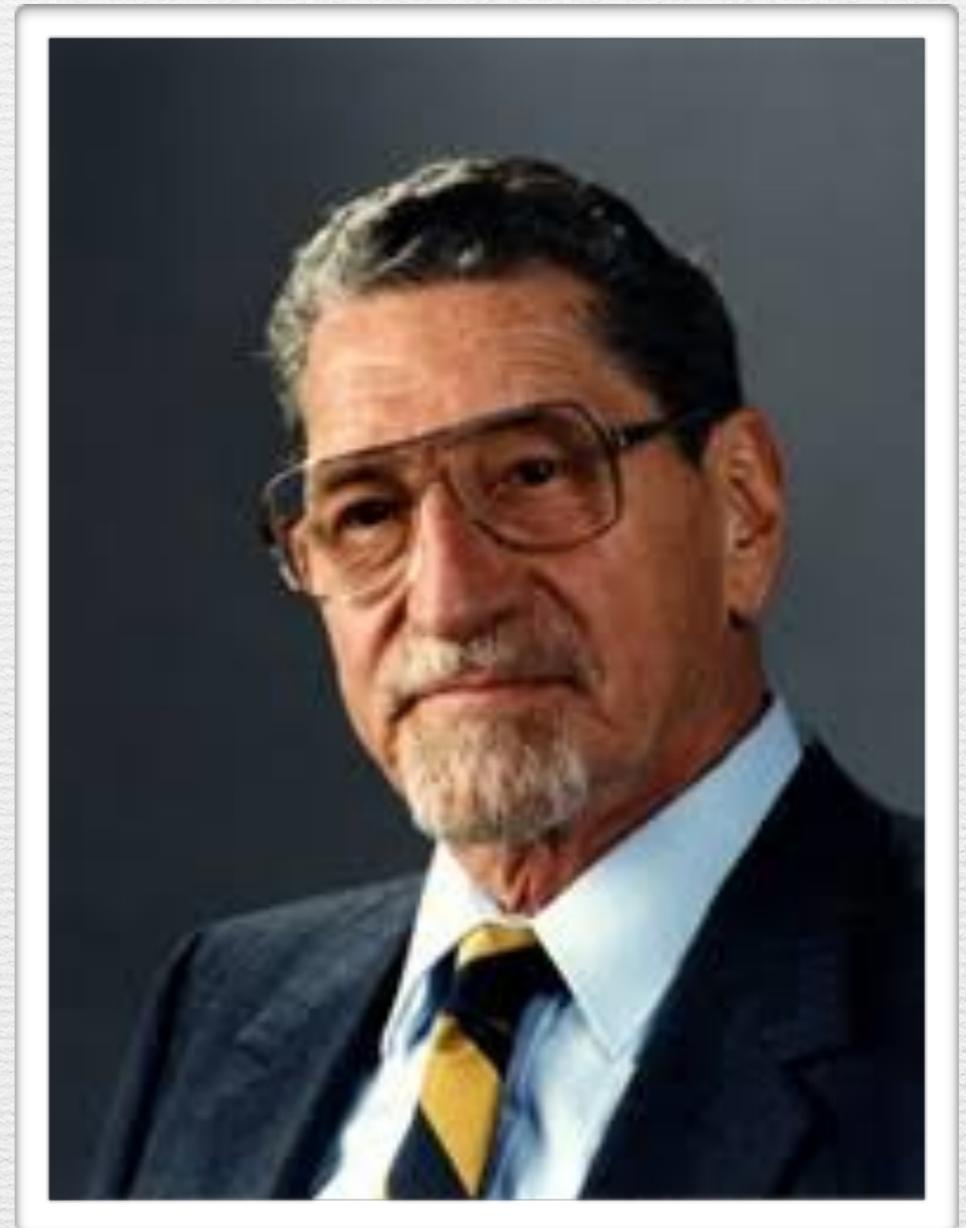




Coping

Appraisal and Stress

- Lazarus (1966) emphasized that people's appraisal of the circumstance often matters more than objective circumstance.
- *Appraisals* are cognitive evaluative processes that incorporates both information from the environment and from the person.



Richard Lazarus
1922-2002

Appraisal and Stress

- People who can easily avoid and minimize potential bad outcomes will have a different experience than a person who think of nothing useful to do.

