

# Double ABC-X Model

Your Life Helper

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CC

BB

aA

Double ABCX

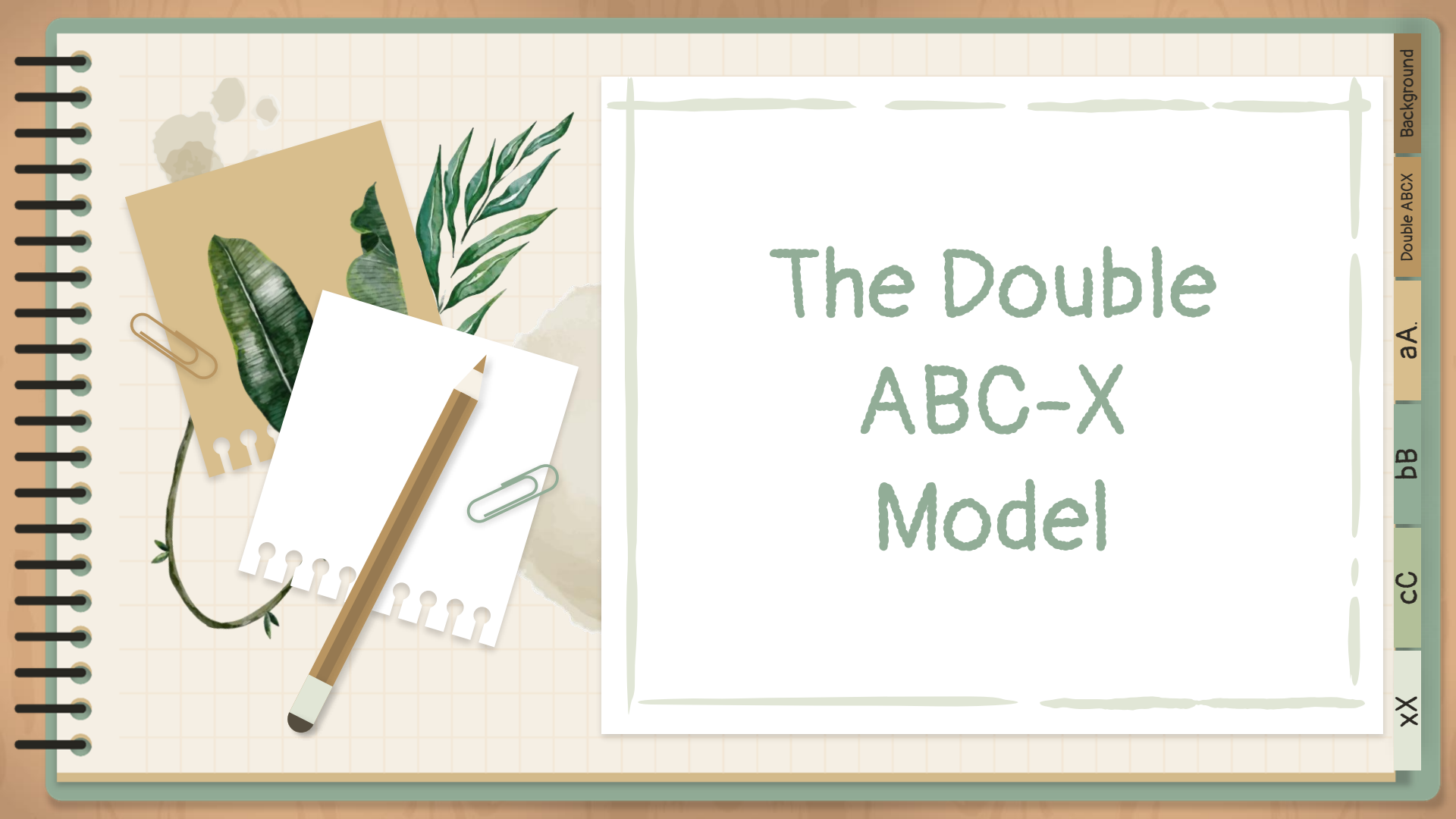
Background

# Agenda

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# Background

- Ruben Hill is the creator of the original ABC-X Model
- Purpose of the ABC-X model was to assess how families coped with the stress of experiencing World War II and the Great Depression.
- Pros:
  - Helps to identify the relationship between the families perception of their crisis and resources they have available to help them cope.
- Cons:
  - Hill's model only addressed the pre-crisis variables and focused on only one stressor.



# The Double ABC-X Model

# The Double ABC-X Model

What is it?

