Description of Learning to cope

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| --- | --- |
| Function | Promoting problem resolution, resilience, well-being |
| Relevance | Self-control, personal responsibility, life planning |
| Target | Elderly |
| Respondent | Elder |
| Feature | 9 items in 5-point rating scale |
| Reliability | .834 |
| References | Cheung, Chau-kiu,and Ping Kwong Kam.2018. “Conditions for Pets to Prevent Depression in Older Adults.” *Aging & Mental Health* 22(12):1627-1633*.* |

Scoring of Learning to cope

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | No | Rather little | Average | Rather a lot | Very much |
| Score for Items 1-9 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |