MODELS OF THE STRESS & COPING PROCESS

Selye’s Model
- Selye's model is called the General Adaptation Syndrome or GAS.
- It is split into three stages. The first stage is the alarm stage, where a stressor sets off the body prepares for action.
- The second stage is the resistance stage where the body focuses its resources to battle the stressor.
- During this stage the body gets weakened as it loses its resources.
- The final stage is the exhaustion stage, where the body can no longer resist the stressor.

LAZARUS’S MODEL
- Lazarus’s Model differed slightly from Selye’s By working more with humans he came to the conclusion that the stressor, not the response could define stress, rather it was the individual’s perception and appraisal of the stressor that would create stress.
- He realized that different individuals would look at an event differently and have different kinds of stress, positive or negative.

Transaction Theory of stress
- Cognitive appraisal of stress is a two-part process which involves a primary appraisal and a secondary appraisal.
- Primary appraisal involves the determination of an event as stressful. During primary appraisal, the event or situation can be categorized as irrelevant, beneficial, or stressful. If the event is appraised as stressful, the event is then evaluated as either a harm/loss, a threat, or a challenge.

- Secondary appraisal occurs after assessment of the event as a threat or a challenge. During secondary appraisal the individual now evaluates his or her coping resources and options.
- According to the theory of transactions, stress arises only when a particular transaction is appraised by the person as relevant to his or her well-being. In order for an event to be appraised as a stressor, it must be personally relevant and there must be a perceived mismatch between a situation's demands and one's resources to cope with it.
Stressor: Is this event beneficial, harmful, threatening, or challenging?

Emotions are generated by the appraisal.

Primary Appraisal:
- Can I cope with the stress?
- What are the alternatives?

Secondary Appraisal:
- Yes, I can cope with the stress.
- Minimum stress.
- Sorry, I can't cope with the stress. I experience a lot of stress.

General Stress Model:
- Stressor
- Various stress levels
- Coping strategies
- Effect (+/-)

Subjektief-Cognitive Appraisal Model:
- Subjective-Cognitive Appraisal
- Emotional Response
- Physiological Response
- Behavioral Response

Model Penilaian Subjektif-Kognitif:
- Potentially stressful objective event
- Personalized perception of stress, which is influenced by familiarity with the event, its controllability, predictability, and so on.
- Emotional Response: Annoyance, anger, anxiety, fear
- Physiological Response: Autonomic arousal, hormonal fluctuations
- Behavioral Response: Coping strategies, such as blaming oneself, seeking help, solving problems

- Stressor
- Subjective Cognitive appraisal
- Intensity of reaction
- Positive adjustment
- Negative adjustment
- Resources (individual, family, community)

Model Matheny, (1986):
- Individual Appraisal
- Stressor
- Stress level
- Coping strategy
- Coping resources

Moos & Swindle (1990)

- Model of stress and coping: looking as stressor
  - Environment: Ongoing life stressors and social resources
  - Individual: Sociodemographic characteristics, personal resources (e.g., self-esteem, intellect, coping skills, personal goals)
  - Life events: Such as getting married or moving house

Family stress

- Hill's (1949) ABC-X model of family stress and coping
- Double ABC, T-Double ABCX, and Resiliency Model of Family Stress, Adjustment, and Adaptation (McCubbin & McCubbin, 1989, 1993; McCubbin & Patterson, 1983)
- Family Adjustment and Adaptation Response (FAAR) model (Patterson, 1988, 1989).

Model ABC-X (Reuben Hill, 1949)

A → B → C → X

Factor X (crisis/extreme stress) is the result of the interaction between factors A, B, & C

ABC-X Model

- Based on Reuben Hill's ABC-X Model (1949) which focuses on family responses to crisis
  - Initial focus was WWII families
  - A = The event
  - B = The family's resources to handle the event
  - C = The definition which the family gives to the event
  - X = The resulting crisis

Result of Crisis

- Adaptation
- Bonadaptation
  - “Good,” positive adaptation
  - Positive result to the crisis
- Maladaptation
  - “Bad,” negative adaptation
  - Unhealthy or dysfunctional resolution of the crisis
The Double ABCX Model (McCubbin, 1983, 1989) connotes:

- Additional stressors (A)
- Additional resources (B)
- Reinterpretations (C)

Coping strategies can be determined after phase 1. Adjustments may be positive or negative.

Roller-Coaster Profile of Adjustment - 4 Stage Model

- Models of Stress
- Families go through four (4) stages when faced with a crisis:
  - Crisis
  - Disorganization
  - Recovery
  - Reorganization

After a crisis, families have to cope with the situation, before they enter into the recovery phase which can be short or long. Communication skills may improve as families try to solve problems (i.e., birth of a newborn) or may break down further (i.e., divorce).


Pre-crisis \[\rightarrow\] \textit{Reorganization} \[\rightarrow\] Post-crisis

Pre-crisis \[\rightarrow\] Post-crisis

Biopsychosocial Model of Stress (Bernard & Krupat, 1994).

Stress involves three components:
- an external component
- an internal component
- and the interaction between the external and internal components
Multisystem Assessment of Stress and Health (MASH) Model

- The MASH Model builds upon previous stress research to form a comprehensive biopsychosocial model of stress and health (Aldwin, 1994; Boss, 1989; Doherty & Campbell, 1988).
- Earlier work in the field of stress concentrated on stress and coping at only one conceptual level, most often at the personal level or in a work setting (Aldwin, 1994).

The Four Key Coping Resources (MASH)

- (1) Problem Solving -- the ability to deal directly with, not avoid, the problems you face and make positive changes to resolve them.
- (2) Communication -- the ability to honestly share thoughts and feelings with others to promote mutual understanding.
- (3) Closeness -- a comfort level with others and the ability to connect with people in your environment.
- (4) Flexibility -- an openness and ability to respond to change.

Diathesis-stress model

- According to this model a mental disorder (illnesses or diseases that have prominent emotional, behavioral, and psychological symptoms) or other psychopathology (the specific manifestations, morbid or sick behaviors, thoughts, emotions) occurs when an individual with a diathesis (a tendency, vulnerability, or predisposition) is exposed to a stress.

The Diathesis-stress model is a psychological theory that explains behavior as both a result of biological and genetic factors ("nature"), and life experiences ("nurture"). This theory is often used to describe the pronunciation of mental disorders, like schizophrenia, that are produced by the interaction of a vulnerable hereditary predisposition, with precipitating events in the environment.

Genetic vs. Environment

- Some mental illnesses are caused mostly by genetic (predisposed) factors while others are primarily learned (environmental).
- Most mental illnesses, however, are a result of the combination of genetics and learning. Whether an individual gets a mental illness or not depends on which factors affect them most.
- Most likely to get mental illnesses:
  - HIGH genetic predisposition
  - HIGH amount of stress
- Least likely to get mental illnesses:
  - LOW genetic predisposition
  - LOW amount of stress

Conclusion

- Stress (and coping model) can be categorized into 3 broad approach:
  1. Live events model (objective)
  2. Cognitive model (subjective)
  3. Stimulus model (interactional)
  4. Phases
  5. Combination of model