

Supplementary online material

Core constructs of Folkman and Greer's theoretical model

| Construct | Summary of Folkman and Greer's descriptors |
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| Event | An event in the context of psychological coping refers to an identifiable and possibly traumatic experience e.g. diagnosis. |
| Person Characteristics | 'Person characteristics' are a contributory element and assumed to vary between individuals but may include inherent psychological traits; the mediating influences of context or environment; and psychological constructs created to frame experience. |
| Appraisal | Individuals assess the event within their particular frame of reference from 'personal characteristics'. a) Individuals may consider events to be clearly negative because they are harmful or threatening. b) Events can be challenging in ways that are not intrinsically negative but still require coping responses. |
| Coping | The model differentiates between ways in which individuals may cope with appraisal outcome. For harms, threats and challenges people will adopt either a problem-focused approach or emotion-focused approach. Despite individual personality differences a clear dichotomy will result between events perceived as either a (physical, tangible) problem or the basis of an emotion-based response. |
| Event outcome | The individual's response to the event results in an outcome defined as 'favourable', 'unfavourable' or 'no resolution'. Two outcomes are negative (unfavourable and no resolution) leading to distress and the need to seek an alternative focus; meaning-based coping. The third outcome ('favourable') is positive and a basis for positive emotion which is the outcome for successful coping. |
| Emotion outcome | At the emotion outcome stage of the model, there is differentiation between positive and negative results of coping development. For events and appraisal which result in favourable event outcomes this is linked to positive emotion which is the basis on which sustained coping is developed. Where there is distress there are additional stages in order to develop positive emotion. |
| Meaning based coping | Where problem- and emotion-focused coping has not resulted directly in positive emotion then the individual is assumed to need a mechanism to make sense of the event to develop positive emotion on which to cope and to maintain the ability to cope. Meaning-based coping enables the individual to reframe the event or their perception of the event outcome. |