

Coping Strategies of Psychiatric Patients: A Comparative Study

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This research attempts to find out difference in use of problem and emotion coping strategies of patients with depressive, anxiety, schizophrenia and substance-related disorders. Through purposive sampling 120 diagnosed psychiatric patients, 30 each in diagnostic category were selected from different psychiatric units of various hospitals and drug treatment centers of city of Karachi, Pakistan. Their mean age was 30.32 ($SD = 7.15$) years. Urdu version of The Coping Response Inventory-Adult Form (CRI-Adult) was administered to the participants. It was found that patients with anxiety adopted more problem as well as emotional focused coping strategies as compared to those with schizophrenia, whereas patients with depression adopted emotional focused coping more than those with schizophrenia. Non significant differences were found between patients of substance related disorders and patients of other three diagnostic categories in use of both types of coping strategies.

Keywords: Problem focused coping, emotion focused coping, coping strategies, psychiatric patients