

Avoidant Coping Mediates the Relationship between Socioeconomic Status and Stress

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Avoidant Coping Mediates the Relationship Between Socioeconomic Status and Stress

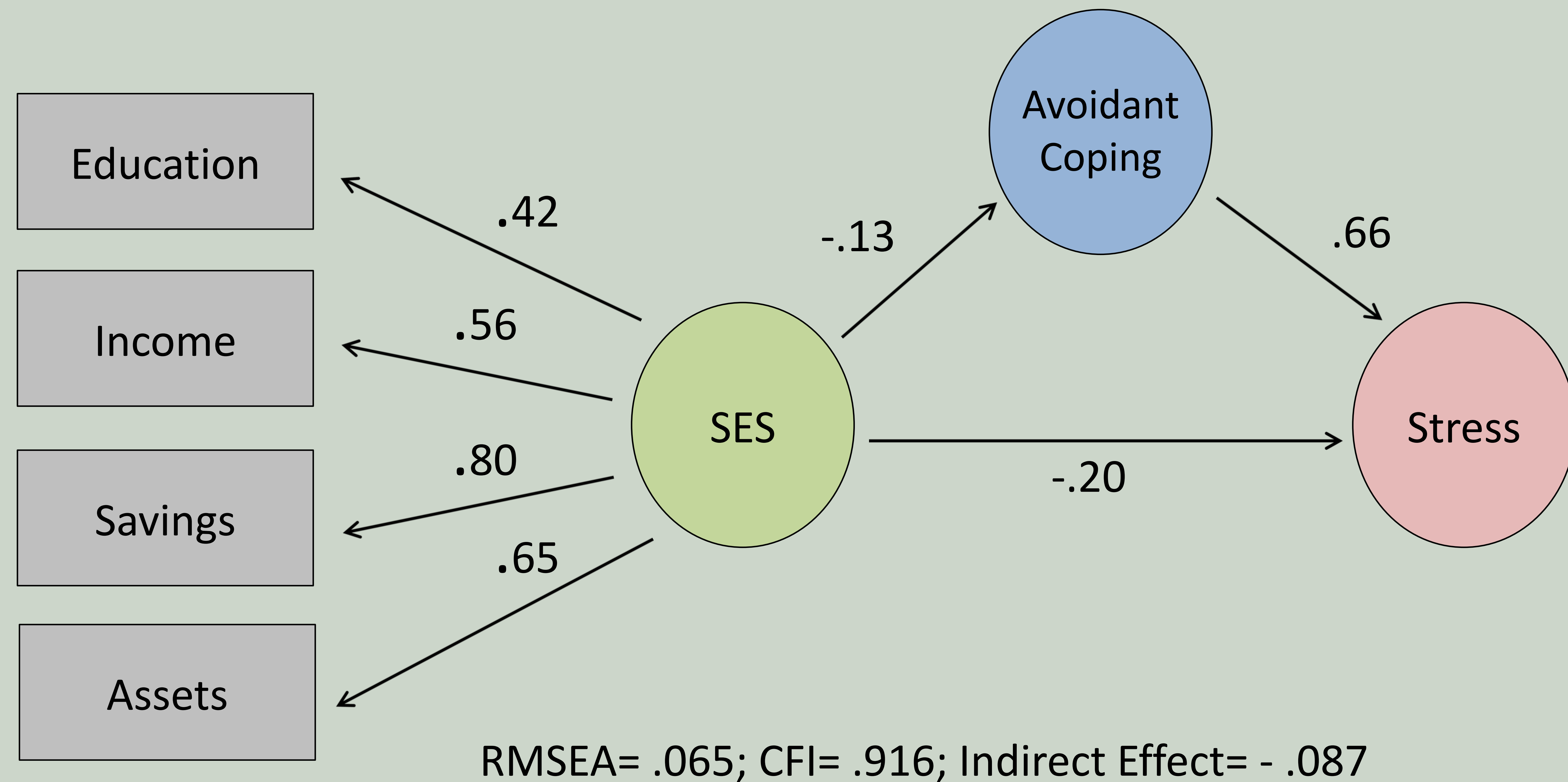
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Background

- 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 Coping (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

| | Perceived Support | Socially Supported Coping | Self-Sufficient Coping | Avoidant Coping | Proactive Coping | Stress |
|-----|-------------------|---------------------------|------------------------|-----------------|------------------|--------|
| SES | .070 | -.061 | -.074 | -.139* | .055 | -.289* |

*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.