A study by Troy, Shallcross, and Mauss (2013) conducted a study to test if cognitive reappraisal may be functional when stressors are uncontrollable but dysfunctional when stressors are manageable. The researchers tested their hypotheses by measuring cognitive-reappraisal ability, the acuteness of recent life stressors, stressors controllability, and level of depression in 170 participants. Results revealed that participants with uncontrollable stress who use higher amount of cognitive reappraisal, was found to having lower levels of depression and increased well-being. In contrary, participants with manageable stress who use higher amount of cognitive reappraisal were related to having decreased psychological health. Additionally, it was found that using cognitive reappraisal is adaptive but it still depends on the context—whether the stress is controllable or not.

Kinman, Wray, and Strange (2011) studied relationships between emotional labor, job satisfaction, and burnout among a sample of UK teachers. The researchers also assessed whether workplace social support lessened any relationships found between emotional labor and stress. It was discussed in this study that emotional demands of teaching might have a harmful effect on job performance. It was found that teachers who experience more emotional labor were not only more emotionally exhausted and less satisfied with their job, they were also most prone to depersonalizing their students. This study found significant effects of social support in workplace on burnout and job satisfaction. The study suggests that improving social support from different sources is helpful to the teachers in managing their emotional labor more effectively, protecting them from burnout, and producing job satisfaction.

Another study by Khawaja et al. (2008) was conducted to know the difficulties and coping styles of Sudanese refugees living in Australia. The results of this study revealed that mostly of their difficulties focused on resettlement issues. Nevertheless, the participants’ coping styles relied mainly upon using religious coping style, cognitive reappraisal, and social support. The participants stated that during their difficulties, they would pray for strength, and for the situation to improve. These participants believed that God was in control, and that by believing in Him would make their situation sooner or later improve. Additionally, the participants also used friends, family, and community as a source of social support. Results revealed that social support was an effective coping style for the participants. Lastly, the participants find it more helpful for them to use cognitive reappraisal by focusing on wishes they hold for the future.