Despite the significant progress that the field of coping has had the last thirty years, coping research is currently challenged by the following major problems: (a) current coping measures do not capture the broad repertoire of individual responses to stress, (b) distinctly different coping responses are classified in very large categories (problem vs. emotion-focused or approach vs. avoidance); (c) coping measures do not include the findings of contemporary schools of therapy, and (d) current coping instruments do not yield results that are significant enough to be used in clinical settings.

To address the above problems, an integrated coping measurement was developed. The Comprehensive Coping Inventory (CCI) applies the findings of past and contemporary coping research, including emotion theory and positive psychology; in addition, the CCI allows clinicians to capture the broad variety of coping responses that individuals exhibit when encountering psychological stressors.

Items and coping subscales were developed based on a rational classification strategy. In addition, a review of several coping measures with high internal consistency and reliability was conducted in order to identify items that appropriately reflect a coping construct.

The CCI contains 47 subscales and 157 items; it was administered to 295 subjects for its respective statistical validation. Cronbach’s Alpha analysis of data was conducted in order to obtain reliability measures on the CCI’s 47 subscales. In addition, exploratory factor analysis was conducted on the data in order to confirm or disconfirm its explanatory capabilities when applied to the structure of coping. The CCI obtained a Cronbach’s alpha coefficient of .95 that indicated a high internal reliability for the overall
instrument. To establish the reliability of each subscale, an alpha coefficient of .6 was established as the minimum acceptable.