

# AUTOMATIC NEGATIVE THOUGHTS IN RELATION TO COPING STRATEGIES: A RELATIONSHIP STUDY AMONG THE YOUNG ADULTS

Hello, I am Anagha K currently pursuing MSc APPLIED PSYCHOLOGY at Sree Saraswathi Thyagaraja College (Autonomous) Pollachi, Coimbatore.

As part of my project, I am conducting a study to explore the relationship between **automatic negative thoughts and coping strategies among young adults**. I kindly request you to take 5 - 10 minutes to complete this form. All the information provided will be used only for academic purposes and will remain completely confidential.

Your participation is valuable and will greatly contribute to my research.

If you have any doubts, please contact me at anaghak741@gmail.com.

Thank you for your time and support!

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\* Indicates required question

1. Email \*

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2. Email \*

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3. CONSENT FORM

\*

I have read the information above and agree to take part in the study. I understand that my participation is voluntary, my identity will remain private, and my answers will be kept confidential. I also understand that there is no risk in participating in this study.

*Check all that apply.*

☐ AGREE

4. NAME \*

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5. AGE \*

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6. GENDER \*

*Mark only one oval.*

☐ Male

☐ Female

☐ Other: 

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7. EDUCATION \*

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8. MARITAL STATUS \*

*Mark only one oval.*

☐ Married

☐ Unmarried

☐ Option 3

☐ Other: 

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9. RESIDENCE \*

*Mark only one oval.*

☐ Urban

☐ Rural

AUTOMATIC THOUGHTS QUESTIONNAIRE

Listed below are a variety of thoughts that pop into people's heads. Please read each thought and indicate how frequently, if at all, the thought occurred to you over the last week. Please read each item carefully and put mark against the column.

10. I feel like I'm up against the world \*

*Mark only one oval.*

☐ Not at all

☐ Sometimes

☐ Moderately often

☐ Often

☐ All the time

11. I'm no good \*

*Mark only one oval.*

☐ Not at all

☐ Sometimes

☐ Moderately often

☐ Often

☐ All the time

12. Why can't I ever succeed? \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

13. No one understands me \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

14. I have let people down \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

15. I don't think I can go on \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

16. I wish I were a better person \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

17. I'm so weak \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

18. My life's not going the way I want it to \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

19. I'm so disappointed in myself \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

20. Nothing feels good anymore \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

21. I can't stand this anymore \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

22. I can't get started \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

23. What's wrong with me? \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

24. I wish I were somewhere else \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

25. I can't get things together \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

26. I hate myself \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time



27. I'm worthless \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

28. I wish I could just disappear \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

29. What's the matter with me? \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

30. I'm a loser \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

31. My life is a mess \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

32. I'm a failure \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

33. I will never make it \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

34. I feel so helpless \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

35. Something has to change \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

36. There must be something wrong with me \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

37. My future is bleak \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

38. It's just not worth it \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

39. I can't finish anything \*

*Mark only one oval.*

- ☐ Not at all
- ☐ Sometimes
- ☐ Moderately often
- ☐ Often
- ☐ All the time

#### COPING SCALE

This coping questionnaire assesses cognitive, emotional and behavioral methods of dealing with problems.

40. When dealing with a problem, I spend time trying to understand what happened

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

41. When dealing with a problem, I try to see the positive side of the situation

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

42. When dealing with a problem, I try to step back from the problem and think about it from a different point of view

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

43. When dealing with a problem, I consider several alternatives for handling the problem

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

44. When dealing with a problem, I try to see the humor in it

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

45. When dealing with a problem, I think about what is might say about bigger lifestyle changes I need to make

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

46. When dealing with a problem, I often wait it out and see if it doesn't take care of itself

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

47. When dealing with a problem, I often try to remember that the problem is not as serious as it seems

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

48. When dealing with a problem, I often use exercise, hobbies or meditation to help me get through a tough time

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

49. When dealing with a problem, I make jokes about it or try to make light of it

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

50. When dealing with a problem, I make compromises

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me



51. When dealing with a problem, I take steps to take better care of myself and my family for the future

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

52. When dealing with a problem, I work on making things better for the future by changing my habits such as diet, exercise, budgeting or staying in closer touch with people I care about

*Mark only one oval.*

- ☐ Mostly true about me
- ☐ Somewhat true about me
- ☐ A little true about me
- ☐ Not true about me

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