



Afrontamiento de un grupo de adultos ante el duelo por pérdida de los padres en el centro de apoyo al duelo [

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text (article)

Analítica

The objective of this quantitative-descriptive cross-section study was to describe the coping strategies in adults after the mourning period because of their father and/or mothers death. Participants were 45, 28 females and 17 males who received psychological assistance in -El Centro de Apoyo al Duelo‖ (CAD), Cuenca-Ecuador. The Sociodemographic Record, Inventory of Complicated Grief (IDC), and Coping Strategies Inventory (CSI) were used for data gathering. Results indicate that social withdrawal is the most used coping strategy followed by the problem avoidance. Solving problems is the least used strategy. After the IDC analysis, results could be classified by the absence and intensity of complicated mourning. It was identified that nine people have a serious presence of it; 25 moderate; 10 slight; 1 does not present it. As a conclusion, participants who use less problem solving as a coping strategy show moderate presence of complicated grief (CG). The CG in the studied population could be because of the fact that the most used coping strategy is a predictor of it among the studied population, complicated mourning is evident in almost all the participants

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