personal, family, organizational, and community contexts. Contributors examine how resilience contributes to health and well-being across the adult life cycle; why—and what happens when—resilience processes fail; ethnic and cultural dimensions of resilience; and ways to enhance adult resilience, including reviews of exemplary programs. The Oxford Handbook of Stress, Health, and Coping is an essential reference work for students, practitioners, and researchers across the fields of health psychology, medicine, and palliative care. Featuring 22 topic-based chapters -- including two by Folkman -- this volume offers unprecedented coverage of the two primary research topics related to stress and coping: mitigating stress-related harms and sustaining well-being in the face of stress. Both topics are addressed within their relevant contexts, including chronic illness, calamity, bereavement, and social hardship. This handbook is sure to serve as the benchmark publication in this growing field for years to come. How do people cope with stressful experiences? What makes a coping strategy effective for a particular individual? This volume comprehensively examines the nature of psychosocial stress and the implications of different coping strategies for adaptation and health across the lifespan. Carolyn M. Aldwin synthesizes a vast body of knowledge within a conceptual framework that emphasizes the transactions between mind and body and between persons and environments. She analyzes different kinds of stressors and their psychological and physiological effects, both negative and positive. Ways in which coping is influenced by personality, relationships, situational factors, and culture are explored. The book also provides a methodological primer for stress and coping research, critically reviewing available measures and data analysis techniques. Emotional Expression and Health looks at the role emotional expression and inhibition may play in staying healthy or failing ill. Written by leading experts in the field, chapters focus on: * how we can measure emotional expression or inhibition and how we can distinguish between their various facets * the role of attachment, and development of emotional information processing * alexithymia, emotional suppression, deception, emotional disclosure, defensiveness, repression, psychological mindedness, and emotional intelligence and self-efficacy. This unique approach will be of interest to all those in the fields of health and medical psychology and psychiatry, and mangers. This book describes the origin, history, rationale, procedures, developments, models and practical applications of the so-called Big Five traits, providing a concise but thorough insight into the Big Five model of personality and its emergence from the lexical trait approach to personality structure. Written by one of the world's leading experts in this field, this integrated text includes a critical description of the theory that provides readers with all the necessary background information. The text is of interest to specialists in the field of personality and to applied psychologists. When one begins to examine the existing literature dealing with siblings, one soon becomes aware that many separate domains of sibling research exist and that there is little connection between them; for example, sibling relationships in early childhood, genetic and environmental influences on individual differences between siblings, dysfunctional sibling relations, adult sibling helping relationships, sibling violence and abuse, and so on. The author's aim in writing this book was to attempt to bring together for the first time studies from diverse areas of sibling research into a single volume. The book is a summary and integration of the various domains of sibling studies, extending across the life span where studies exist to make this possible. Although many gaps in the sibling research literature within and between domains of study and over the life span still exist, it is hoped that this book will motivate others to help fill in the gaps by suggesting direct ions where further research is needed. Copyright code: 5cb8bd4a2faa0997c8abaa93faa3bff92b