- Developed by Hamilton McCubbin and Joan Patterson in the early 1980s
- Adapted Hill's model to include post-crisis variables.
- This gave their model the ability to explain and predict how some families are able to successfully cope and adapt while others fall into the cycle of crisis.
- Benefits over the original ABC-X model
  - Potential to predict if a family will fall into crisis
  - Identifies characteristics/resources that help families cope with their stressor or stressors.



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Double ABCX

Background

# aA

- a=The initial stressor (same as the A in the ABC-X model)
- aA= The 'pile-up' of stressors (multiple stressors) on top of the initial stressor (a).

(x)  
Crisis Event

The diagram shows a box labeled '(x) Crisis Event' with a dashed border and a right-pointing arrow leading to a larger box labeled '(aA) Stressor Pile-Up' with a dashed border. The 'Stressor Pile-Up' box contains a bulleted list of three items: '- Physical & Psychological Impairments in Family', '- Socioeconomic Status', and '- Stressful Life Events'. A paperclip is attached to the top-left corner of the diagram area, and another is at the bottom-right.

**(aA) Stressor Pile-Up**

- Physical & Psychological Impairments in Family
- Socioeconomic Status
- Stressful Life Events

Boettcher et al., (2021). Fig. 1 Double ABCX Model. [image].

Biomedcentral.org.

<https://ojrd.biomedcentral.com/articles/10.1186/s13023-021-01998-9>

# aA Examples

Initial stressor and pile-up could include:

1. the diagnosis of cancer and the pile-up could be the resulting changes in family system,
2. financial problems,
3. logistics of frequent and long term medical treatments, etc.



02

bB

**bB**

**(bB) Resources**  
- Family Functioning  
- Social Support

Boettcher et al. (2021). Fig. 1 Double ABCX Model [image].  
Biomedcentral.org.  
<https://ojrd.biomedcentral.com/articles/10.1186/s13023-021-01998-9>

- b=the family's existing resources  
Includes internal and external resources.  
Same as the 'B' in the original model.
- bB=Considers both the family's  
existing resources as well as any  
new resources

# Examples:

- Existing resources can include:
  - family, friends, optimism, coping ability etc.
  
- New resources can include:
  - support groups, medical professionals, etc.



03

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Double ABCX

Background

# cC

- c=The family's perception of the initial stressor
  - Similar to the 'C' in Hill's model, but McCubbin and Patterson decided to change the wording.
- cC=The family's perception of the 'pile-up' and their new/existing resources (cC=perception of  $x+aA+bB$ )

(Weber, 2011)

## **(cC) Perception and Coherence - Perceived Stress**

Boettcher et al, (2021). Fig. 1 Double ABCX Model. [image].  
Biomedcentral.org.  
<https://ojrd.biomedcentral.com/articles/10.1186/s13023-021-01998-9>

# Examples:

- If a family has a positive perception they are more likely to be able to effectively cope in a crisis.
- A family's coping ability directly affects how well they can adapt.
- One's perception to the stressor may be:
  - Strenuous but sees this as an obstacle that can be overcome.
- In addition to the perception of the stressor (X) the double ABCX model includes one's perception of the initial stressor (X), the pile-up of stressors (aA) and their new and existing resources (bB).
  - $X+aA+bB$
  - Ex: A family views their initial stressor (child being diagnosed with cancer) and pile-ups (financial strain, caring for your other children, etc.) as difficult and exhausting however they believe that they have the resources available that they need to successfully adapt to their new lives.

(Weber, 2011)

04

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- xX represents the family's coping/adaptation outcomes.
- There are two potential outcomes
  - Bonadaptation= Successful adaptation to stressor(s) thus avoiding falling into crisis.
  - Maladaptation=the inability so successfully cope to the stressor(s) thus being caught in the cycle of crisis.

(Weber,2011)

## (xX) Adaptation - Parental Mental Health

Boettcher et al, (2021). Fig. 1 Double ABCX Model. [image].  
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# Examples:

- Bonadaptation:
  - By effectively utilizing resources such as support from loved ones, attending support groups, child's medical team, and new knowledge and understanding of their child's diagnosis in combination of a optimistic outlook, creates the perfect recipe for successful coping/adaptation.
- Maladaptation:
  - If a family/individual is unable to successfully draw upon their available resources, and has a pessimistic and defeatist view of being able to deal with their challenge (stressor), this will most likely result in a cycle of crisis rather than successful coping.



# References

Boettcher et al., (2021). Fig. 1 Double ABCX Model. [image]. Biomedcentral.org.  
<https://ojrd.biomedcentral.com/articles/10.1186/s13023-021-01998-9>

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