



Managing and Coping with Stress

Investigating Scientific Research

Choose one of the following coping strategies and find a piece of scientific research that investigated the effectiveness of the strategy. Use [Google Scholar](#) and read through a relevant abstract or full journal article to help you complete your analysis.

Coping strategies	<ul style="list-style-type: none">• Avoidance strategies and Approach strategies• Social support - Instrumental support and Emotional support• Exercise• Drug therapies such as benzodiazepines• Biofeedback
Analysis prompts	<ol style="list-style-type: none">1. Title of the journal article2. Researchers' names3. Year published4. Publisher (the name of the journal)5. Participants (the sample size, where the sample was drawn from, etc.)6. How the independent variable was manipulated in the different groups7. How the dependent variable (stress) was measured8. Key findings (i.e. did the research find that the coping strategy was effective compared to a control group? Refer to quantitative data if provided by the study.)

Once done, share your answers with two other people in your class who have researched two different coping strategies, discuss and take down notes.

