

## 英語文献におけるコーピング尺度の使用状況 —2003年から2005年—

### A Review of Research Using Self-Reported Measurements of Coping Behavior from 2003 to 2005

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ストレス概念の普及、健康に対する意識の高まりなどによりストレスフルな状況に対する対処の方法、すなわち、コーピングが注目され、現在では、コーピングは健康や適応のキーワードとされている（加藤, 2004, 2007a, 2008a）。例えば、心理学関連研究論文または、文献のデータベースであるPsycINFOに登録されている論文のうち、コーピングに関する論文は1970年では約0.5%、2000年には約3%に上昇している（加藤, 2007a）。そもそもコーピング（coping）という言葉は、to strikeを意味する古代ギリシアのkolaphosに由来し、元来to meet, to encounter, to strike againstという意味で用いられていた。その後、社会的・文化的変化に伴い、コーピングは「何とかうまく処理すること」（to manage successfully）を意味するようになった（加藤, 2008a）。

コーピングという概念が用いられ始めた1960年代当初、コーピングの無意識的側面に焦点があてられ、投影法や臨床観察によってコーピングの測定がなされていた。しかし、1970年代から、コーピングを意識的な反応として捉える考えが主流となり、コーピングを測定するために自己報告式による質問紙法が用いられるようになった。その結果、数多くのコーピング尺度が作成されるようになった（加藤, 2004, 2007a）。加藤（2006）は1990年から1995年にかけて発刊された学術論文を、加藤（2007b）は1996年から1999年にかけて発刊された学術論文を、加藤（2008b）は2000年から2002年にかけて発刊された学術論文をまとめ、それぞれ、英語文献におけるコーピング尺度の使用状況について論じている。本稿では質問紙によるコーピングの測定に焦点をあて、2003年から2005年までのコーピング尺度の使用状況をまとめることにする。

代表的なコーピング尺度に、Lazarusら（Folkman & Lazarus, 1980, 1985, 1988; Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986; Vitaliano, Russo, Carr, Maiuro, & Becker, 1985）が作成したWays of Coping Questionnaire、Carverら（Carver, 1997; Carver & Scheier, 1994; Carver, Scheier, & Weintraub, 1989）が作成したCOPEがある。コーピングをテーマとした

概論書や展望論文では、Lazarusらが作成したWays of Coping Questionnaireは最も使用頻度の高いコーピング尺度として紹介されている。しかし、それらの記述は、研究者の主観に左右されており、本当に、Lazarusらが作成したWays of Coping Questionnaireの使用頻度が最も高いは定かではない。そこで、加藤による一連の研究(2006, 2007b, 2008b)では、コーピング尺度の使用頻度をカウントし続けてきた。加藤の一連の研究の特色は、該当する論文の収集方法にある。第一に、該当論文が掲載されているジャーナルの分野が多岐にわたることだ。対象としているジャーナルは、心理学分野だけでなく、医学、看護学、社会学、福祉学、老年学、宗教学など多様である。たとえば、1990年から1995年にかけて発刊された学術論文をまとめた加藤(1996)の研究では73種類のジャーナルから、1996年から1999年にかけて発刊された学術論文をまとめた加藤(1997b)の研究では70種類以上のジャーナルから、2000年から2002年にかけて発刊された学術論文をまとめた加藤(1998b)の研究では119種類のジャーナルから抽出している。第二に、抽出している論文数が圧倒的に多いということである。実際に、1990年から1995年にかけて発刊された学術論文をまとめた加藤(1996)の研究では182篇の論文から、1996年から1999年にかけて発刊された学術論文をまとめた加藤(1997b)の研究では232篇の論文から、2000年から2002年にかけて発刊された学術論文をまとめた加藤(1998b)の研究では395篇の論文からデータを得ている。これらの特徴は、加藤の一連の研究では、多くのメタ分析で用いている論文収集方法とは異なっている。多くのメタ分析では、PubMed、PsycINFOなどのデータベースから、あるキーワードに該当する論文を選出し、選出した論文から、必要とする論文を抽出する。しかし、加藤の一連の研究では、まず、コーピングの研究が掲載されているジャーナルの収集から始まり、それらのジャーナルで、コーピング尺度が使用されている論文を抽出する。その結果、キーワード検索で選出することができない論文を抽出することができる。キーワード検索では、加藤の一連の研究で取り上げた論文の十分の一も抽出することができないであろう。加藤の一連の研究は時間と労力がかかる手法ではあるが、実際に研究で使用されているコーピング尺度について、真に近似したデータを与える意義深い研究である。

