**Stressor - Cancer Diagnosis and Treatment**

**Medical Stressors** (e.g., negotiating a complex health care organisation)

**Daily Living Stressors** (e.g., Adjusting normal household routines)

**Social Stressors** (e.g., balancing social and recreational activities)

**Emotional Stressors** (e.g., Uncertainty about the future)

**Personal factors** (e.g., beliefs, age, gender, cancer preoccupation)

**Illness-related factors** (e.g., type and stage of cancer, treatment side effects)

**Resources**
- Internal (e.g., social support)
- External (e.g., Coping-Together)

**Perceived overriding threat**

**Favorable solution**

**Unfavourable resolution**

**No resolution**

**Dyadic coping** (e.g. common, positive, avoiding)

**Coping** - Coping-Together
- Emotion-Focused (e.g., cancer preoccupation)
- Problem-Focused (e.g., information-seeking)

**Cognitive appraisal** - Coping-Together
- Primary (irrelevant, benign-positive or stress producing)
- Secondary (evaluation of coping options)

**Sustain coping process**

**Perceived emotion**

**Positive Emotion**

**Meaning-based coping** Coping-Together
- Positive reappraisal
- Revised goals
- Spiritual beliefs
- Positive events

**Distress**