EMOTIONAL INTELLIGENCE AS A MEANS OF OVERCOMING THE CONSEQUENCES OF PSYCHOLOGICAL TRAUMA-AN EDUCATIONAL STUDY

INTELIGÊNCIA EMOCIONAL COMO MEIO DE SUPERAR AS CONSEQUÊNCIAS DO TRAUMA PSICOLÓGICO-UM ESTUDO EDUCACIONAL

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Abstract. Persons affected by psychological trauma as a result as a result of direct and indirect effects of hostilities in Ukraine need the skills to effectively cope with stress and negative emotions. Developed emotional intelligence (EI) is effective for this purpose. The aim of the research is to identify the impact of EI on strategies for coping with psychological trauma. Methods: BASIC Ph test, Emotional Intelligence Test, The Coping Strategy Indicator (CSI). Statistical analysis included descriptive statistics, Kruskal–Wallis test, and regression analysis. Ukrainian immigrants were found to have high self-motivation and empathy, medium recognition of emotions and emotional awareness. The EI was proven to explain 73% of affective and cognitive strategies for coping with trauma, while explaining 82% of problem-solving coping strategies. The results are valuable in view of hostilities, which can be considered as a traumatogenic factor. Elaboration for the EI development strategies can expand the range of psychological assistance to Ukrainian internal migrants in coping with psychological trauma. Research prospects include determining the impact of individual personal characteristics of immigrants on their EI and coping strategy.

Keywords: traumatic situation, coping strategies, stressful event, self-regulation, emotional awareness.

Resumo. Pessoas afetadas por traumas psicológicos resultantes de efeitos diretos e indiretos das hostilidades na Ucrânia precisam de habilidades para lidar efetivamente com o estresse e as emoções negativas.. A inteligência emocional (IE) desenvolvida é eficaz para esse propósito. O objetivo da pesquisa é identificar o impacto da IE nas estratégias de enfrentamento do trauma psicológico. Métodos: Teste BASIC Ph, Teste de Inteligência Emocional, The Coping Strategy Indicator (CSI). A análise estatística incluiu estatística descritiva, teste de Kruskal-Wallis e análise de regressão. Os imigrantes ucranianos apresentaram alta automotivação e empatia, reconhecimento médio de emoções e consciência emocional. A IE demonstrou explicar 73% das estratégias afetivas e cognitivas para lidar com o trauma, enquanto explica 82% das estratégias de enfrentamento para resolução de problemas. Os resultados são valiosos tendo em vista as hostilidades, que podem ser consideradas um fator traumatogênico. A elaboração das estratégias de desenvolvimento da IE pode expandir o alcance da assistência psicológica aos migrantes internos ucranianos no enfrentamento do trauma psicológico. As perspectivas de pesquisa incluem determinar o impacto das características pessoais individuais dos imigrantes em sua IE e estratégia de enfrentamento.

Palavras-chave: situação traumática, estratégias de enfrentamento, evento estressante, autorregulação, consciência emocional.

1. INTRODUCTION

A hostilities in Ukraine is a significant stress factor for a large number of citizens. The appropriateness of developing special programmes aimed at social and psychological support of people is being actively emphasized (ISHCHENKO et al., 2024). However, not all citizens have the opportunity or willingness to join such programmes. Therefore, there is a need for the development of personal qualities that make it possible to manage stress, cope with it, and maintain psychological stability.

Each individual goes through traumatic situations in his or her own way, because they need to continue to function despite the hostilities. The general condition of the individual and his or her ability to perform productive activities depends on the ability to manage one's emotional state, mobilize efforts, and choose the most effective strategies to cope with stress (JAWABREH, 2024). This means that strategies for coping with psychological trauma make it possible to choose those types of behaviour and thinking that would maximally optimize internal resources in coping with stress. These strategies make it possible to avoid negative experiences, to cope with them in any way. Success in coping with psychological trauma is determined by the effectiveness of the strategies (ARORA, KUMAR, 2023).

One of the key aspects in coping with traumatic situations is the ability to recognize one's and other peoples' emotional states, the ability to control, understand, and express them. In other words, developed EI enables coping with crisis situations as effectively as possible, react with restraint, while understanding emotions and the consequences of their expression. EI is an important resource for coping with stressful situations or traumatic influences and their psychological consequences (MAMCHUR, MAMCHUR, 2023).

