Avoidant Coping Mediates the Relationship between Socioeconomic Status and Stress

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Avoidant Coping Mediates the Relationship Between Socioeconomic Status and Stress

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**Background**
- Those in lower socioeconomic status tend to be more stressed.
- Coping style and levels of social support affect stress levels.
- Coping style and levels of social support differ based on individual’s socioeconomic status level.

**Methods**
- Data was collected from Amazon Mechanical Turk Workers.
- Participants completed 4 measures: Perceived Support Index (PS), Brief Cope (BC) including subscales for socially-supported coping, self-sufficient coping, and avoidant coping, Stress, and Proactive Coping Inventory (PCI) and answered questions about their socioeconomic status.
- Multilevel Structural Equation Modeling was conducted using M-plus

**Correlations**

<table>
<thead>
<tr>
<th></th>
<th>Perceived Support</th>
<th>Socially Supported Coping</th>
<th>Self-Sufficient Coping</th>
<th>Avoidant Coping</th>
<th>Proactive Coping</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>SES</td>
<td>.070</td>
<td>-.061</td>
<td>-.074</td>
<td>-.139*</td>
<td>.055</td>
<td>-.289*</td>
</tr>
</tbody>
</table>

*p<.05

**Discussion**
- There was a direct effect between SES and stress.
- Avoidant coping partially mediates the relationship between SES and stress.
- Lower SES does not always mean more likely to choose money as stressor.