

**ASSESSMENT OF COPING STRATEGIES USED DURING WINTER-OVER EXPEDITIONS
IN THE FRENCH SUB-ANTARCTIC AND ANTARCTIC EXPEDITIONS**

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Introduction:

This study is exploring which are the coping strategies used by the expedition members to adjust to the constraints of the life in the French sub-Antarctic and Antarctic stations and to show if there is a coping style facilitating this adjustment.

Methods:

The study including more than 300 subjects was performed in the four French stations from 2002 to 2005. The coping strategies were explored using the Vitaliano coping questionnaire. This questionnaire has been proposed twice during the the expedition to all expedition members each year (once at the beginning and once at the end).

Results:

The statistical analysis is showing what are the most often used coping strategies and when there is a correlation with age, function, wintering location of the subjects.

Discussion:

This study can be applied to crew selection, preparation and training in the polar activities as in other extreme environments.