Frequently Asked Questions Regarding
The Proactive Coping Inventory (PCI)

The purpose of this FAQ is to help answer some commonly asked questions about the Proactive Coping Inventory. The scale can be found at [http://www.psych.yorku.ca/greenglass/pcinven.php](http://www.psych.yorku.ca/greenglass/pcinven.php) If you have further questions, please contact Dr. Esther Greenglass at estherg@yorku.ca

1. How was the Proactive Coping Inventory developed?

The Proactive Coping Inventory was constructed to assess different dimensions of a proactive approach to coping and consists of seven subscales: proactive coping, preventive coping, reflective coping, strategic planning, instrumental support seeking, emotional support seeking and avoidance coping. The PCI was developed using data from a sample of 248 Canadian students and then tested with a 144 Polish Canadian adult sample.

2. What are the applications of the Proactive Coping Inventory?

The Proactive Coping Inventory is an inventory to assess skills in coping with distress, as well as those that promote greater well-being and greater satisfaction with life.

3. How is the Proactive Coping Inventory administered?

The Proactive Coping Inventory can be administered either by an interviewer or self-administered in approximately 15-20 minutes.

4. Has the Proactive Coping been translated in languages other than English?

The Proactive Coping Inventory has been translated into 12 languages: German, Dutch, Spanish, Polish, Turkish, Italian, Japanese, Portuguese, Hebrew, Russian, Czech and Arabic

5. In which populations has the Proactive Coping Inventory been used?

The Proactive Coping Inventory has been used in a variety of sample of respondents including Turkish Canadians, Polish Canadian adults, Polish university students, Canadian employed adults, rehabilitation hospital patients, Canadian university students, community residing seniors, German teachers, and Canadian nurses who worked in hospitals and clinics during the SARS crisis.

6. Do I need permission to use the Proactive Coping Inventory?
The PCI is in the public domain and the developers of the Proactive Coping Inventory encourage its use by others. You do not require permission to use and reproduce the Proactive Coping Inventory for academic research or educational purposes, provided that you appropriately reference it when you write-up your study.

7. What is the scoring procedure for the Proactive Coping Inventory?

In scoring responses, 1 is assigned to "not at all true", 2 to "barely true", 3 to "somewhat true" and 4 to "completely true". Please note that the following 3 items of the Proactive Coping subscale are reverse scored: “I try to let things work out on their own”, “I often see myself failing so I don't get my hopes up too high”, and “When I have a problem, I usually see myself in a no-win situation”. That is, a score of 1 should be recoded to a score of 4, a score of 2 should be recoded to a score of 3, a score of 3 should be recoded to a score of 2, and a score of 4 should be recoded to a score of 1. Responses should be added to obtain a summed score for each of the 7 subscales. The range of scores for the seven subscales are as follows:

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Range of scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proactive Coping</td>
<td>14-56</td>
</tr>
<tr>
<td>Reflective Coping</td>
<td>11-44</td>
</tr>
<tr>
<td>Preventive Coping</td>
<td>10-40</td>
</tr>
<tr>
<td>Avoidance Coping</td>
<td>3-12</td>
</tr>
<tr>
<td>Instrumental Support Seeking</td>
<td>8-32</td>
</tr>
<tr>
<td>Emotional Support Seeking</td>
<td>5-20</td>
</tr>
<tr>
<td>Strategic Planning</td>
<td>4-16</td>
</tr>
</tbody>
</table>

8. Is it necessary to use all subscales or can I use only one subscale?

Depending on your research, you may decide to use all subscales or only one.

9. How should we manage missing values?

The number of missing values permitted varies with the number of items within each subscale. The method we generally adhere to is as follows:

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Number of missing items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proactive Coping</td>
<td>2 items</td>
</tr>
<tr>
<td>Reflective Coping</td>
<td>1 item</td>
</tr>
<tr>
<td>Preventive Coping</td>
<td>1 item</td>
</tr>
<tr>
<td>Avoidance Coping</td>
<td>1 item</td>
</tr>
<tr>
<td>Instrumental Support Seeking</td>
<td>1 item</td>
</tr>
<tr>
<td>Emotional Support Seeking</td>
<td>1 item</td>
</tr>
<tr>
<td>Strategic Planning</td>
<td>1 item</td>
</tr>
</tbody>
</table>

If a respondent has more than the above missing values on a given subscale, a score for that subscale should not be computed. However, other methods for dealing with missing
data are available (e.g., case substitution, mean substitution, cold deck substitution, regression substitution, and multiple imputations). How you deal with missing data depends on your research goals.