そこで、本稿では、加藤の一連の研究(2006, 2007b, 2008b)に倣い、2003年から2005年までのコーピング尺度の使用状況をまとめることにする。

## 方法

### 文献リストの作成

以下の条件を満たす学術論文を抽出し、コーピング文献リスト03-05(Appendix)を作成した。  
①2003年から2005年にかけて刊行され、英語で書かれた学術雑誌論文であること。②本文中にスト

レスフルな状況に対するコーピングを測定していることが明記されている学術論文、すなわち、測定変数にcoping、coping behavior、coping response、coping skills、coping strategiesと記載されている学術論文であること。コーピングの概念に類似、あるいは同義と思われる学術用語を用いた論文もあるが、コーピングを測定したことが明記されていない論文は抽出しなかった。③コーピングの個人差を測定するために作成された尺度を用いた論文であること。すなわち、論文中にコーピングを測定していることが明記されていても、本来はコーピングを測定するために開発されたものでない尺度を用いた論文は文献リストに加えなかった。防衛機制を測定するために開発された尺度を用いている論文も文献リストに加えなかった。④メタ分析を含む展望論文ではないこと。⑤コーピングの測定に、少なくとも2項目以上の項目を用いている学術論文であること。

### コーピング尺度の使用頻度のカウント

次に、コーピング尺度の使用頻度を以下の手続きによってカウントした。①コーピング尺度を用いるごとに1カウントした。②ひとつの論文に、複数のコーピング尺度が用いられている論文の場合、それぞれのコーピング尺度に1カウントした。しかし、ひとつの論文内で、同一のコーピング尺度を複数回使用した場合、例えば、2つ以上の研究に同一のコーピング尺度を用いた場合、その論文内において、1カウントとした。③あるコーピング尺度Aを修正し、使用した場合、コーピング尺度Aとしてカウントした。ただし、大幅に修正し、信頼性と妥当性が検証され、独自のコーピング尺度Bとして用いられた場合あるいは、その後、そのような検証がなされた場合、コーピング尺度Bとして1カウントした。④コーピング尺度Aを改訂したコーピング尺度Bを用いた場合、あるいはコーピング尺度Aの短縮版としてコーピング尺度Cを用いた場合、コーピング尺度Aとして1カウントした。⑤コーピング尺度AのX版コーピング尺度Bを用いた場合、コーピング尺度Aとして1カウントした。例えば、青年用コーピング尺度B、ドイツ版コーピング尺度Bなどは、コーピング尺度Aとしてカウントした。

## 結果

上記の手続きによってコーピング文献リスト03-05を作成し、コーピング尺度の使用頻度をカウントした。コーピング文献リスト03-05は470篇の学術論文からなり、2003年に刊行された論文数は146篇、2004年に刊行された論文数は150篇、2005年に刊行された論文数は174篇であった（Table 1）。

Table 1 コーピング尺度文献リスト03-05の年代別文献数

年代	文献数
2003	146
2004	150
2005	174
累計	470

コーピング文献リスト03-05は130種の学術雑誌から収集された。最も、コーピング尺度を用いた論文の掲載論文数が多かった学術雑誌は“*Personality and Individual Differences*”誌であり、30篇の論文が掲載されていた。コーピング尺度を用いた論文を10篇以上掲載していた学術論文は、“*Pain*”誌が25篇、“*Anxiety, Stress and Coping*”誌が20篇、“*Journal of Psychosomatic Research*”誌が16篇、“*Health Psychology*”誌が14篇、“*Psychology and Health*”誌が12篇、“*Psychology, Health, and Medicine*”誌が10篇、“*Psychological Reports*”誌が10篇であった。