Many recent publications deal with the analysis of EI in the military and its impact on their resilience. However, EI is an important quality in peaceful citizens, as it contributes to their ability to control their emotions, realize them, express them, and support interpersonal interaction. It reflects effective interaction with others based on the recognition of emotions and their expression (SAMARA et al., 2024).

Along with EI, resilience in coping with traumatic situations is provided by constructive coping strategies. Coping strategies are the way in which a person copes with a stressful situation (Sullivan T. et al., 2018). The chosen coping makes it possible to reassess the situation and choose the optimal ways to solve it. Otherwise, destructive coping is chosen, which results in worsening of psycho-emotional stress and decreasing adaptation possibilities (BARA, 2019).

In addition to solving stressful situations, coping skills reflect the style of personal response to external circumstances. Accordingly, it is possible to determine what coping methods a person will use in a traumatic situation based on the coping strategy. This will make it possible to adjust strategies in time and form more constructive ways of responding.

The aim of the study is to determine the impact of EI on strategies to cope with the consequences of psychological trauma in persons displaced because the hostilities. The aim involves the fulfilment of the following research objectives:

1) identify the prevailing strategies for coping with psychological trauma;
2) investigate the level of EI of respondents;
3) determine the predominant coping strategies of the subjects;
4) establish the degree of influence of EI on the strategies of coping with the psychological trauma of internally displaced persons.

In view of the aim and objectives of the study, a hypothesis was advanced, which is an assumption that EI affects the choice of strategies for coping with psychological trauma.

2. LITERATURE REVIEW

Psychological trauma is a certain situation that arises as a result of the influence of a significant event on the psyche that has a negative effect on the body. In many cases, the psychological effect of trauma has such a power that exceeds the resource capabilities of the body, entailing negative consequences of stress. The ability to maintain composure, calmness, and self-control ensures resistance to stressful situations.

A person uses various means and mechanisms, including coping strategies when coping with traumatic situations. Coping enables reducing the negative effects of stress and adapting to a stressful situation. One of the first classifications of coping strategies belongs to R. Lazarus and S. Folkman. They singled out coping skills: focus on assessment; focus on the problem; focus on emotions. Later, this classification was supplemented by J. Vaillant with the following copings: search for social support; copings used in difficult situations; involuntary mental mechanisms of stress reduction (AKBAR, AISYAWATI, 2021). Some researchers also distinguish three coping strategies for overcoming a traumatic event: assessment of the situation, intervention in the situation, and avoidance (KALKA et al., 2022).

In any case, the coping strategy is based on the analysis of the traumatic situation, on the ability to accept or reject it on an emotional level. In other words, a person's EI as the ability to recognize emotions and manage them can significantly influence the choice of coping strategies. EI is a set of personal qualities that allow you to effectively regulate your own emotional state (SARAFIM-SILVA, GALERA, 2021). It provides the perception of emotions, their recognition, the variability of the ways of expression, conveying one's state to the interlocutor and the ability to recognize other people's emotions. Such skills have a positive effect on a person's interaction with the environment, and provide an opportunity to cope with stressful situations.

In psychology for some time there was an opinion that a person turns to coping only when a stressful situation requires such resources from him that are not used in usual circumstances (MORALES-RODRÍGUEZ, MORALES-RODRÍGUEZ, 2023). Modern studies claim that coping is a personal construct that a person uses in usual situations. It is considered as a type of reaction, no longer situational, but personal. This approach is important, because knowing the type of coping, you can correct it if it is destructive. This will allow to change the style of coping with traumatic situations and improve the individual's well-being.

Depending on the impact on the situation, coping can be active or passive. Active ones are aimed at solving problems, while passive ones involve the use of psychological defence mechanisms (IQBAL et al., 2022). Although passive coping reduces the effect of the stressor, it does not solve the situation, so it only increases the negative impact in the future (FISCHER et al., 2021). Research shows that people who choose active coping strategies are less prone to depression, which reduces the destructive effects of stress (DESALEGN et al., 2023).

An important predictor of the choice of behavioural strategies is the ability to understand the situation, emotionally evaluate it, and show one's emotions in accordance with the situation. The role of EI in coping behaviour is undeniable. It allows not only to cope with stress, but also to develop resistance to similar situations in general (JAWABREH, 2024). A positive type of response is produced on this basis.

The term "emotional intelligence" became widely used in the studies of D. Goleman, who mostly equated it with "correct" social behaviour (IYADURAI et al., 2023). The concept of "emotional intelligence" was first formulated and introduced into the academic field by P. Seloway and J. Mayer, who published a joint work The Intelligence of Emotional Intelligence in 1993, where they showed that EI is no less important for successful life activities than general intelligence (IQBAL et al., 2022).

EI today is an important quality that enables mobilizing internal resources (GÓMEZ-HOMBRADOS, EXTREMERA, 2023), building emotional and valuable relationships with

others, regulating your emotional state, controlling the expression of emotions (ASIF et al., 2022).

Modern researchers prove that developed EI contributes to an individual's psychological health and effective regulation of affect (FTEIHA, AWWAD, 2020). High EI is associated with an increase in the use of an "adaptive" style and a decreased "maladaptive" style of coping with stressful situations (GONZÁLEZ-CASTRO et al., 2020). This means that EI ensures the search for the most optimal strategies for coping with traumatic situations.

Considering the difficult life circumstances of Ukrainians in a state of hostilities, in particular internally displaced persons, their ability to effectively cope with traumatic events determines the success of their adaptation and overcoming the consequences of stressful events (DESALEGN, 2023). The use of adaptive coping strategies is an important factor in coping with traumatic events (AUGUSTO-LANDA et al., 2022).

Despite the fact that the problem of coping is widely presented in the literature, the coping strategies which people with high and low EI choose remains poorly studied (FTEIHA, AWWAD, 2020). There is a gap in determining the degree of influence of EI on the choice of effective strategies of persons with mental trauma, which requires a more thorough analysis.

In particular, the researchers do not specify the circumstances under which people choose a particular type of coping with mental trauma (SARAFIM-SILVA, GALERA, 2021). It is also not noted how EI can contribute to the development of effective strategies in dealing with stressful situations in hostilities refugees (GRIFFITHS, 2023). Therefore, this study attempts to investigate how the level of EI contributes to various coping skills in people with mental injuries who have survived military operations.

3. METHODS

Research design

A descriptive study was conducted at the Department of Practical Psychology of the Educational and Scientific Marine Engineering and Technical Institute of Odessa National Maritime University.

The study lasted 4 months from January 2024 to April 2024. The research included four stages. The first stage was the selection of diagnostic tests, sampling, and entering test items into Google forms.

The second stage involved the preparation of the test and the processing of the obtained results. The third stage provided for qualitative, quantitative and statistical data analysis. The fourth stage was substantiation of conclusions and outlining prospects.

Sampling

The study involved 230 adults aged 19 to 46 from regions of Ukraine where active hostilities are taking part in the study: 130 women and 100 men. The age range of the subjects is determined by the period of youth and early adulthood, as earlier age, as well as later age, can negatively affect the results because of the vulnerability of the psycho-emotional sphere.

Diagnostics took place online through Google forms, which ensured the representativeness of the sample and made it possible to reach a sufficient number of participants. The inclusion criterion was the status of an internally displaced person (IDP).

Persons from the territories covered by hostilities were affected by traumatic situations, therefore they meet the purpose of the study. Exclusion criteria were age under 19 and over 46, as well as lack of IDP status.

The research was conducted in compliance with the principles of the Declaration of Helsinki. Informed consent for diagnosis was obtained from the respondents. The study does not require ethics committee approval as it is non-interventional.

Methods

The tests were used to study EI and strategies for coping with psychological trauma. BASIC Ph test was developed by M. Lahad while working with people who live in a situation of constant threat to life.

M. Lahad and his colleagues found that 20% of the subjects have symptoms of post-traumatic stress disorder (PTSD) as a result of stressful situations, the other 80% overcome the trauma while maintaining their health.

The test identified six individual strategies. It was found that everyone has their own unique combination of coping resources. The idea of the model is that a person has his or her own potential, experience in coping with a stressful event in six modalities: Belief and values, Affect, Socialization, Imagination, Cognition, Thought, Ph - Physical.

