Coping Resources Inventory (CRI)

by James Lani

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The Coping Resources Inventory (CRI) measures how people handle stress, conceived in five basic ways which correspond to the measure's scales. The five CRI scales are Cognitive (COG), Social (SOC), Emotional (EMO), Spiritual/Philosophical (S/P), and Physical (PHY).

From the CRI Manual:

One of the goals in developing the CRI was to provide a tool for identifying resources currently available to individuals for managing stress. Clinical theory and practice largely focus on what is wrong with people rather than on what is right with them. The CRI was constructed to facilitate an emphasis on resources rather than deficits.

The CRI has been administered to people ranging from fourteen to eighty-three years of age and found to be a valid coping measure. It can be administered to individuals or to groups and can normally be completed in about ten minutes.

For more information including a more detailed explanation of the scales and possible applications of the Coping Resources Inventory, see the instrument's page at Mindgarden (link below)

Authors

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Obtaining the CRI

You can learn more about the CRI and purchase at the website of our preferred partner: Mind Garden.

About Mind Garden

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**References**
