

Coping Strategies and Post-Traumatic Stress Symptoms in Post-Intensive Care Unit Family
Decision-Makers

Authors: Amy B. Petrinec PhD, RN; Polly M. Mazanec PhD, RN; Christopher J. Burant, PhD;
Alan Hoffer MD; Barbara J. Daly PhD, RN

Corresponding author: Amy Petrinec PhD, RN

2760 Hawkesbury Blvd.

Hudson, OH 44236

abp19@case.edu

SUPPLEMENTAL DIGITAL CONTENT

Supplemental Digital Content

Outline	Page
Table A1. Brief COPE Instrument	3-4
Table A2. Brief COPE Strategy and Sub-scale Reliability	5
Table A3. Comparison Between Study Sample and Attrition Group	6
Table A4. Correlations (Pearson's r) Between Coping Strategies and IES-R Score	7
Table A5. Predictors of Post-traumatic Stress Symptom Severity Using T1 Coping Strategy Scores	8
Table A6. Predictors of Post-traumatic Stress Symptom Severity Using T2 Coping Strategy Scores	9

Table A1.

Brief COPE Instrument

Brief COPE Instrument

Please place a check or "X" in the column of the answer that best applies to how you are feeling today.	I haven't been doing this at all	I've been doing this a little bit	I've been doing this a medium amount	I've been doing this a lot
1. I've been turning to work or other activities to take my mind off things. AVOID, SD				
2. I've been concentrating my efforts on doing something about the situation I'm in. PROB, AC				
3. I've been saying to myself "this isn't real". AVOID, D				
4. I've been using alcohol or other drugs to make myself feel better. AVOID, SU				
5. I've been getting emotional support from others. EMOT, ES				
6. I've been giving up trying to deal with it. AVOID, BD				
7. I've been taking action to try to make the situation better. PROB, AC				
8. I've been refusing to believe that it has happened. AVOID, D				
9. I've been saying things to let my unpleasant feelings escape. AVOID, V				
10. I've been getting help and advice from other people. PROB, IS				
11. I've been using alcohol or other drugs to help me get through it. AVOID, SU				
12. I've been trying to see it in a different light, to make it seem more positive. EMOT, PR				
13. I've been criticizing myself. AVOID, SB				
14. I've been trying to come up with a strategy about what to do. PROB, P				
15. I've been getting comfort and understanding from someone. EMOT, ES				
16. I've been giving up the attempt to cope. AVOID, BD				
17. I've been looking for something good in what is happening. EMOT, PR				
18. I've been making jokes about it. EMOT, H				

19. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping. AVOID, SD				
20. I've been accepting the reality of the fact that it has happened. EMOT, Acc				
21. I've been expressing my negative feelings. AVOID, V				
22. I've been trying to find comfort in my religion or spiritual beliefs. EMOT, R				
23. I've been trying to get advice or help from other people about what to do. PROB, IS				
24. I've been learning to live with it. EMOT, Acc				
25. I've been thinking hard about what steps to take. PROB, P				
26. I've been blaming myself for things that happened. AVOID, S				
27. I've been praying or meditating. EMOT, R				
28. I've been making fun of the situation. EMOT, H				

Note:

PROB = Problem-focused Coping: AC = Active Coping, P = Planning, IS = Instrumental Support

EMOT = Emotion-focused Coping: Acc = Acceptance, ES = Emotional Support, H = Humor, PR = Positive Reframing, R = Religion

AVOID = Avoidant Coping: BD = Behavioral Disengagement, D = Denial, SB = Self-Blame, SD = Self-Distraction, SU = Substance Use, V = Venting

Table A2.

Brief Cope Strategy and Subscale Reliability

Brief Cope Strategies	Cronbach's α_a	Subscale	Cronbach's α_b
Problem-focused coping	.84	Active coping	.68
		Planning	.73
		Instrumental support	.64
Active emotion-focused coping	.72	Positive reframing	.64
		Humor	.73
		Religion	.82
		Acceptance,	.57
		Emotional support	.71
Avoidant coping	.75	Self-blame	.69
		Behavioral disengagement	.65
		Substance use	.90
		Self-distraction	.71
		Denial	.54
		Venting	.50

Note: a = Cooper et al. (2008); b = Carver (1997).

Table A3.

