

# Four-year Longitudinal Study of Behavioral Changes in Coping With Stress

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**Objective:** To examine the relationship between stress and coping. **Methods:** Short- and long-term approaches to behavioral change were evaluated in 3 groups (short-term, long-term, control). **Results:** Subjects participating in a 6-week stress-management program designed to develop stress management skills reported temporary de-

creases in burnout, while subjects receiving additional “refresher” sessions showed decreases in burnout throughout a 4-year period. **Conclusions:** Findings suggest that long-term approaches yield permanent behavioral changes.

**Key words:** stress, coping, burnout

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