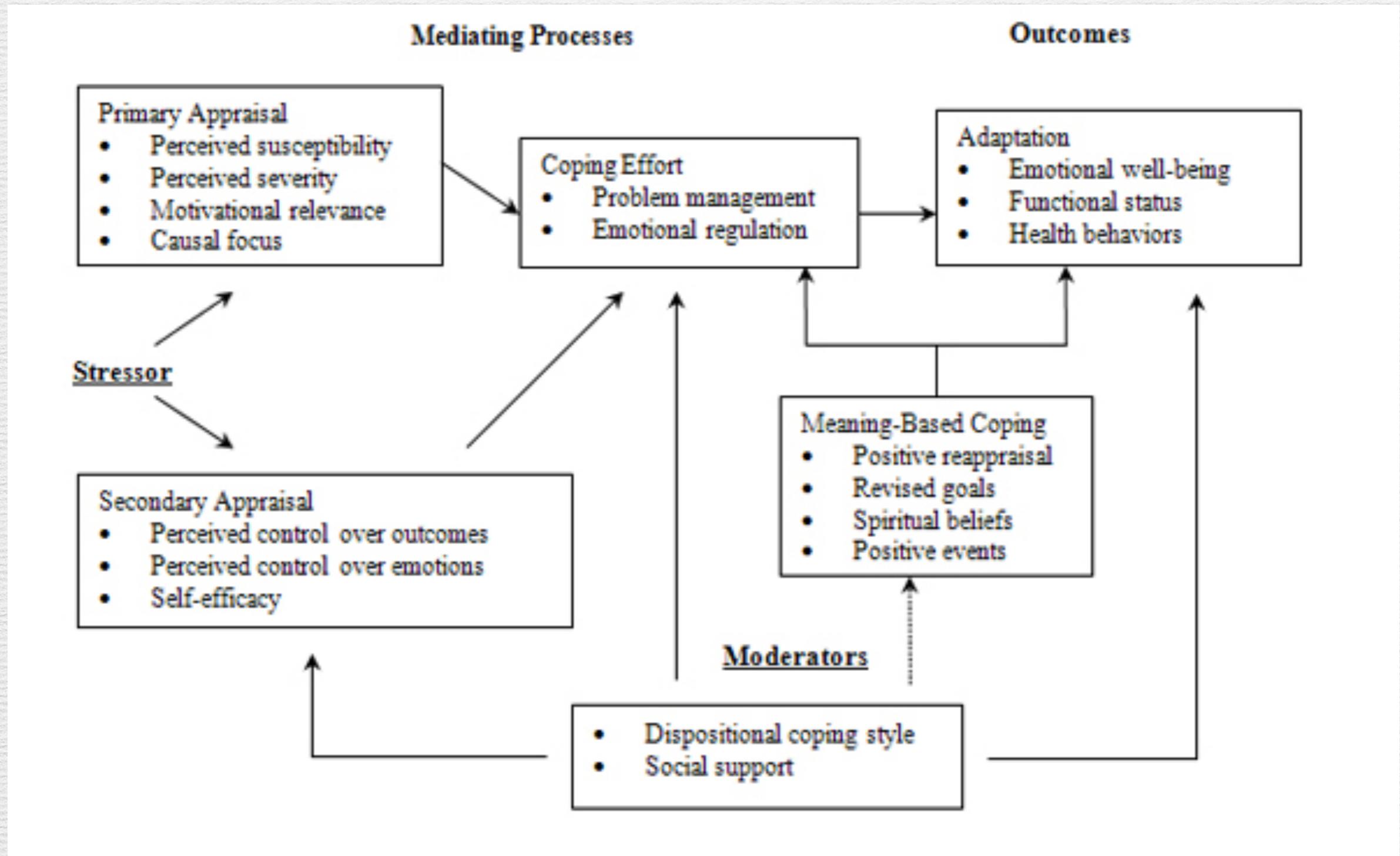


Susan Folkman
1938 -

Appraisal and Stress

- *Primary appraisal*; appraisal of an aversive outcome looming or at hand.
- *Secondary appraisal*; the appraisal of whether there are ways to respond.

Transactional Model (Lazarus & Folkman, 1975)



Appraisal and Stress

- *Threat appraisal* - the person perceives an impending event that may have bad or harmful consequences.
- *Harm appraisal* - something bad has already happened.
- *Loss appraisal* - something that is positively valued becomes inaccessible.
- *Challenge appraisal* - appraisal of the situation as demanding, but also something you can benefit from.

Appraisal and Stress



→ To protect
To defend
To conserve

Physical (house, car etc.)

Conditions of life (having friends, stable job etc.)

Personal qualities (personal world view)

Other assets (money, knowledge etc.)

Coping

- *Coping* is efforts to deal with a threatening or harmful situation, either to remove the threat or to diminish the ways in which it can have an adverse impact on the person.

Intentional or not?

Coping

- ♦ Lowering your expectations
- ♦ Asking others to help or assist you
- ♦ Taking responsibility for the situation
- ♦ Engaging in problem solving
- ♦ Maintaining emotionally supportive relationships
- ♦ Maintaining emotional composure or, alternatively, expressing distressing emotions
- ♦ Challenging previously held beliefs that are no longer adaptive
- ♦ Directly attempting to change the source of stress
- ♦ Distancing yourself from the source of stress
- ♦ Viewing the problem through a religious perspective

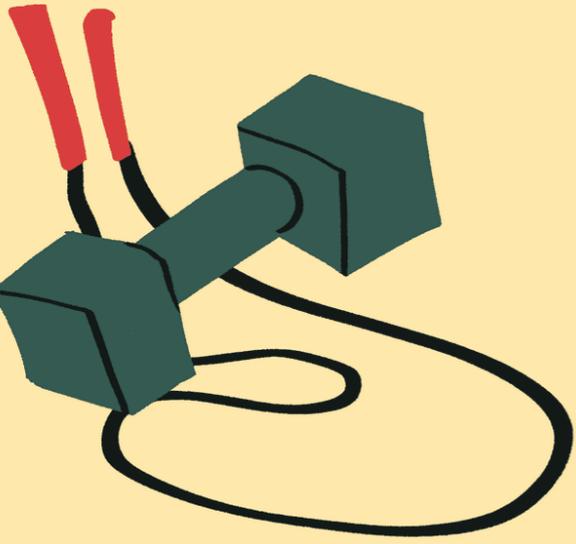
Coping:

Emotion Focused & Problem Solving Focused

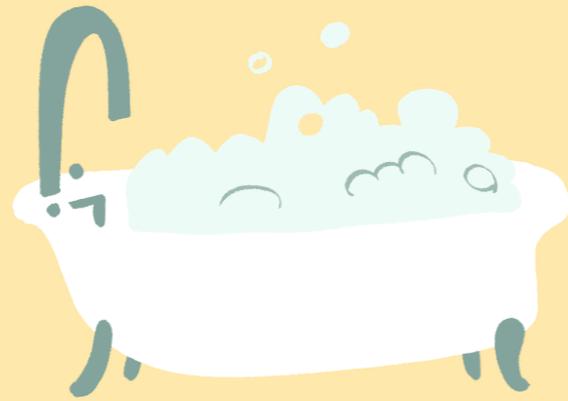
- *Problem Focused coping* - taking steps to remove the stressor or evade its arrival, or to reduce its physical impact.
- *Emotion Focused coping* - preventing, minimizing or reducing the distress.

Suppression, acceptance, emotional support, denial, staying away from upsetting things, ventilating feeling of anger, humor, self blame, self destructive behaviors

Emotion-Focused Coping Skills



Exercise



Take a bath



**Give yourself
a pep talk**



Meditate

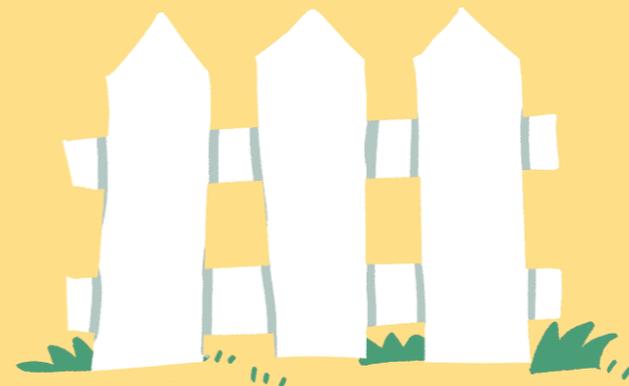
Problem-Focused Coping Skills



**Work on
managing time**



Ask for support



**Establish
healthy boundaries**



**Create a
to-do list**

Coping: Emotion Focused & Problem Solving Focused

Distinction may not applied to all coping responses.

- Self blame - does not either solve or decrease distress.
- Seeking social support - emotion or problem focused?

Coping:
Emotion Focused & Problem Solving Focused

Controllability of the stressors

Controllable Stressors

Uncontrollable Stressors



Problem Focused



Emotion Focused

Coping: Emotion Focused & Problem Solving Focused

They often facilitate each other.

Engaging in effective emotion focused coping help the person face a problem more calmly and generate better problem focused strategies.

Coping:

Approach & Avoidance Coping

Also called Engagement vs disengagement coping

- ♦ *Approach coping* — trying directly to deal with the stressor or emotions related to it.
- ♦ *Avoidance coping* - attempts to escape from having deal with the stressor. (Mostly emotion focused)

Having fantasies, wishful thinking, temporarily distance from the person, denial.

