

## Abstract

Coping style, divided into problem-focus coping and emotion-focus coping, was shown to be related to mental health. Three factors: age, friendship quality and intimate relationship, were speculated to affect one's coping style. A group of college students and another of elderly were recruited as participants in this questionnaire study. Results indicate that these three factors all pose some influence on one's coping style, and their influence is prevalent across life span. Thus, to improve the mental health, the friendship quality and intimate relationship are important moderators.