Table 2はカウントが5以上であるコーピング尺度の使用頻度を示したものである。

COPE(Carver, 1997; Carver & Scheier, 1994; Carver, Scheier, & Weintraub, 1989)は93篇の論文で、Ways of Coping Questionnaire (Folkman & Lazarus, 1980, 1985, 1988; Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986; Vitaliano, Russo, Carr, Maiuro, & Becker, 1985) は79篇の論文で使用されており、圧倒的に、COPEおよびWays of Coping Questionnaireの使用頻度が高いことがわかる。続いて、Coping Strategies Questionnaire(Rosentiel & Keefe, 1983)、R-COPE(Pargament, Ensing, Falgout, Olsen, Reilly, van Haitsma, & Warren, 1990; Pargament, Kennell, Hathaway, Grevengoed, Newman, & Jones, 1988; Pargament, Koenig, & Perez, 2000)、Coping Inventory for Stressful Situations (Endler & Parker, 1990a, 1990b)、Coping Response Inventory (Billings & Moos, 1981; Moos, 1988, 1993a, 1993b; Moos, Cronkite, Billings, & Finney, 1984)、Chronic Pain Coping Inventory (Jensen, Turner, Romano, & Strom, 1995)、Coping Health Inventory for Parents (McCubbin, 1987; McCubbin, McCubbin, Patterson, Lauble, Wilson, & Warwick, 1983)、Cybernetic Coping Scale (Edwards & Baglioni, 1993)、Latack (1986) のコーピング尺度、Miller Behavioral Style Scale (Miller, 1987; Muris, van Zuuren, de Jong, de Beurs, & Hanewald, 1994)、Responses to Stress Questionnaire (Connor-Smith, Compas, Wadsworth, Thomsen, A.H., & Saltzman, 2000)、Coping Strategies Inventory (Tobin, Russ, Reynold, & Wigal, 1989)、Streßverarbeitungsfraagebogen (Janke, Erdmann, & Kallus, 1985)、Coping Strategies Questionnaire (Roger & Najarian, 1989; Roger, Jarvis, & Najarian, 1993) の使用頻度が高いことがわかる。

Table 2 コーピング尺度文献リスト03-05に基づく使用頻度（母数508篇）

コーピング尺度の名称	尺度開発報告主要論文	頻度
COPE	Carver, Scheier, & Weintraub (1989), Carver & Scheier (1994) Carver (1997)	93
Ways of Coping Questionnaire	Folkman & Lazarus (1980, 1985, 1988), Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen (1986), Vitaliano, Russo, Carr, Maiuro, & Becker (1985)	79
Coping Strategies Questionnaire	Rosentiel & Keefe (1983)	20
R-COPE	Pargament, Koenig, & Perez (2000)	16
Religious Coping Activities Scale	Pargament, Ensing, Falgout, Olsen, Reilly, van Haitsma, & Warren, (1990)	
Religious Problem-Solving Scale	Pargament, Kennell, Hathaway, Grevengoed, Newman, & Jones (1988)	
Coping Inventory for Stressful Situations	Endler & Parker (1990a, 1990b)	14
Coping Response Inventory (Health and Daily Living Form)	Billings & Moos (1981) Moos, Cronkite, Billings, & Finney (1984) Moos (1988, 1993a, 1993b)	14
Chronic Pain Coping Inventory	Jensen, Turner, Romano, & Strom (1995)	9
Coping Health Inventory for Parents	McCubbin (1987) McCubbin, McCubbin, Patterson, Lauble, Wilson, & Warwick (1983)	6
Cybernetic Coping Scale	Edwards & Baglioni (1993)	6
特に名称なし	Latack (1986)	5
Miller Behavioral Style Scale	Miller (1987), Muris, van Zuuren, de Jong, de Beurs, & Hanewald (1994)	5
Responses to Stress Questionnaire	Connor-Smith, Compas, Wadsworth, Thomsen, A.H., & Saltzman (2000)	5
Coping Strategies Inventory	Tobin, Russ, Reynold, & Wigal (1989)	5
Streßverarbeitungsfragebogen	Janke, Erdmann, & Kallus (1985)	5
Coping Strategies Questionnaire	Roger & Najarian (1989) Roger, Jarvis, & Najarian (1993)	5

## 考察

本研究では、コーピング尺度の文献リスト90-95（加藤, 2006）、コーピング尺度の文献リスト96-99（加藤, 2007b）、コーピング尺度の文献リスト00-02（加藤, 2008b）に基づき、英文学術論文に掲載されているコーピング尺度の使用頻度をカウントした。まず、コーピング尺度を用いた論文の推移を加藤の一連の研究と本研究結果を併せて図示すると、Figure 1のようになる。Figure 1を