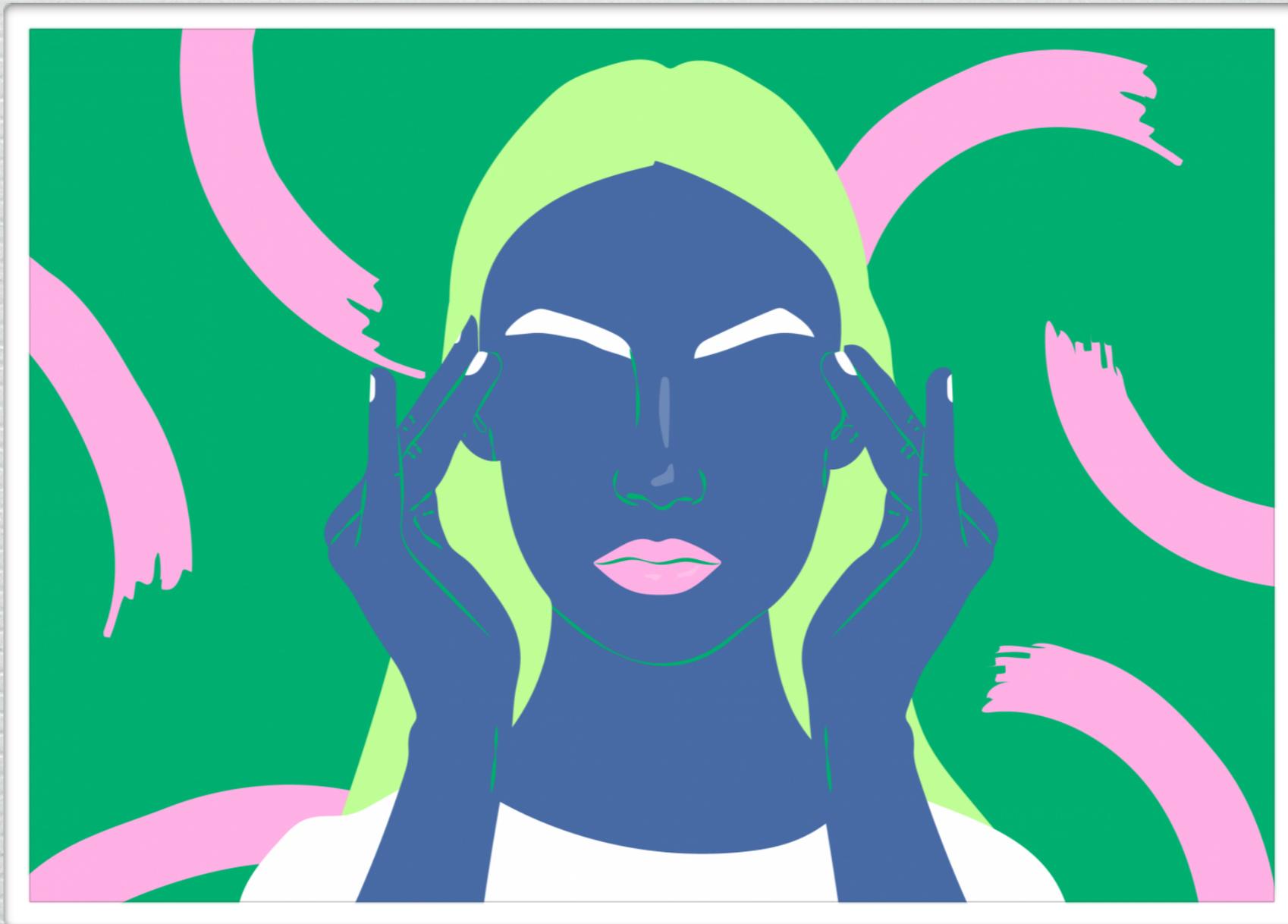
Coping:

Positive, Meaning Focused and Spiritual Coping

Positive coping - finding experiences that induce positive emotions.

Meaning focused coping - finding meaning in response to stressors. Stress related growth, post traumatic growth, benefit finding.

Spirituality and Religiosity - attending religious activities and services. Turning oneself over to a higher power.



Individual Differences in Stress Exposure Reactivity, Recovery and Restoration

Table 18.1 ■ Elements of the Five-Factor Model of Personality

Trait	Opposite Pole	Facets
Neuroticism	Emotional stability	Anxiety, angry hostility, depression, self-consciousness, impulsiveness, vulnerability
Extraversion	Introversion	Warmth, gregariousness, assertiveness, activity, excitement-seeking, positive emotion
Openness	Closed mindedness	Fantasy, aesthetics, feelings, actions, ideas, values
Agreeableness	Antagonism	Trust, straightforwardness, altruism, compliance, modesty, tender-mindedness
Conscientiousness	Unreliability	Competence, order, dutifulness, achievement striving, self-discipline, deliberation

Current Perspectives in Personality Research

- FFM primarily describe characteristics that people *have* rather than things they *do*.
- *Social-cognitive perspective (SCP)* focus on processes through which characteristics of individuals influence day to day stress and adaptation.
 - Mental representations of the self and others, appraisals, encodings, attributions, expectancies, goals, self regulation, coping.

Current Perspectives in Personality Research

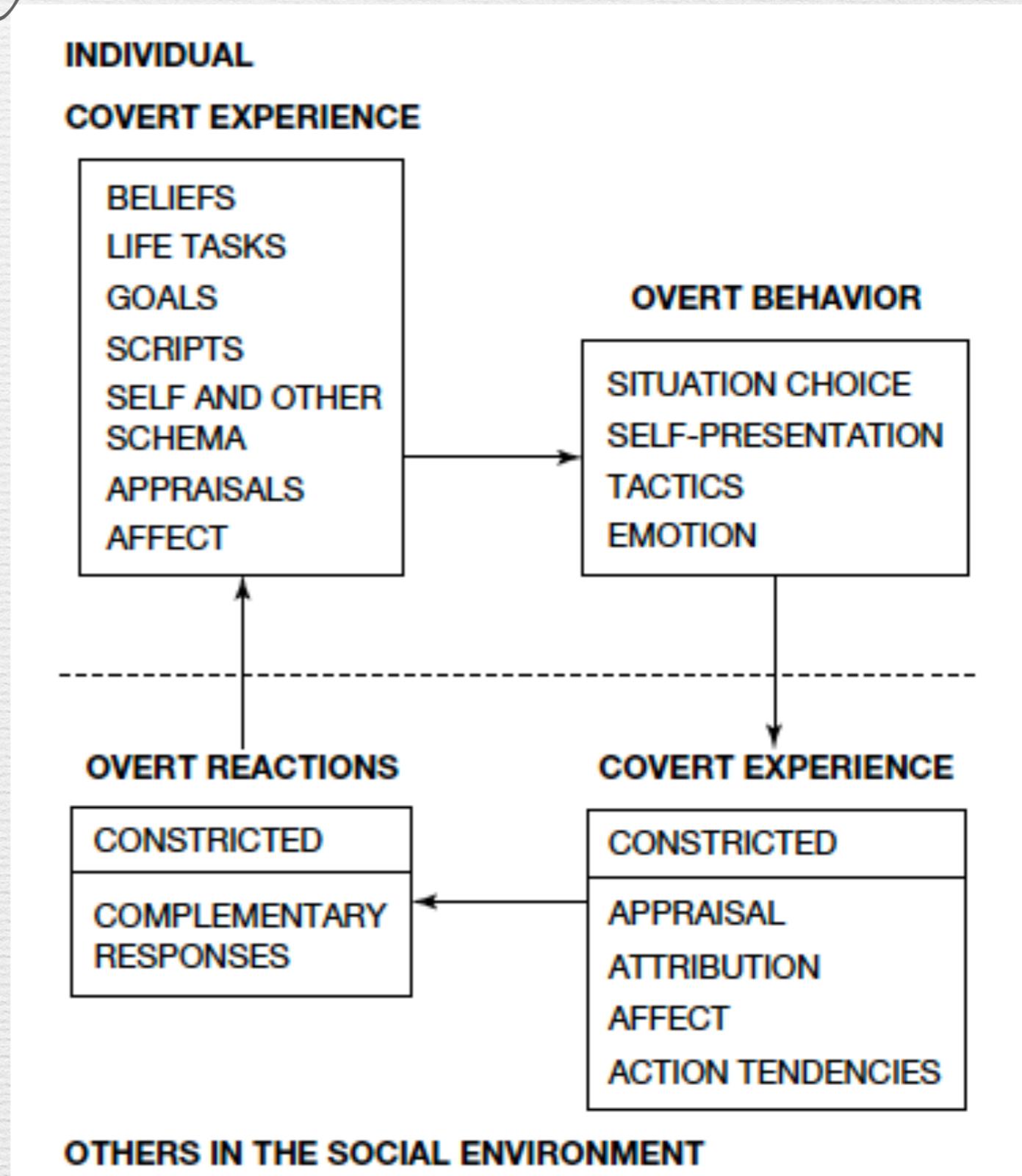
- In contrast to traditional model, SCP focuses on patterns of variability in behavior that reflect consistent responses to variations in psychologically distinct situations.
 - If.... then pattern
 - Individual who experience anxiety with authority but not in social interactions and vice versa.

