

Contents

Contributors xv

Preface xix

Part I The Impact of Specific Life Crises and Loss Experiences

1. BEREAVEMENT AND HEALTH: PROCESSES OF ADJUSTING TO THE LOSS OF A PARTNER 3

Wolfgang Stroebe and Margaret S. Stroebe

The Health Consequences of Bereavement 3

Theories of Grief 6

The Tübingen Longitudinal Study of Bereavement 9

Conclusion 19

References 20

2. COULD IT BE WORSE? THE DIAGNOSIS OF CANCER AS A PROTOTYPE OF TRAUMATIC LIFE EVENTS 23

Sigrun-Heide Filipp

Loss and Crisis: The Special Case of Life-Threatening Disease 24

The Trier Longitudinal Study on Coping With Chronic Disease 25

The Role of Time as a Factor in Coping With Cancer 32

Concluding Remarks 51

References 52

**3. PSYCHOLOGICAL FACTORS RELATED TO THE
RECUPERATION PROCESS OF ACCIDENT PATIENTS 57**

Dieter Frey

Relevant Psychological Factors 57

Method 58

Results 59

Discussion 61

References 62

**4. ABORTION: A CASE OF CRISIS AND LOSS?
AN EXAMINATION OF EMPIRICAL EVIDENCE 65**

Nancy E. Adler

Psychological Responses Following Abortion 65

A Review of the Literature 67

Abortion as a Model of Crisis and Loss 75

Conclusions 77

References 78

**5. A PLEA FOR REALISTIC PESSIMISM: ON OBJECTIVE
REALITY, COPING WITH STRESS, AND PSYCHOLOGICAL
DYSFUNCTION 81**

Michael Frese

The Argument of Positive Illusions 82

Study 1: Hope and Unemployment 83

Study 2: Self-Deception About the Objective Situation of Control at Work:
Does it Help? 84

Study 3: Keeping Stressful Reality Out of Your Mind: Blunting Versus
Monitoring 86

Studies 4 and 5: Coping in General 88

General Discussion 92

References 93

6. STRESS AND COPING IN THE CONTEXT OF CARING 95*David A. Chiriboga, Barbara W. K. Yee, and Philip G. Weiler*

Stress as a Multifaceted Condition 95

Caregiver Stress: An Empirical Study 98

Some Final Comments 113

References 116

Part II The Impact of Views About Responsibilities and Avoidability**7. ANTECEDENTS AND CONSEQUENCES OF CAUSAL
ATTRIBUTIONS FOR CRITICAL LIFE EVENTS 121***Friedrich Försterling*

Basic Attribution Research 121

Critical Life Events From an Attributional Viewpoint 122

References 131

**8. ATTRIBUTION OF RESPONSIBILITY FOR LOSSES AND
PERCEIVED INJUSTICE 133***Leo Montada*

Issue of Injustice in Critical Life Events 133

The Perspective of the Victim 135

The Observer Perspective 149

Conclusions 156

References 159

**9. BLAME AVOIDANCE: TOWARD AN ATTRIBUTIONAL
INTERVENTION PROGRAM 163***Kelly G. Shaver*

Cognitive Influences on the Stress Response 163

Cognitive Factors in Coping 164

Elements of Causality, Responsibility, and Blameworthiness 167

Blame Inoculation 169

References 177

10. THE COUNTERFACTUAL FALLACY: CONFUSING WHAT MIGHT HAVE BEEN WITH WHAT OUGHT TO HAVE BEEN 179

Dale T. Miller and William Turnbull

- Actions That Need not Have Been 180
- Taken-for-Granted Versus Mutable Misfortunes 183
- Blame and Mutability 186
- Mutable Versus Unexpected Outcomes 188
- Summary 191
- References 192

Part III Ways of Dealing with Crisis and Losses

11. THE ROLE OF SIMILARITY IN COPING THROUGH DOWNWARD COMPARISON 196

Thomas A. Wills

- Theory of Social Comparison 196
- Support for Downward Comparison 198
- Similarity and Downward Comparison 202
- Locus of Problem 207
- General Discussion 208
- Conclusion 209
- References 210

12. SOCIAL COMPARISON AND AFFILIATION UNDER THREAT 213

Shelley E. Taylor, Bram P. Buunk, Rebecca L. Collins, and Geoffrey M. Reed

- Classic Contributions 214
- Downward Comparison Theory 215
- The Divergence of Comparative and Affiliative Activity Under Threat 216
- Affiliation Under Threat 218
- Divergence of Evaluative and Affiliative Activities 219
- Effects of Comparisons and Affiliation Under Threat 221
- Social Comparison Processes Under Stress: Discussion and Conclusions 224
- References 226

