Tomaka 1997

Participants completed measures of stress- and emotion-related cognitive appraisals. For stress-related appraisals, we assessed situational demand and coping ability, using items similar to those of Tomaka et al. (1993, 1997). Three questions assessed participants’ appraisals of situational demand (e.g. ‘‘How demanding do you expect the upcoming task to be?’’), and three questions assessed participants’ appraisals of coping ability (e.g. ‘‘How able are you to cope with this task?’’). We averaged the three demand and the three coping ability items into overall situational demand (a =0.83) and coping ability (a =0.93) appraisal scales, respectively. We also calculated the ratio of participants’ appraisals of situational demand to their appraisals of coping ability; Tomaka et al. (1997) have suggested that this ratio captures the interactive nature of threat and challenge appraisals, with higher ratios indicating threat appraisals and lower ratios indicating challenge appraisals.