Current Perspectives in Personality Research

- Not only the individual and social circumstance but also the reciprocal interactions are important.
- Personality influences exposure to levels and types of stressors encountered at home and work.
 - People who have a strong predisposition to depression may have a genetic tendency to get into bad relationships that would only increase their chances of triggering depression.

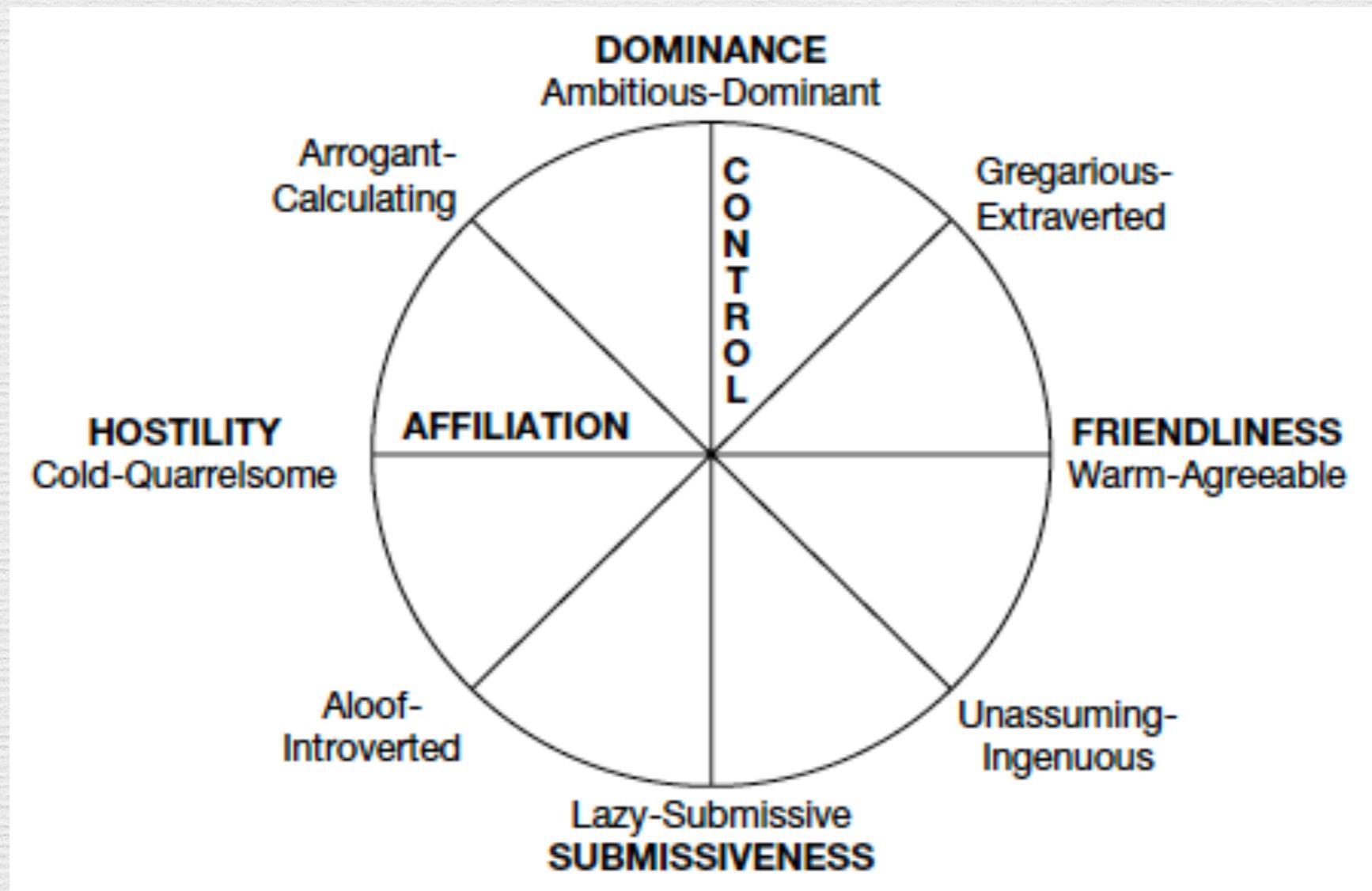
Current Perspectives in Personality Research

- Currently, interpersonal view is also taken into account.
- In interpersonal approach, personality and social situations are reciprocally related.