みると、コーピング尺度を使用した英文学術論文数が増加している様子がよくわかる。

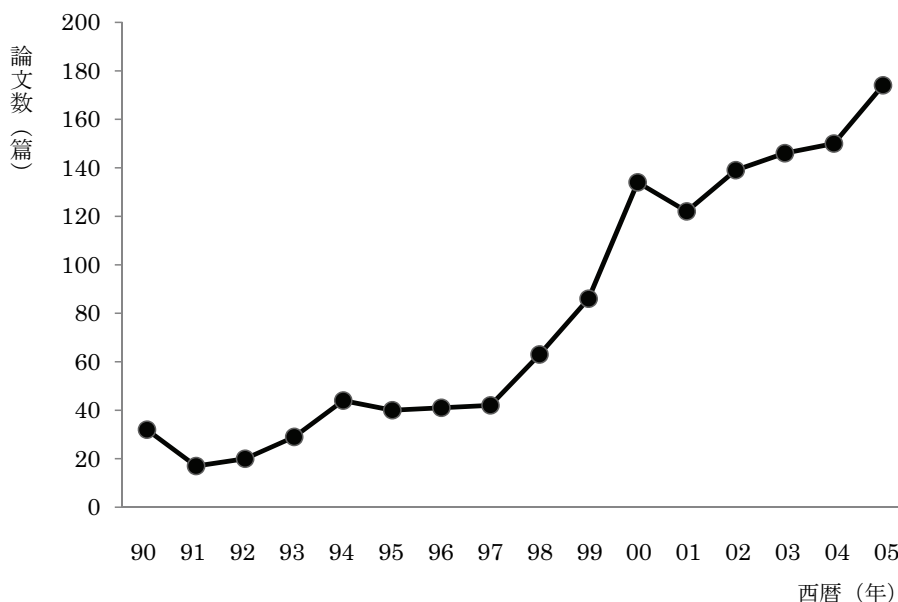


Figure 1 コーピング尺度を用いた論文数(篇)の推移

次に、コーピング尺度を使用した英文学術論文が掲載されている学術雑誌であるが、“*Personality and Individual Differences*” 誌への掲載論文が最も多かった。また、“*Pain*” 誌や “*Anxiety, Stress and Coping*” 誌も、掲載論文数が20篇を超えており、コーピング尺度を使用した英文学術論文を数多く掲載していることがわかった。“*Personality and Individual Differences*” 誌は、1980年に刊行され、現在、年間に2巻16号を発行しており、2008年は304篇の論文が掲載された。“*Personality and Individual Differences*” 誌では、主に質問紙法を用いた心理学に関する論文が掲載されている。“*Pain*” 誌は疼痛に関する専門誌であり、1975年に刊行された、2007年のインパクトファクターは5.249であり、一流の科学雑誌である。“*Anxiety, Stress and Coping*” 誌は、比較的最近刊行されたストレスに関する専門雑誌である。

次に、コーピング尺度別の使用頻度をカウントすると、COPE (Carver, 1997; Carver & Scheier, 1994; Carver, Scheier, & Weintraub, 1989) およびWCQ (Folkman & Lazarus, 1980, 1985, 1988; Folkman, Lazarus, Dunkel-Schetter, DeLongis, & Gruen, 1986; Vitaliano, Russo, Carr, Maiuro, & Becker, 1985) における使用頻度が極端に高かった。そこで、まず、コーピング尺度の文献リスト90-95 (加藤, 2006)、コーピング尺度の文献リスト96-99 (加藤, 2007b)、コーピング尺度の文献リスト00-02 (加藤, 2008b) に、本研究結果を加え、再分析し、WCQおよびCOPEを用いた論文数(篇)の頻度をカウントした。その結果をまとめたものがFigure 2である。