The Coping Strategy Indicator (CSI) developed by Amirkhan. The test is designed to diagnose the prevailing coping strategies of an individual. The essence of the questionnaire is that all human behavioural strategies can be conditionally divided into three groups: problem-solving strategies, seeking social support strategies, and avoidance strategies. According to these strategies, the individual chooses a particular type of behaviour as a reaction to external stimuli.

Hall's Emotional Intelligence Test (EQ-test). The test determines the level of EI of a person according to the following parameters: emotional awareness, self-regulation, self-motivation, empathy, recognizing other people's emotions.

Statistical methods

Descriptive analysis was used to present test means and standard deviations. The Kruskal-Wallis H test was used to compare strategies for coping with psychological trauma by persons with high, medium, and low EI, regression analysis was used to identify the influence of EI on strategies for coping with the consequences of psychological trauma.

4. RESULTS

The results of the study revealed a fairly high level of the EI components among the studied IDPs (Table 1).

Table 1. Indicators of EI of the subjects (N=230)

EI Indicators	Mean	Standard Deviation
Emotional awareness	12.98	8.32
Self-regulation	11.35	5.72
Self-motivation	13.70	3.19
Empathy	12.47	3.95
Recognition of emotions	13.07	3.58
Integral indicator of EI	61.23	14.95

It was found that the high level of self-motivation and empathy and the medium level of recognition of emotions, emotional awareness, and self-regulation prevail among the respondents. The obtained data show that Ukrainian internally displaced persons are motivated, show empathy and compassion for others. But the lack of emotional awareness and self-regulation do not allow them to respond effectively in stressful situations.

The integrated indicator of EI among the subjects is medium, which indicates a partial ability to regulate one's emotional state (Figure 1). This reduces the personal resources of the displaced persons and their resistance to the traumatic impact of the hostilities.

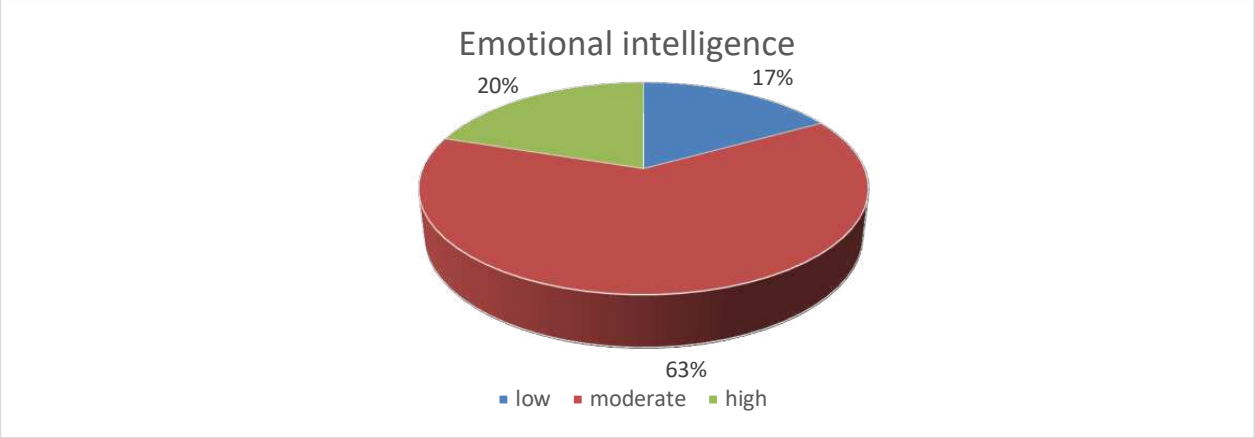

Figure 1. EI of Ukrainian IDPs

We found that IDPs have expressed strategies for overcoming traumatic situations, which combine affective reactions and cognitive assessment of the situation (Table 2). Such strategies indicate a desire to rethink life events and find a way out of difficult situations.

Table 2. Indicators of coping strategies for traumatic situations (N=230)

EI indicators	Mean	Standard Deviation
Belief and values	24.5	8.35
Affect	30.9	10.61
Socialization	23.6	9.18
Imagination	16.4	6.5
Cognition	32.6	11.24
Ph – Physical	17.4	10.92

The data in Table 2 show that emotional and cognitive strategies prevail among the respondents, while physical manifestations and imagination and fantasizing are less pronounced. This proves the realism of using strategies, their emotional and evaluative side. IDPs look for ways to assess the strength of traumatic events and model behaviour in accordance with emotional and evaluative judgments.