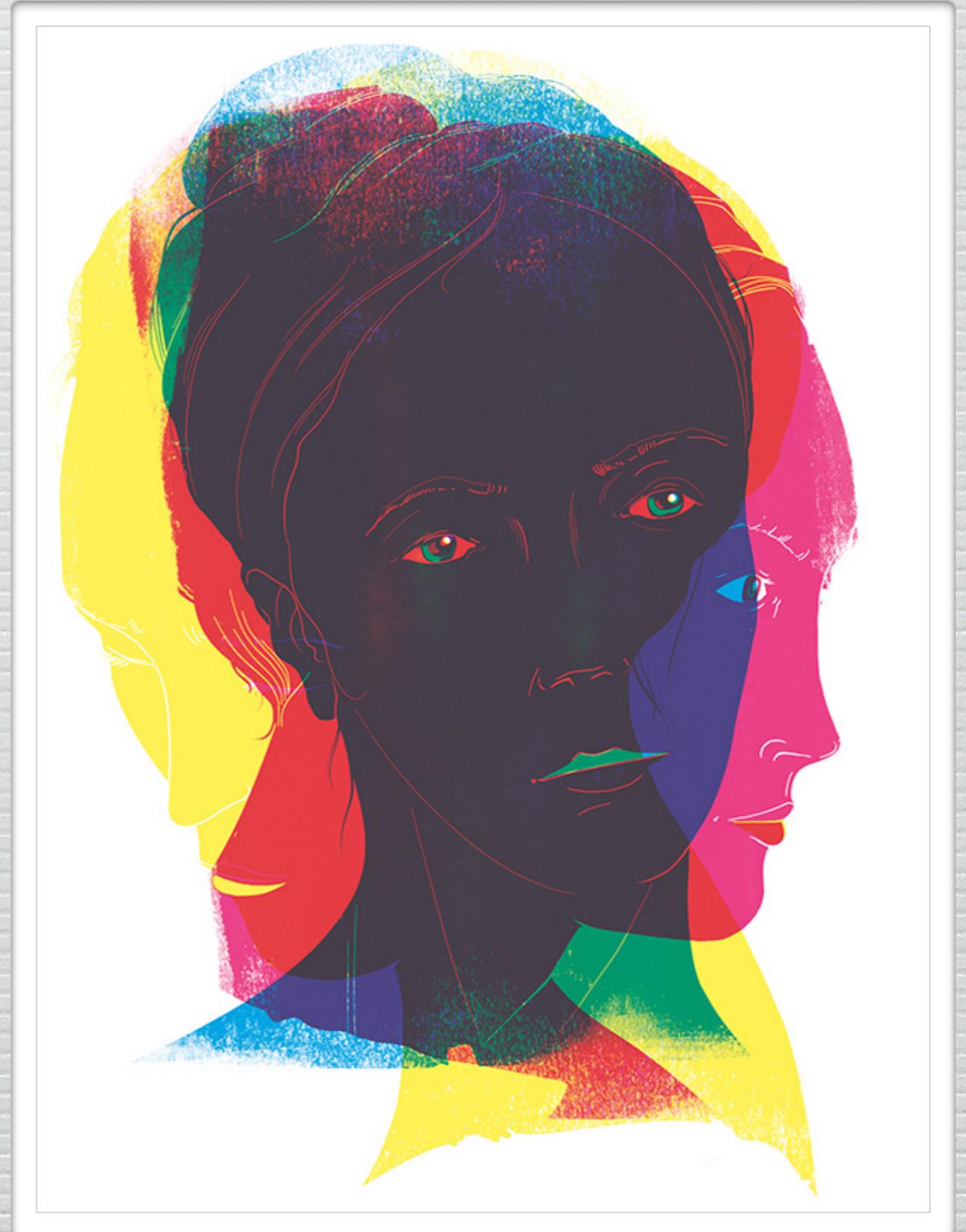


Current Perspectives in Personality Research

- In interpersonal perspective individual differences in social behavior and interactions are described using two dimensions.



Personality & Stress Regulation

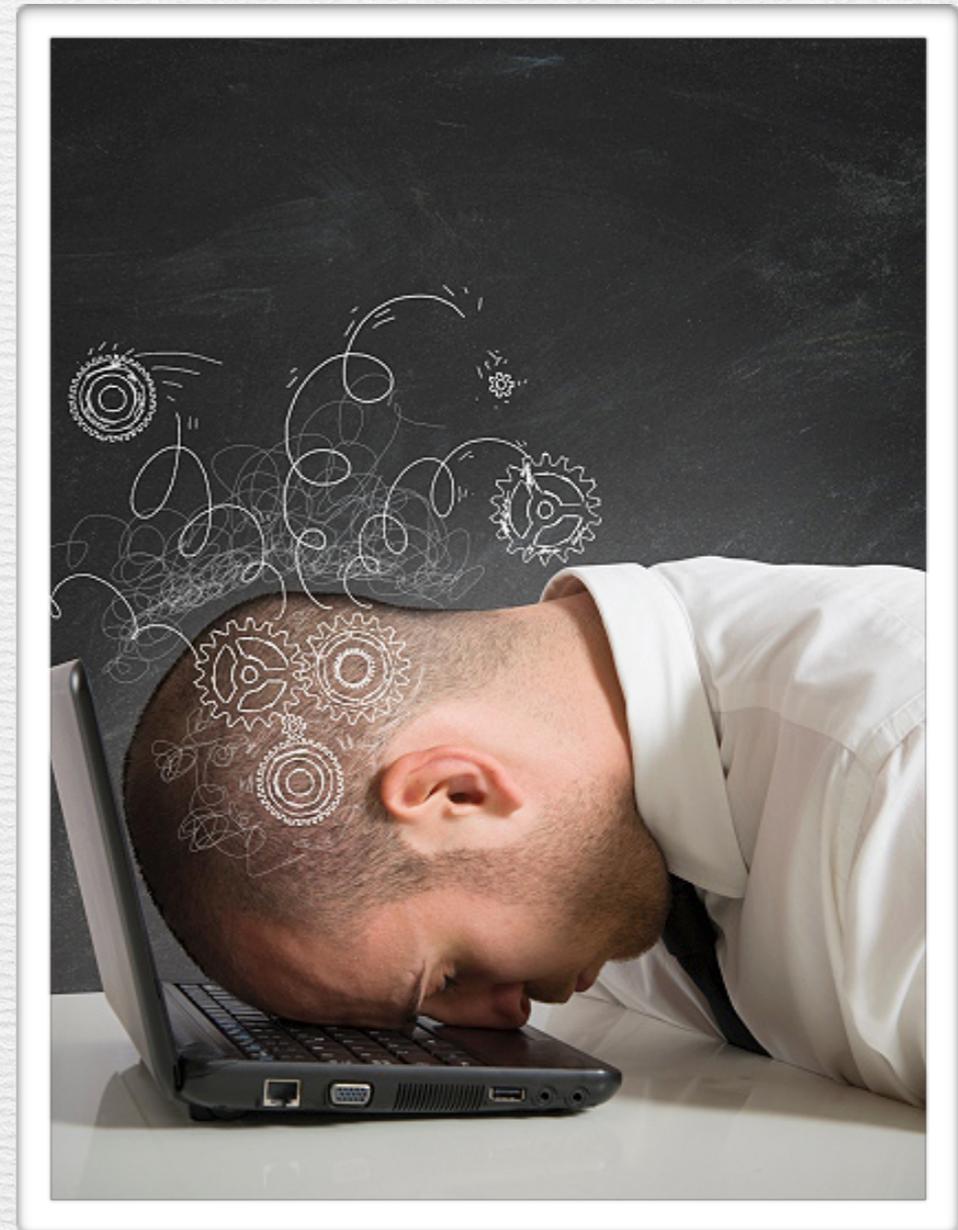


Personality and Stress Regulation

- Stress exposure
- Stress reactivity
- Stress recovery
- Peri- and Post-Stress Restoration

Stress Exposure

- Life stressors are not randomly distributed across levels of various personality traits.
- Based on personality traits some individuals more or less likely to find themselves in or create stressful circumstances.



