

Abstract

Research has shown that differences can be seen between coping strategies utilized by members of groups showing depressive symptoms or the absence thereof (e.g., Shah, Gupchup, Borrego, Raisch, & Knapp, 2012) and locus of control type (e.g., Gianakos, 2002). Situations have been another interest in research, and findings have shown that individuals have reported they would employ different coping strategies across situations (e.g., Bjorck & Klewicki, 1997). Similar to Fresco, Williams, and Nugent (2006), the present study examined relationships between coping strategies, depression symptoms, locus of control, and major situations. It was hypothesized that participants who scored low or moderate in depression symptoms would have more variability in the type of coping strategies they would use across major situations than those who scored high in depression symptoms. It was also hypothesized that participants with internal locus of control would have more variability in the type of coping strategies they would use across major situations than those with external locus of control. To test these hypotheses, participants completed Beck's Depression Inventory (Beck, Ward, Mendelson, Mock, & Erbaugh, 1961), Rotter's Locus of Control Scale (Rotter, 1966), and the Situations and Behaviors Survey (CSI; Amirkhan, 1990). Results showed that there was no significant association between depression level and variability in coping strategies, $\chi^2(4) = 3.54, p = .472$. Results also showed that there was no significant association between locus of control and variability in copying strategies, $\chi^2(2) = 2.41, p = .299$. Due to the small number of participants in the high depression category, it is possible that this contributed to the inability to find statistical significance if an effect existed. The findings from this study could contribute to the knowledge base of professionals in the fields of clinical and counseling psychology.