

Schwarzer, C., Starke, D. & Buchwald, P. (2003). Towards a Theory Based Assessment of Coping: The German Adaptation of the Strategic Approach to Coping Scale. *Anxiety, Stress, and Coping*, 16, 271-280.

## **ABSTRACT**

Although coping has become one of the central constructs in the area of research on life events, emotions, and health, it is yet not clear how to conceptualize coping in the most powerful way.

Coping instruments often lack a clear underlying theory or are confounded with the stress process itself (Schwarzer and Schwarzer, 1996). Therefore, a theoretical as well as empirical framework is needed. The study at hand presents cross-sectional data from a German version of a coping scale that is constructed in line with the Strategic Approach to Coping Scale (SACS) developed by Hobfoll *et al.* (1994). The German scale findings support those of the original, U.S. version, but also indicate potential cultural distinction. The findings suggest that the GSACS is theory syntonic and has potential for elaborating coping research.

Keywords: Coping; Validity of the German Strategic Approach to Coping Scale (GSACS)