Stress Exposure: Association with Personality

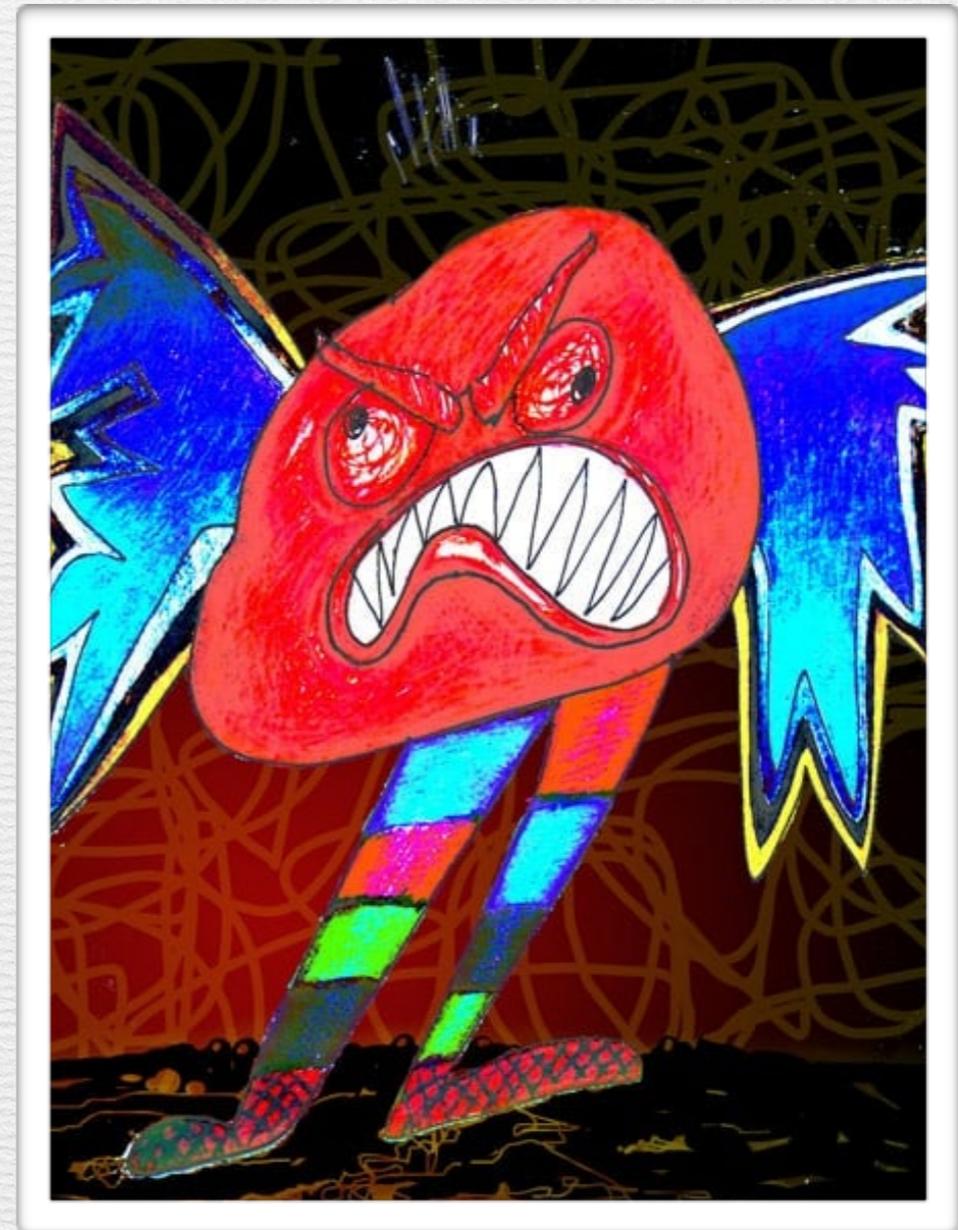
- **Neuroticism**
 - Worry
 - Rumination
- **Trait hostility**
 - Social isolation
 - Inadequate social support
- **Conscientiousness**
 - Educational attainment
 - Social economic status
- **Optimism**
 - Exposure to negative events
 - Social support

Stress Exposure: Potential Mechanism

- Neuroticism/negative
 - Threat and punishment appraisal
 - Emotion-focused coping
- Hostile individuals
 - Interaction with others in quarrelsome manner.
 - Disincline others.
- **Executive functioning**
 - Stay organized, goal directed, meet goals, stay on tasks.
 - Impulsive, risk taking, poor time management and organization.

Stress Reactivity

- Immediate response to potentially stressful event involving perception of the event (appraisal), subjective distress, physiological arousal (HRV, immune cell receptors, cortisol release).



