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| (36) | Learning to cope |

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|  | Learning to cope | | | | | |
|  | Please select your situation in past six months | No | Rather little | Average | Rather a lot | Very much |
| 1. | Experts taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 2. | Friends taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 3. | The other elderly taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 4. | Religious people taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 5. | Learning how to overcome adversity through reading | 1 | 2 | 3 | 4 | 5 |
| 6. | Family taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 7. | Overcoming adversity for family | 1 | 2 | 3 | 4 | 5 |
| 8. | Social workers taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |
| 9. | Characters in the media taught you how to overcome adversity | 1 | 2 | 3 | 4 | 5 |