

# The Resilience Scale

## OVERVIEW

 This scale measures components of resilience in different domains of young peoples' lives, ranging from planning and thinking ahead to level of independence. Resilience is the ability to cope with, and respond successfully to, various life stressors.

## SUBSCALES

- Personal Competence
  - » Keeping interested in things is important
  - » I have self-discipline
- Acceptance of Self and Life
  - » I usually take strings in stride
  - » My life has meaning

### ず STEPPING UP THEME(S) & OUTCOME(S)

- Health & Wellness
  - » Youth feel mentally well
  - » Youth make choices that support healthy and safe development

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#### TARGET POPULATION

· Youth between 12 and 18 years of age



#### **LENGTH & HOW IT IS MEASURED**

- 25 items
- Items are measured on a 7-point scale from 1 (disagree) to 7 (agree)
- Responses are summed to produce a total score
- Self-report, paper-pencil version
- Available in: English

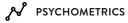
#### **DOS** DEVELOPER

Wagnild, G. M. & Young, H. M., 1987



#### **GOOD TO KNOW**

 Using this scale now requires a license. Please contact us for more information (gwagnild@resiliencecenter.com)



- Reliability
   High reliability (internal consistency α = .91)

   Test-retest (r = .67 .84)
- Validity
   Content validity
   Construct validity
   Concurrent validity

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#### LEARN MORE

- Wagnild, G. M. & Young, H. M. (1993).
   Development and Psychometric Evaluation of the Resilience Scale. Journal of Nursing Measurement, 1, 165-178.
- Neill, J. T. & Dias, K. L. (2001). Adventure, education and resilience: The double-edged sword. Journal of Adventure Education and Outdoor Learning, 1(2), 35-42.

## The Resilience Scale

Circle the answer that shows how much you agree or disagree with each statement below.

	Disagree						Agree
1. When I make plans I follow							
through with them.	1	2	3	4	5	6	7
2. I usually manage one way							
or another.	1	2	3	4	5	6	7
3. I am able to depend on							
myself more than anyone else.	1	2	3	4	5	6	7
4. Keeping interested in things							
is important to me.	1	2	3	4	5	6	7
5. I can be on my own if I							
have to.	1	2	3	4	5	6	7
6. I feel proud that I have							
accomplished things in life.	1	2	3	4	5	6	7
7. I usually take things in my							
stride.	1	2	3	4	5	6	7
8. I am friends with myself.	1	2	3	4	5	6	7
9. I feel that I can handle	1	2	3	4	5	6	7
many things at a time.							
10. I am determined.	1	2	3	4	5	6	7
11. I seldom wonder what the							
point of it all is.	1	2	3	4	5	6	7
12. I take things one day at a							
time.	1	2	3	4	5	6	7
13. I can get through difficult							
times because I've	1	2	3	4	5	6	7
experienced difficulty before.							
14. I have self-discipline.	1	2	3	4	5	6	7
15. I keep interested in things.	1	2	3	4	5	6	7

16. I can usually find	Disagree						Agree
something to laugh about.	1	2	3	4	5	6	7
17. My belief in myself gets							
me through hard times.	1	2	3	4	5	6	7
18. In an emergency, I'm							
somebody people generally	1	2	3	4	5	6	7
can rely on.							
19. I can usually look at a							
situation in a number of ways.	1	2	3	4	5	6	7
20. Sometimes I make myself							
do things whether I want to or	1	2	3	4	5	6	7
not.							
21. My life has meaning.	1	2	3	4	5	6	7
22. I do not dwell on things							
that I can't do anything about.	1	2	3	4	5	6	7
23. When I am in a difficult							
situation, I can usually find	1	2	3	4	5	6	7
my way out of it.							
24. I have enough energy to							
do what I have to do.	1	2	3	4	5	6	7
25. It's okay if there are							
people who don't like me.	1	2	3	4	5	6	7