

Stress and Coping in Adopted Children: A Developmental Study

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Examined appraisal of adoption and self-reported adoption related coping in eighty-five 6- to 17-year-old adoptees. Subjects were asked to rate their feelings about being adopted, the frequency with which they experienced intrusive thoughts about adoption, and their manner of coping with adoption-related stress. Older children expressed less positive affect and greater ambivalence about being adopted; younger children reported more intrusive adoption-related thoughts. No age differences emerged for adoption-related coping. Negative and ambivalent feelings about adoption were associated with avoidant coping; intrusive thoughts were associated with assistance seeking, cognitive-behavioral problem-solving, and behavioral avoidant coping. Results are discussed in terms of a stress and coping model of adoption adjustment.

Although adopted children raised by nonbiological relatives account for only 1 to 2% of the population of children in the United States (Zill, 1985), mental health facilities report disproportionately large referral rates for this group of individuals. In outpatient facilities, approximately 5% of the children are adopted (Mech, 1973), whereas the corresponding figure for inpatient psychiatric facilities and residential treatment centers is between 10 and 15% (K. Donley, personal communication, April 1989; Piersma, 1987; Rogeness, Hoppe, Macedo, Fischer, & Harris, 1988). Adoptees also have been found to be overrepresented among various special education populations (Brodzinsky & Steiger, 1991) and to manifest a higher than expected rate of learning problems, including those associated with attention-deficit hyperactivity disorder (Deutsch et al., 1982; Kenny, Baldwin, & Mackie, 1967; Silver, 1970, 1989). In addition, when adopted children present clinical symptoms, research suggests a disproportionate rate of externalizing behaviors such as aggression, defiance, lying, stealing, running away, and other disruptive disorders (Austad & Simmons, 1978; Brodzinsky, Hitt, & Smith, 1993; Brodzinsky, Radice, Huffman, & Merkle, 1987; Fullerton, Goodrich, & Berman, 1986; Kotsopoulos et al., 1988). Even among the general, nonclinical population, adopted children have been shown to have more problems in academic perfor-

mance and personality adjustment compared to their nonadopted peers (Bohman, 1970; Brodzinsky et al., 1987; Brodzinsky, Schochter, Braff, & Singer, 1984; Hoopes, 1982; Lindholm & Toulaitos, 1980; Ternay, Wilborn, & Day, 1985; Zill, 1985). This pattern, however, has not always been replicated, especially among adolescents (Bohman, 1970; Marquis & Derweiler, 1985; Stein & Hoopes, 1985).

A number of theoretical perspectives have been offered to explain the increased vulnerability of the adopted child. Kirk's (1964) social-role theory holds that the inability of adoptive parents to manage various "role handicaps" intrinsic to adoptive family life is the primary factor responsible for dysfunctional family patterns and symptomatic behavior among children. Other researchers and clinicians have drawn upon Bowlby's (1969, 1973, 1980) attachment theory, with its emphasis on early separation and loss in the parent-child relationship, to explain the problems of adoptees, especially those youngsters placed beyond 6 to 12 months of age and those experiencing multiple placements prior to the adoption finalization (Steinhauer, 1983; Yarrow & Goodwin, 1973; Yarrow, Goodwin, Manheimer, & Milowe, 1973). By contrast, psychodynamic theorists have emphasized those aspects of the adoption experience that complicate coping with object loss, the resolution of the oedipal conflict, and the development of a mature and stable ego identity (Brinich, 1990; Brodzinsky, 1987; Nickman, 1983; Schochter, 1960; Schochter & Bertocci, 1990; Sorensky, Baran & Pannor, 1975). Cognitive-developmental factors also have been tied to aspects of the adoption adjustment process, particularly as they relate to the child's growing awareness of the meaning and implications of being adopted (Brodzinsky, 1990a;

This article is based on a master's thesis submitted by Daniel W. Smith in partial fulfillment of the requirements for a master's degree in psychology at Rutgers University. Portions of the research were presented at meetings of the American Orthopsychiatric Association, Toronto, March 1991.

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