

## Coping With Multiple Sclerosis Scale (CMSS)

**A specialized assessment tool developed to measure coping with MS-related problems, which offers a more specific and accurate evaluation compared to generic coping scales**



Most people with Multiple Sclerosis (MS) say that MS affects many areas of their lives and produces a variety of problems. For example, MS may cause financial problems, strain relationships, create emotional distress such as depression and, of course, physical problems such as limited mobility and the loss of control of some body functions.

Two frequently reported areas of emotional distress are depression and anxiety. Although research shows that coping regulates distress in MS, researchers have given little attention to how coping promotes psychological wellbeing.

It is quick and easy to use. The CMSS is a simple scale for examining relations between coping and the positive outcomes of life satisfaction, benefit finding and positive affect, as well as distress (anxiety and depression).

Individuals with MS complete the three sections of the "Coping with MS Scale": (1) describe their MS-related problem, (2) rate how stressful it has been over the last month, and (3) rate 36 coping strategies.

Responses are easily transcribed and organised thematically into categories and coded using the "Scoring Guidelines".

The CMSS is available now for purchase as a licensed downloadable file. To purchase, choose the category of intended use (General Use or Research & Teaching Only) from the menu on the right of this page. License terms and conditions do apply, so please read these carefully on the product page. Payment is via credit card only.

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- The Coping with MS scale (CMSS)
- The CMSS Scoring Guidelines
- Pakenham, K. (2001). Coping with Multiple Sclerosis: Development of a Measure. *Psychology, Health & Medicine* , 6 (4), 411-428.
- Pakenham, K. (2006). Investigation of the coping antecedents to positive outcomes and distress in multiple sclerosis (MS). *Psychology and Health* , 21 (5), 633-649.

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## References

1. Pakenham, K(2006) , Investigation of the coping antecedents to positive outcomes and distress in multiple sclerosis (MS), *Psychology and Health*, 21 (5), 633-649
2. Pakenham, K(2001) , Coping with Multiple Sclerosis: Development of a Measure, *Psychology, Health & Medicine*, 6 (4), 411-428