This allows them to minimize the effect of stressful situations and find the types of behaviour that would promote emotional stability.

The diagnosis of the prevailing coping strategies of Ukrainian IDPs identified the prevailing coping strategies (Table 3). Copings represent the type of reaction of the subjects to the surrounding events and we can see that this type is an avoidance reaction.

Table 3. Indicators of the dominant coping strategies of the subjects

Coping strategies	Mean	SD
Problem solving	7.23	2.38
Seeking social support	8.52	5.21
Avoidance	10.61	5.67

The obtained results indicate that the avoidance strategy is the most frequently used, seeking social support is used somewhat less, and the problem-solving strategy is used the least. Such coping demonstrates the use of destructive tendencies in coping with traumatic situations. Avoidance provokes withdrawal from the situation and an attempt to suppress it. But unreacted emotions intensify the stress reaction and provoke PTSD. Therefore, such a strategy is considered destructive.

An analysis was carried out according to the Kruskal-Wallis H test in order to find out the strategies chosen by IDPs with different EI levels. This gave grounds to compare persons with

high, medium, and low levels of EI. Statistical differences in the choice of trauma coping strategies were found (Table 4).

Table 4. Comparison of strategies for overcoming psychological trauma in IDPs with different EI levels

Coping strategies	Mean rank People with low EI	Mean rank People with medium EI	Mean rank People with high EI	H	p-value
Strategies for coping with stress					
Belief and values	87.26	128.55	112.43	122.136	0.023
Affect	92.13	88.37	216.52	164.320	0.000
Socialization	102.40	234.00	97.83	115.511	0.031
Imagination	200.48	121.95	51.81	0.673	0.383
Cognition	76.43	129.58	234.44	145.319	0.000
Ph – Physical	205.59	106.06	63.82	92.843	0.011
Coping strategies					
Problem solving	70.66	146.81	221.77	161.890	0.002
Seeking social support	118.59	163.07	134.40	167.319	0.004
Avoidance	202.45	116.03	56.18	-14.270	0.042

The obtained data give grounds to state that such strategies as imagination and fantasy, physical activity, and avoidance coping prevail among IDPs with a low EI. IDPs with a medium EI are characterized by the strategies of persuasion, social connections and seeking social support. IDPs with a high EI are dominated by strategies for expressing emotions and feelings, cognition, and problem-solving coping. The obtained results indicate that, depending on the EI level, Ukrainian IDPs choose different strategies to cope with psychological trauma and stressful situations.

A regression analysis was conducted in order to identify the influence of EI on the choice of strategies for overcoming psychological trauma among IDPs (Table 5).

Table 5. Regression analysis of the influence of EI on strategies used for coping with psychological trauma

Coping strategies	β	SD	T	P	R^2
Strategies for coping with stress					
Belief and values	0.923	0.165	5.515	0.036	
Affect	1.174	0.276	6.107	0.002	
Socialization	0.347	0.832	3.507	0.004	0.734
Imagination	0.472	0.355	5.267	0.040	
Cognition	1.153	0.363	6.754	0.009	
Ph – Physical	0.635	0.295	2.982	0.037	
Coping strategies					
Problem solving	1.579	0.112	5.239	0.000	
Seeking social support	0.384	0.127	0.295	0.461	0.821
Avoidance	-1.283	0.529	-6.589	0.000	

The regression analysis found that EI has a significant impact on strategies for coping with psychological trauma of individuals and explains 73% of the variance. It has the greatest influence on the "affect" (β=1.174, t=6.107, p≤0.001) and "cognition" (β=1.153, t=6.754, p≤0.001) strategies. The ability to understand emotions and express them contributes to emotional and evaluative strategies that are positive in experiencing a traumatic event.

EI also explains 82% of coping strategies (R=0.821), while high EI contributes to problem-solving coping (β=1.579, t=5.239, p≤0.001), and low avoidance strategies (β=-1.283, t= -6.589, p≤0.001). Such dependence indicates that EI contributes to the effective coping with traumatic events by IDPs. This allows them to independently overcome the

consequences of experienced military operations and choose the most optimal ways to cope with trauma.