13. EMPLOYEES' REACTIONS TO AN ANTICIPATED PLANT CLOSURE: THE INFLUENCE OF POSITIVE ILLUSIONS 229

Melvin J. Lerner and Darryl G. Somers

Assessing the Functional Consequences of Positive Illusions 231

An Exploratory Path Model of Coping with Job Loss 239

General Discussion and Summary 248

References 252

14. MONITORING AND BLUNTING IN THE FACE OF THREAT: IMPLICATIONS FOR ADAPTATION AND HEALTH 255

Suzanne M. Miller

Implications of Monitoring and Blunting for Adjustment to Health Threats 256

Implications of Monitoring and Blunting for Anxiety Disorders 262

Implications of Monitoring and Blunting for Self-Protective Behaviors 268

Conclusions 269

References 270

15. REALITY NEGOTIATION AND VALENCE/LINKAGE SELF-THEORIES: PSYCHIC SHOWDOWN AT THE "I'M OK" CORRAL AND BEYOND 275

Charles R. Snyder, Lori M. Irving, Sandra T. Sigmon, and Sharon Holleran

Positive Valence/Linkage Self-Theories: The "I'm OK" Corral 276

Reality Negotiation and the Positive Valence/Linkage Rotation Self-Theory 281

Negative Valence/Linkage Self-Theories: The "I'm not OK" Corral 287

Reality Negotiation and the Negative Valence/Linkage Rotation Self-Theory 289

Caveats, Corrals, and Reality Negotiations 293

References 294

Part IV Developmental Perspectives on Coping with Loss

16. COPING WITH DISCREPANCIES BETWEEN ASPIRATIONS AND ACHIEVEMENTS IN ADULT DEVELOPMENT: A DUAL-PROCESS MODEL 301

Jochen Brandtstädter and Gerolf Renner

Assimilative and Accommodative Processes in the Context of Development-Related Control Activities 303

Related Theoretical Notions 309

Implications for a Theory of Depression 311

Age-Related Changes in Preferred Coping Styles 312

Summary 315

References 316

17. IS IT COPING OR IS IT GROWTH? A COGNITIVE-AFFECTIVE MODEL OF CONTENTMENT IN THE ELDERLY 321

Melvin J. Lerner and Monique A. M. Gignac

Pain, Suffering, and Evaluating Perspectives 323

Cognitive Bases of Emotional Reactions: From Preoperational to Social Role Taking 324

Social Role Taking 326

Self-Role Taking and the Growth Process. Appreciating the Influence of Perspectives on One's Emotional Reactions 330

Summary 333

References 335

Part V Searching for Protective Factors

18. RECONSIDERING ASSUMPTIONS ABOUT COPING WITH LOSS: AN OVERVIEW OF CURRENT RESEARCH 341

Camille B. Wortman and Roxane Cohen Silver

Development of our Theoretical Perspective 342

Initial Empirical Work 350

Ongoing Theoretical and Empirical Work 358

Conclusions 361

References 363

19. MUTUAL IMPACTS OF TOUGHENING ON CRISES AND LOSSES 367

Richard A. Dienstbier

- The Toughness Pattern and How One Achieves It 368
- Implications of Toughness for Personality and Performance 371
- How Toughness Related to Energy, Performance, and Personality 372
- Implications for Coping with Life Crises and Losses 373
- How Toughness Relates to Health 376
- Research on Life Events From the Perspective of Toughness 378
- What Experiences Lead to Toughening? 380
- References 381

20. CONSTRUCTIVE THINKING AND MENTAL AND PHYSICAL WELL-BEING 385

Seymour Epstein

- Constructive Thinking and Emotional and Physical Well-Being as Determined by Retrospective Recall 387
- Constructive Thinking, Hardiness, Stress, Productive Load, and Mental and Physical Well-Being as Determined by Retrospective Recall 390
- The Relation of Constructive Thinking to Daily Records of Symptoms 397
- Constructive Thinking and Cognitive, Affective, and Physiological Responses to Stress in the Laboratory 402
- Summary and Conclusions 407
- References 408

21. TRUST AND TRUSTWORTHINESS 411

Hans Werner Bierhoff

- Major Themes of Trust Research 412
- Trust as a Social Psychological Variable 421
- Consequences of Trust 426
- Summary 430
- References 431

22. SOCIAL SUPPORT AND MENTAL HEALTH: A CONCEPTUAL AND EMPIRICAL OVERVIEW 435

Ralf Schwarzer and Anja Leppin

A Taxonomy of Social Relationships 436
Social Support, Personality, Stress, and Coping 441
Discussion 453
References 455

Part VI Understanding Social Responses to Victims

23. THE COST OF SOCIAL SUPPORT FOLLOWING NEGATIVE LIFE EVENTS: CAN ADVERSITY INCREASE COMMITMENT TO CARING IN CLOSE RELATIONSHIPS? 461

John E. Lydon and Mark P. Zanna

Commitment in the Face of Adversity 462
Commitment to Personal Projects 463
A Longitudinal Study of Commitment 465
Commitment to Caregiving 468
Lack of Commitment 471
Healthy Commitments: Beyond Control 472
Conclusion 473
References 473

24. COPING WITH RAPE: A SOCIAL PSYCHOLOGICAL PERSPECTIVE 477

Barbara Krahé

Social Stereotypes and Responsibility Attributions to Victims of Rape 479
Police Officers' Definitions of Rape 486
Conclusion 493
References 494

**25. NEGATIVE SOCIAL REACTIONS TO VICTIMS: AN OVERVIEW
OF RESPONSES AND THEIR DETERMINANTS 497**

Tracy Bennett Herbert and Christine Dunkel-Schetter

A Typology of Social Reactions to Victims 498

Determinants of Negative Social Reactions to Victims 504

Summary and Conclusions 512

References 515

Methodological Comment

**26. QUANDARY: CORRELATION COEFFICIENTS AND
CONTEXTS 521**

Robyn M. Dawes

Author Index 529

Subject Index 545