

## **THE BRIEF RESILIENCE SCALE**

The Brief Resilience Scale assesses a person's ability to bounce back or recover from stress.

### **INSTRUCTIONS FOR SCORING**

Total score is calculated as an average of your scores for all 6 items. Items 2, 4 and 6 are reversed scored. For example, if you scored a '7', give yourself a '1'. If you scored a '6', give yourself a '2'.

### **KEY REFERENCE**

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.

Smith, B.W., Epstein, E.E., Oritz, J.A., Christopher, P.K., & Tooley, E.M. (2013). The Foundations of Resilience: What are the critical resources for bouncing back from stress? In Prince-Embury, S. & Saklofske, D.H. (Eds.), *Resilience in children, adolescents, and adults: Translating research into practice*, The Springer series on human exceptionality (pp. 167-187). New York, NY: Springer.

### **TIME TAKEN TO COMPLETE**

2 minutes

## THE BRIEF RESILIENCE SCALE

Please indicate the extent to which you agree with each of the following statements, using the 1-5 scale given below.

- 5 = Strongly Agree
- 4 = Agree
- 3 = Neutral
- 2 = Disagree
- 1 = Strongly Disagree

\_\_\_\_\_ I tend to bounce back quickly after hard times.

\_\_\_\_\_ I have a hard time making it through stressful events.

\_\_\_\_\_ It does not take me long to recover from a stressful event.

\_\_\_\_\_ It is hard for me to snap back when something bad happens.

\_\_\_\_\_ I usually come through difficult times with little trouble.

\_\_\_\_\_ I tend to take a long time to get over set-backs in my life.

\_\_\_\_\_ **Total**