10. How can I categorize persons as high or low proactive copers?

There are no cut-off scores, as we do not endorse the view that people should be categorized this way. However, one could establish groups based on the empirical distributions of a particular reference population. For example, one could create two groups by doing a median split. However, Cohen (1983) has said that breaking participants into two groups leads to the loss of 1/5 to 2/3 of the variance accounted for by the original variables. Therefore, median split should be used with caution.


11. What are the psychometric properties of the Proactive Coping Inventory?

The subscales of the Proactive Coping Inventory have high internal consistency (e.g., Cronbach alphas reported for the Canadian Student sample range from .71 to .85 for all 7 scales) and good item-total correlations and acceptable skewness as an indicator of symmetry around the mean. A principal component analysis has confirmed its factorial validity and homogeneity (Greenglass, Schwarzer, Jakubiec, Fiksenbaum, & Taubert, 1999). The PCI has good validity. Previous research has shown that scores on the proactive coping subscale are positively correlated with internal control and active coping, with self-efficacy in a sample of Polish-Canadian adults and Canadian students, with life satisfaction, professional efficacy and perceptions of fair treatment at work, and negatively correlated with self-blame, denial, and job burnout, and with depression, in a sample of elderly adults, in Polish-Canadian adults and Polish students. Reflective coping correlated moderately highly with internal control and active coping, thus highlighting the purposive accessing and deliberative processing of information for selecting, constructing and evaluating action. In addition, strategic planning and preventive coping were both highly correlated with internal control and moderately with active coping. A comprehensive evaluation of the validity of the Proactive Coping Inventory is available at:

http://www.psych.yorku.ca/greenglass/pcipapers.php

12. What do we do with "not applicable" questions?

We recommend that you treat these types of responses as missing values.

13. What do we do when a respondent has circled two response categories? Or when a respondent has marked in between two response categories?

We recommend that you treat these types of responses as missing values.
14. Can I change the format of the Proactive Coping Inventory to suit my study?

Any change to the wording of the items would constitute a change to the measure. Therefore, no changes should be made to the scale.

15. Can I omit some of the items from the various subscales?

No. Omission or alteration of items invalidates the psychometric qualities of the domain and the overall instrument.

16. Where can I obtain more information about the scale and the research that has been conducted with it?

Relevant Publications: For additional publications using the PCI, see Esther Greenglass - Personal Website: http://www.psych.yorku.ca/greenglass


http://www.psych.yorku.ca/greenglass/

http://www.fu-berlin.de/gesund/skalen/hauptteil_pci_-_deutsche_testv/hauptteil_pci_-_deutsche_testv.htm

http://www.isma.org.uk/stressnw/proactive.htm

http://www.psych.yorku.ca/greenglass/


Schwarzer, R., & Taubert, S. (2002). Tenacious goal pursuits and striving toward personal growth: Proactive coping. In E. Fydenberg (Ed.), Beyond coping:
Meeting goals, visions and challenges (pp. 19-35). London: Oxford University Press.
http://userpage.fu-berlin.de/~health/materials/s_taubert_proactive.pdf


Conference Presentations: (These presentations report data obtained with the PCI)


Greenglass, E. R. *Proactive coping and job burnout: Implications for health*. Paper


Greenglass, E. R. *Anger at work, fair treatment and coping: Empirical and theoretical implications.* Paper presented in an Invited Symposium, Coping with anger,
chired by Dr. Volker Hodapp at the Meeting of the 28th International Congress of Psychology (ICP), Beijing, August 8-13, 2004.


*Prepared by E. Greenglass and L. Fiksenbaum*

*September 15, 2005*

*Toronto*