Stress Reactivity: Association with Personality

- Anger, hostility, Type A behavior



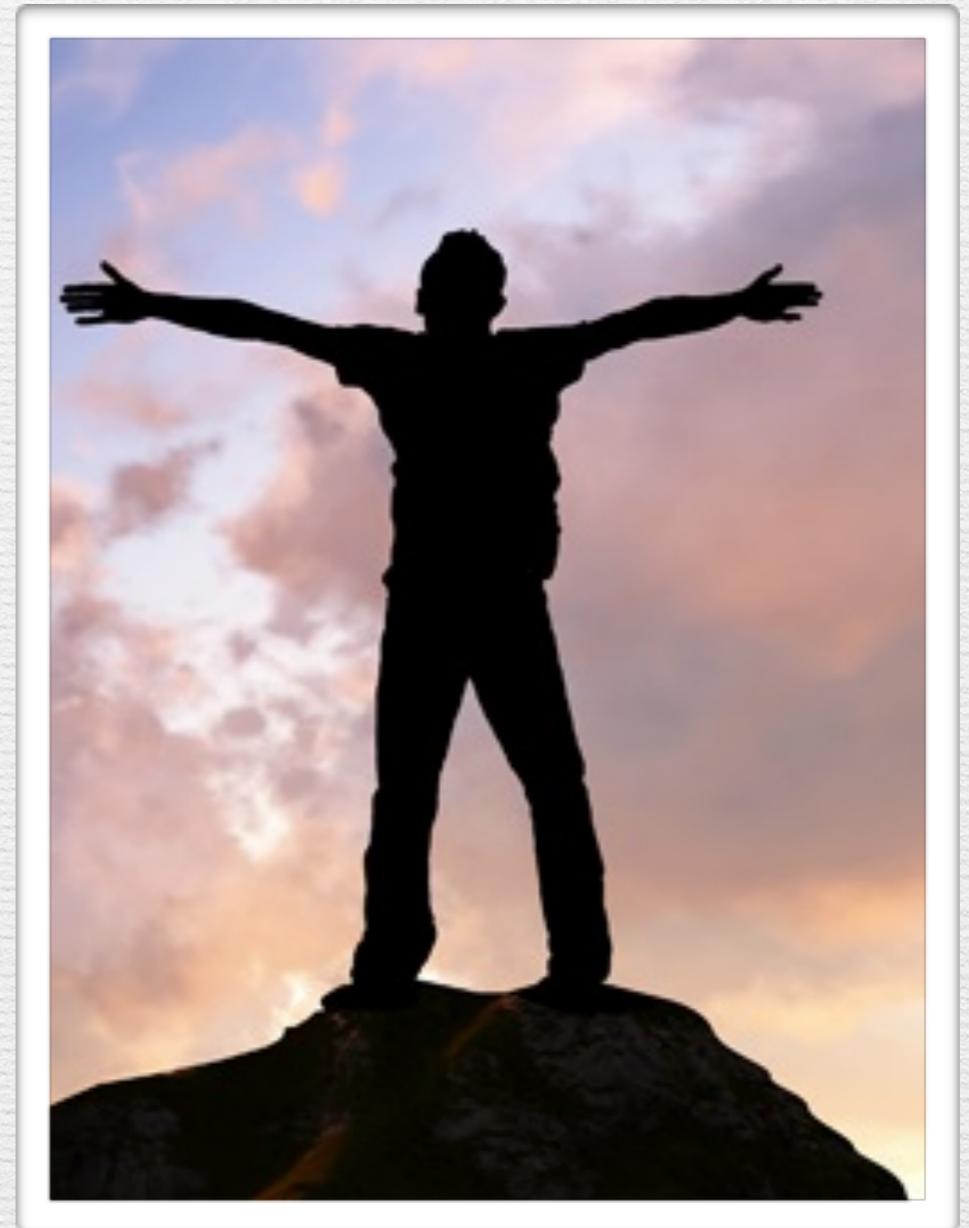
High cardiovascular reactivity

- Neuroticism, negative affectivity



Low cardiovascular reactivity

- Openness to experience



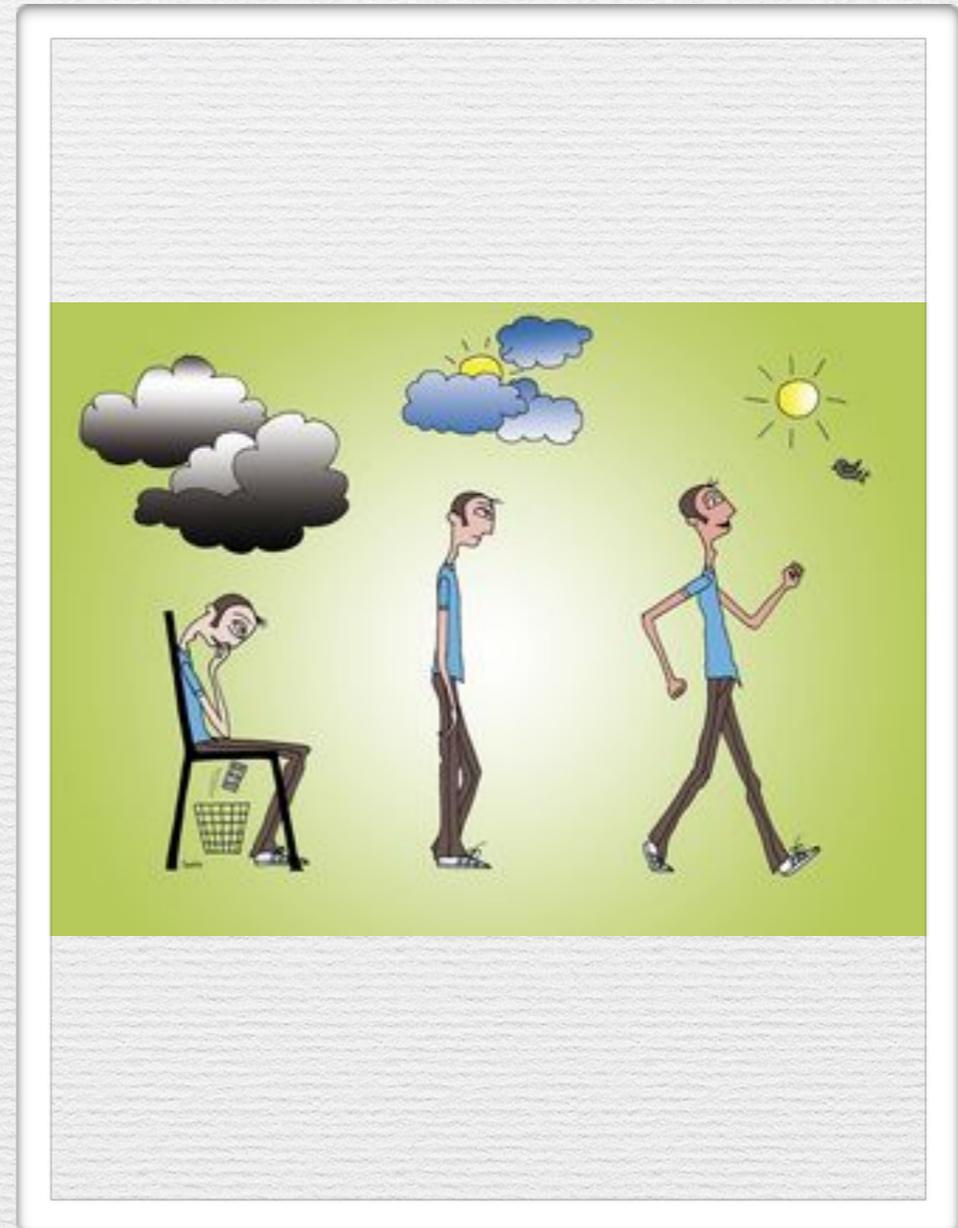
Stress Reactivity: Potential Mechanisms

- In addition to anger, hostility
Type A behavior research focus
on: **Social Dominance**
 - Effortful attempts to exert
control in interpersonal
situations.
 - Threat appraisal in
ambiguous situations and
heightened anger.