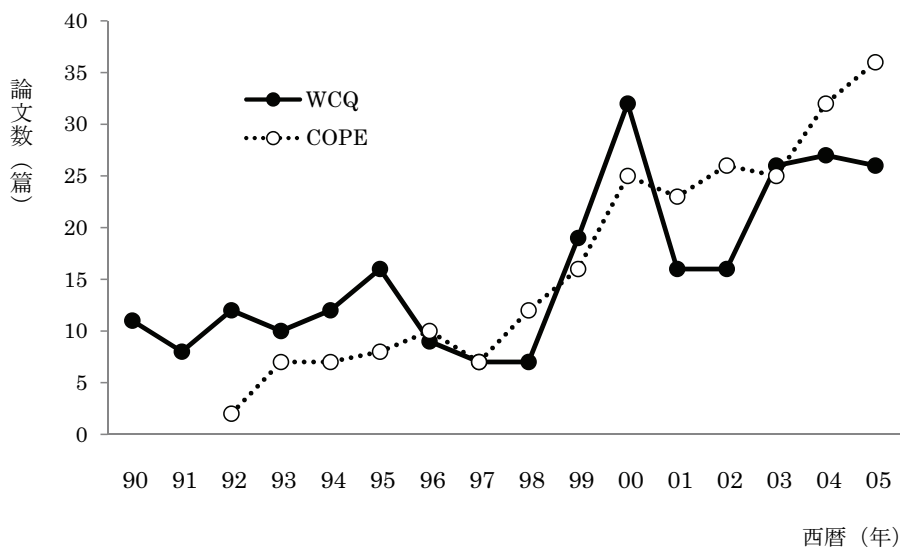


Figure 2 WCQおよびCOPEを用いた論文数 (篇) の推移

WCQおよびCOPEを用いた論文数 (篇) の頻度が増加している様子がよくわかる。特に、COPEを用いた論文数 (篇) の頻度が増加している。さらに、コーピング尺度を用いた論文に占めるWCQおよびCOPEを用いた論文数 (篇) の割合をFigure 3に示した。

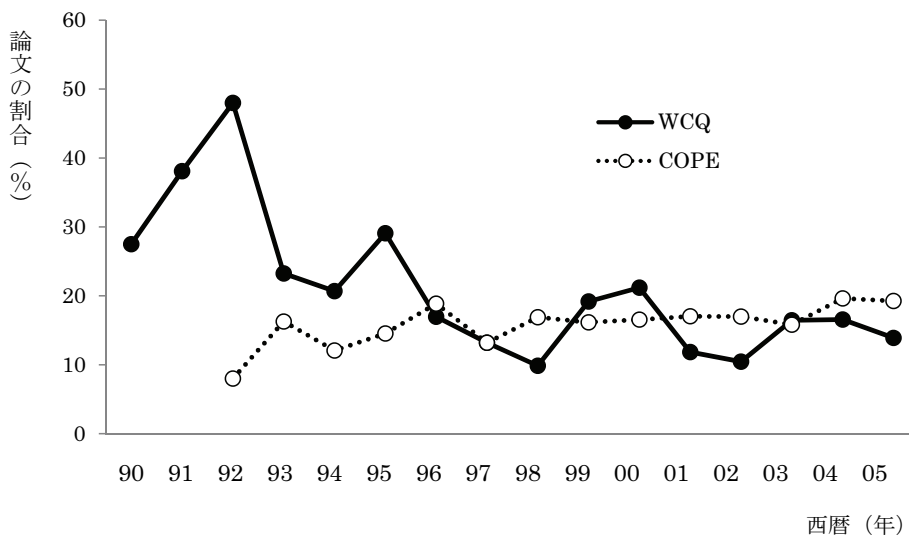


Figure 3 WCQおよびCOPEを用いた論文の割合 (%) の推移

WCQを用いた論文数 (篇) の割合は1990年代初頭にかけては高かった、その後10%から20%の間を推移していることがわかる。一方、COPEを用いた論文数 (篇) の割合はほぼ一定の割合 (15%



前後)を推移しており、わずかであるが増加している。序論で説明したように、一般的には、最も使用頻度の高いコーピング尺度は、WCQであると記載されているが、1990年代後半以降、最も使用頻度が高いコーピング尺度はCOPEであるといえる。また、COPEは、コーピング尺度の使用全体に占める割合がほぼ一定であり、安定して使用されているともいえる。これらのことから、最も代表的なコーピング尺度はCOPEと考えられる。これらの事実は、加藤による一連の研究(2006, 2007b, 2008b)により明らかになったことである。

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**[Abstract]**

## **A Review of Research Using Self-Reported Measurements of Coping Behavior from 2003 to 2005**

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Numerous self-reported measurements of coping behavior have been presented in literature. This article reviews 470 studies released from 2003 to 2005 that use self-reported coping measurements, and counts how frequently coping measurements are used in scientific articles. It suggests that Lazarus' proposal of "Ways of Coping Questionnaire," Carver's proposal of "COPE," and Moos' proposal of "Coping Response Inventory" are used very frequently. The implications of these findings are discussed.