The results prove that EI affects the choice of strategies for coping with the consequences of psychological trauma.

5. DISCUSSION

The revealed results showed that Ukrainian IDPs have a partially developed EI, they have a high capacity for empathy and self-motivation, but a partially developed ability to recognize emotions and regulate them. In overcoming stress, they have dominant strategies of affect and cognition (cognitive assessment of the situation) and problem solving coping. Despite strong emotional reactions, this allows to evaluate situations from the perspective of complexity and find the optimal way to solve them.

Comparing our data with other studies, we can agree that people with a low EI are less resistant to traumatic stress and use destructive behavioural strategies (BARAL, 2019), but a high EI helps to cope with a stressful situation (TRAVERSO ZUMAETA et al., 2023) and reduces the effects of traumatic stress (TUCK, PATLAMAZOGLOU, 2019).

The ability to perform cognitive operations under stress is very important, as it allows you to maintain balance and quickly find optimal solutions. In the difficult conditions of hostilities, this skill helps to mobilize efforts, find internal resources to cope with traumatic situations (SAMARA et al., 2024). We also found that EI affects coping strategies and helps to choose the most effective behavioural strategies to cope with psychological trauma.

Other researchers found that EI has a positive relationship with coping strategies, social support, cognitive appraisal, and emotional inhibition and a negative significant relationship with physical control coping strategies (ARORA, KUMAR, 2023). So, people with higher EI in most cases use effective stress management strategies (NOGAJ, 2020). This supports our findings that EI positively influences the use of problem-solving strategies, emotional response, and cognitive reasoning.

Well-developed EI positively affects the choice of effective stress management strategies (DU PLESSIS, 2023), but does not ensure the consolidation of coping as behavioural forms of response. At the same time, this study is confirmed by the results of Okpan and Ezeah, who proved that confrontation and avoidance coping in persons with low EI manifests in impulsive behaviour, inability to plan and predict actions, inability to choose different behavioural strategies (OKPAN, EZEAH, 2020).

As Danylchuk et al. (2022) indicated, the ability to react emotionally and to understand one's emotions allows IDPs to develop resistance to negative influences, to choose the most optimal ways of solving problems and stressful situations. This proves that the results that we obtained show a qualitative influence of EI on coping strategies. This has a positive effect on IDPs' adaptation to situations of change and adaptation to new living conditions (OLIER, SPADAVECCHIA, 2024).

This proves that the results obtained in this research show a qualitative influence of EI on coping strategies. This has a positive effect on IDPs' adaptation to situations of change and adaptation to new living conditions (OLIER, SPADAVECCHIA, 2024).

The proven influence of EI on the choice of coping strategies among Ukrainian IDPs indicates that its development will contribute to the consolidation of more constructive coping skills and allow more effective coping with stressful situations, which was also revealed in the study (CAMPILLO-CRUZ et al., 2021). In other words, developed emotional awareness and self-regulation will allow to increase effective coping strategies to actively overcome stress and minimize avoidance strategies, which will reduce symptoms of psychological trauma (TUCK, PATLAMAZOGLOU, 2019).

At the current stage, telemedicine and telepsychology are gaining relevance in overcoming stress and the consequences of psychological trauma. This type of assistance is an effective means of psychological support for people affected by the hostilities. In particular, their advantage is the lack of personal contact and the ability to hold meetings at a convenient time, which is important for customers.

The same effectiveness was proven in the study of Alhassan G., which showed a significant positive impact of telemedicine services on the patients' health (ALHASSAN et al., 2022). Marinelli et al. (2022) claim that the normative standards of the activities of specialists who provide telemedical or telepsychological assistance should be developed in line with the modern technologies.

6. CONCLUSION

The obtained results are relevant because hostilities in Ukraine continues and an increasing number of adults need psychological support every day. This is a difficult period for citizens suffering from excessive mental stress, but people with developed EI use the most effective strategies, which allows them to quickly cope with a traumatic situation. The conducted research showed that Ukrainian IDPs have a partially developed EI, but at the same time, they have predominant strategies of assessing the situation, emotional response, and solving problems.

