

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*

STEPPING UP THEME(S) & OUTCOME(S)

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

GOOD TO KNOW

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

PSYCHOMETRICS

- **Reliability**
High reliability (internal consistency $\alpha = .91$)
Test-retest ($r = .67 - .84$)
- **Validity**
Content validity
Construct validity
Concurrent validity

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

DEVELOPER

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

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 many things at a time.	1	2	3	4	5	6	7
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 experienced difficulty before.	1	2	3	4	5	6	7
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 something to laugh about.	Disagree 1	2	3	4	5	6	Agree 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 can rely on.	1	2	3	4	5	6	7
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 not.	1	2	3	4	5	6	7
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 my way out of it.	1	2	3	4	5	6	7
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