Comparison Between Study Sample and Attrition Group

	Study sample N = 77	Attrition group N = 30
Patient characteristics		
Age, years mean (SD)	61.7 (15.17)	59.7 (14.08)
Gender, N (%)		
Female	37 (48.1%)	19 (63.3%)
Male	40 (51.9%)	11 (36.7%)
Ethnicity, N (%)		
African-American	20 (26%)	12 (40%)
White	57 (74%)	18 (60%)
Length of ICU stay, days mean (SD)	13.4 (9.47)	13.5 (6.97)
Length of hospital stay, days mean (SD)	19.4 (11.88)	19.7 (12.31)
Disposition at 30 days post-hospital discharge, N (%)		
Deceased	33 (43.9%)	8 (26.7%)
Alive	44 (56.1%)	22 (73.3%)
Chronically Critically Ill, N (%)	8 (10.4%)	3 (10.0%)
FDM characteristics		
Age, years mean (SD)^a	57.0 (13.82)	49.5 (13.15)
Gender, N (%)		
Female	61 (79.2%)	22 (73.3%)
Male	16 (20.8%)	8 (26.7%)
Ethnicity, N (%)		
African-American	21 (27.4%)	13 (43.3%)
Latino	1 (1.3%)	
White	55 (71.4%)	17 (56.7%)
Relationship to patient, N (%)		
Spouse	36 (46.8%)	10 (33.3%)
Child	22 (28.6%)	13 (43.3%)
Parent	9 (11.7%)	2 (6.7%)
Other	10 (13%)	5 (16.7%)
Previous decision-making experience, yes, N (%)	49 (63.6%)	21 (70.0%)
Living Will, yes, N (%)^b	27 (35.1%)	5 (16.7%)
Durable power of attorney, yes, N (%)^c	28 (36.4%)	5 (16.7%)
T1 Coping Strategy, mean, (SD)		
Avoidant	1.55 (.34)	1.51 (.37)
Emotion-focused	2.82 (.45)	2.82 (.43)
Problem-focused	3.10 (.74)	3.02 (.72)

Note: Chronically Critically Ill = 21 or more days on the ventilator; SD = standard deviation; T1 = Time 1

a = [$t(105) = -2.55, p = .01$]; b = [$X^2(1) = 4.08, p = .04$]; c = [$X^2(1) = 4.08, p = .04$]

Table A4.

Correlations (Pearson's r) Between Coping Strategies and IES-R Score

	Time 1 Avoidant	Time 1 Emotion- focused	Time 1 Problem- focused	Time 2 Avoidant	Time 2 Emotion- focused	Time 2 Problem- focused
Time 1 Avoidant	1	-	-	-	-	-
Time 1 Emotion- focused	.30 _b	1	-	-	-	-
Time 1 Problem- focused	.37 _b	.42 _a	1	-	-	-
Time 2 Avoidant	.44 _a	.25 _c	.08	1	-	-
Time 2 Emotion- focused	.26 _c	.55 _a	.25 _c	.32 _b	1	-
Time 2 Problem- focused	.32 _b	.38 _b	.46 _a	.19	.48 _a	1
IES-R Score	.27 _b	.12	.01	.60 _a	.23 _c	.38 _a

Note: a = ($p < .001$); b = ($p < .01$); c = ($p < .05$)

IES-R = Impact of Event Scale-Revised

Table A5.

Predictors of Post-traumatic Stress Symptom Severity Using T1 Coping Strategy Scores

Model	B	S.E.	β	<i>t</i>	<i>p</i>
Constant	2.58	11.61	-	.22	.83
Avoidant coping T1	9.78	5.26	.21	1.86	.07
Emotion-focused coping T1	3.62	4.07	.10	.90	.37
Problem-focused coping T1	-4.00	2.60	-.19	-1.54	.13
Relationship child vs spouse	7.15	4.01	.20	1.78	.08
Relationship parent vs spouse	-6.28	5.38	-.13	-1.17	.25
Relationship other vs spouse	7.32	5.23	.16	1.40	.17
Patient death at 30 days*	12.47	3.40	.39	3.66	.00

Note: Dependent variable = IES-R score; Model summary: $R^2 = .30$; $F(7,69) = 4.14$, $p = .001$

IES-R = Impact of Event Scale – Revised; FDM = Family Decision Maker; S.E. = Standard Error; T1 = Time 1

* $p < .05$

Table A6.

Predictors of Post-traumatic Stress Symptom Severity Using T2 Coping Strategy Scores

Model	B	S.E.	β	<i>t</i>	<i>p</i>
Constant	-20.83	8.18	-	-2.55	.01
Avoidant coping T2*	16.98	3.61	.49	4.70	.00
Emotion-focused coping T2	-2.25	3.05	-.08	-.74	.46
Problem-focused coping T2*	6.26	2.21	.28	2.84	.01
Relationship child vs spouse	5.03	3.25	.14	1.55	.13
Relationship parent vs spouse	-2.74	4.57	-.06	-.60	.55
Relationship other vs spouse	8.07	4.40	.17	1.83	.07
Patient death at 30 days	5.55	3.13	.17	1.77	.08

Note: Dependent variable = IES-R score; Model summary: $R^2 = .50$; $F(7,69) = 9.90$, $p < .001$

IES-R = Impact of Event Scale – Revised; FDM = Family Decision Maker; S.E. = Standard Error; T2 = Time 2

* $p < .05$