The results of the study are especially valuable for the primary psychological assistance centres for IDPs, as they allow identifying persons with signs of psychological trauma and applying effective methods of providing them with psychological assistance. At the same time, the obtained data can be used at the stage of planning the strategy of psychological support of IDPs, as taking into account the methods of developing the EI of IDPs will allow a more comprehensive approach to solving this problem.

The limitations of the study include the influence of personal factors that can determine the strength of the traumatic situation and its consequences. The significance of the situation can determine changes in coping strategies. Another significant limitation is the difficulty in providing primary psychological assistance to displaced persons because of the ongoing hostilities. Therefore, the signs of trauma can increase and cause severe consequences. Most importantly, the sample size is not fully representative of the general population and cannot describe all individuals with traumatic events. Therefore, additional research is needed that takes into account all the limitations and influencing factors.

The prospects of the study are the identification of individual and personal characteristics that can influence the manifestations of EI and coping strategies. This will reveal the main risks and ways to effectively cope with the consequences of psychological trauma.

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APPENDICES

BASIC Ph Test

Instructions:

Think about yourself, when you are in a crisis or a lot of stress, what do you usually do to help yourself to cope with this condition? What, in your opinion, helps you the best, and what helps you to a lesser extent? Weigh each statement and put a cross ("x") in the corresponding cell opposite the number of the statement, where the numbers mean:

0 – I *never* use this method to cope with a difficult situation.
1 – I *rarely* use this method to cope with a difficult situation.
2 – I *sometimes* use this method to cope with a difficult situation.
3 – I *recurrently* use this method to cope with a difficult situation.
4 – I *often* use this method to cope with the situation.
5 – I *almost always* use this method to cope with the situation.
6 – I *always* use this method to cope with a difficult situation.

Item No.	STATEMENT	0	1	2	3	4	5	6
1	I give up and rely on higher forces or fate to solve the problem							
2	I don't talk about my emotions directly, but I express them indirectly, for example, I cry when I think about myself							
3	I am seeking support from other people							
4	I fantasize and let my imagination run free — for example, I imagine myself in a calm, carefree place							
5	I gather information to be sure I have the best solution							
6	I eat or sleep less than usual — or, on the contrary, I eat and sleep more than usual							
7	I believe in my own strength and my ability to overcome obstacles							
8	I express my feelings in my own veiled way — through hints, sarcasm or even flirting							
9	I talk to my friends on the phone							
10	I recall my favourite stories, fables, parables or fairy tales as a way of finding a solution to a problem							
11	I analyse problems trying to find solutions							
12	I am constantly busy with physical work — for example, cleaning, cooking, woodworking, car repair or even building a model airplane							
13	My motto: "I can get through this no matter what"							
14	I let go of my feelings by crying, laughing or screaming and I don't keep it all inside							
15	I try to find support from a friend or family member							
16	When I listen to music, I give free rein to my imagination							
17	I create a special plan and act according to it step by step							
18	I use exercises to relax							
19	I ask God for help in prayer							
20	I overwhelm myself emotionally to enhance my motivation							
21	I immerse myself deeply in relationships with members of my community or organization to which I belong							
22	I remember a time when I was much better than I am now, or I think about a time when things will change for the better							
23	First of all, I try to understand what is actually happening							

24	I relax when I do something: take a shower or bath, go for a walk or jog
25	I rely on my spiritual beliefs or my life philosophy
26	I tell or listen to jokes and funny stories
27	I'm looking for people to spend time without doing anything particular
28	I watch sports events, movies or read books, imagining myself in the place of the characters
29	I weigh all possible options for solving the problem and, if possible, choose the best one
30	I try to constantly engage in some physical activity
31	My motto: "What doesn't kill me makes me stronger"
32	I give vent to my emotions
33	I write letters and e-mails to friends — with the hope of their response
34	I dream, I think of better times, imagining them
35	I try to find a solution to the problem in the best way that I know, considering each one
36	I leave the house or try to be active to get rid of excess energy

Processing of the results

Transfer the points you received to the table below and count the points you received vertically in each of the six columns.

B	A	S	I	C	Ph
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36

The higher the sum of points, the more developed the corresponding strategy is: B – faith, beliefs, values; A – emotions, feelings; S – social connections, social support; I – imagination, dreams, memories; C – cognitive strategies; Ph – bodily resources, physical activity.