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[\[PDF \(312K\)\]](#) [\[References\]](#)**Development of the Emotional Coping Questionnaire (ECQ)**[Kanakano Uchida](#)<sup>1)</sup> and [Katsuyuki Yamasaki](#)<sup>2)</sup>

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The purpose of this study was to develop Emotional Coping Questionnaire (ECQ) to measure habitual ways of expressing anger and depressive emotions. In Study 1, 717 university students completed the original ECQ with a 5-point Likert format. Results showed that the scale consisted of two subscales, with 7 items each for women and 5 items each for men, for each emotion. They were emotional expression to others, and emotional expression to oneself, both of which had moderate to high internal consistency. In Study 2, ECQ was administered twice to 74 university students at an interval of about five weeks. Each subscale showed moderate to high test-retest reliability. Finally, peer ratings were used for additional 50 students to examine measurement validity, but the scale failed to demonstrate its validity. Limitations and problems of the study were discussed.

**Keywords:** [stress coping](#), [emotion-focused coping](#), [emotional expression](#), [scale development](#)

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