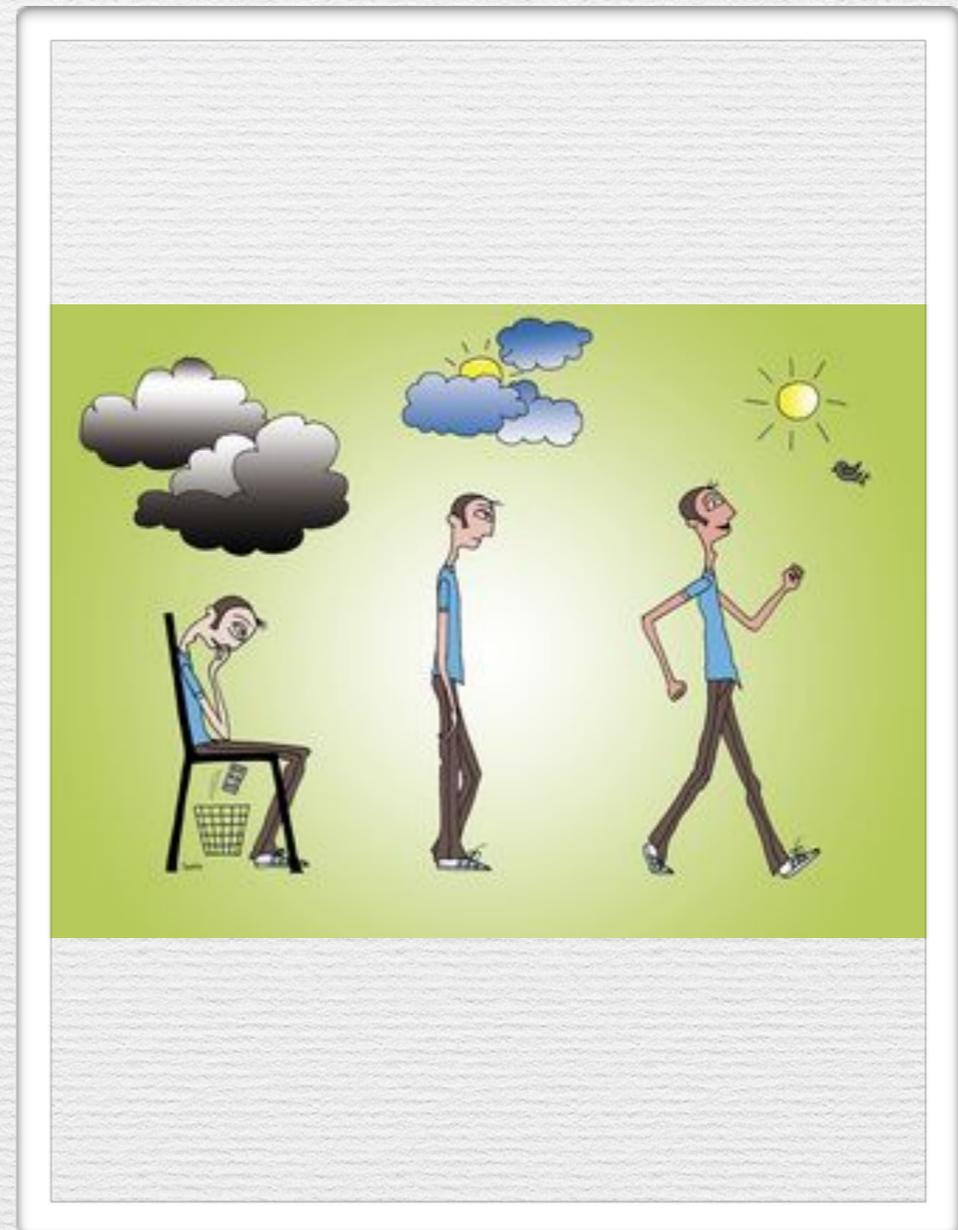
Stress Recovery

- Levels of emotional or physiological arousal after termination of the stressor or the time required to return to baseline levels.
- Worry, rumination



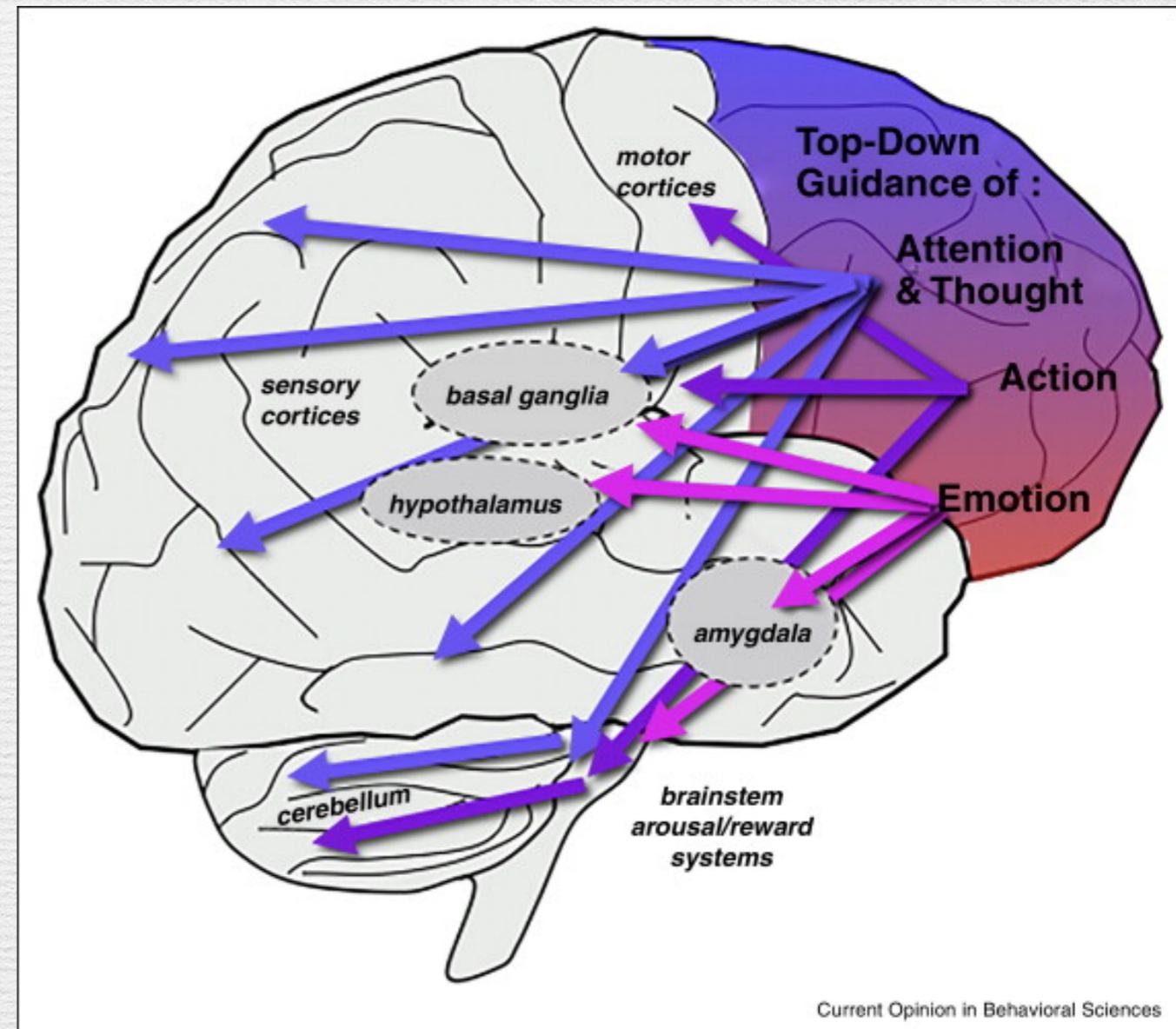
Stress Recovery: Association with Personality

- Individuals high in neuroticism and hostility prone to experience “negative emotional spillover”.



Stress Recovery: Potential Mechanisms

- Difficulties in parasympathetic activation is associated with prefrontal cortex activity.



Peri- and Post-stress Restoration

- Refreshing and repairing various forms of cellular damage and returning to baseline level of physiological activity.
 - Sleep, wound healing, humoral immunity
- Sleep disruption is associated with impairment in emotion regulation and cognitive functioning.



Peri- and Post-stress Restoration: Association with Personality

- Trait anxiety - longer to fall asleep, light sleep, lower REM density.
- Hostility - poor sleep quality in response to interpersonal conflict.



Peri- and Post-stress Restoration: Potential Mechanisms

- Pre-sleep arousal - prolonged recovery and perseveration cognition may be a mechanism to develop sleep problems.
- Poor self regulatory abilities lead to sleepiness. Sleepiness is related to sensitivity to threat.



Individual differences in stress process

