


 Resilience Assessment 2 min Client Yes

## The Brief Resilience Scale

Resilience is often studied in the field of Positive Psychology. However, “resilience” has been defined in different ways. The Brief Resilience Scale (Smith et al., 2008) assesses the original and most basic meaning of the word resilience. The root of the English word “resilience” is the word “resile,” which means “to bounce or spring back” (from re- “back” + salire- “to jump, leap”; Agnes, 2005). In line with this definition, this scale assesses the ability to bounce back or recover from stress. Higher scores on the scale are negatively related to anxiety, depression, negative affect, and physical symptoms.

### Goal

This questionnaire was designed to assess the ability to bounce back or recover from stress.



### Advice

- Given the brief nature of this questionnaire, it is very suitable for administering during multiple moments while conducting therapy/coaching sessions to track progress in terms of resilience.



### Scoring

To compute the score, first reverse the scores of items 2, 4, and 6. Reversing a score is done by exchanging the original value of an item by its opposite value: a score of 1 becomes a score of 5, a score of 2 becomes a 4, and so on. Subsequently, add up all the individual item scores. A weighted score can be calculated by dividing the total score by the number of items, in this case, 6. Higher scores reflect more resilience.



### References

- Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioural Medicine*, 15, 194-200.



# The Brief Resilience Scale

## Instructions

To the left of each item, indicate how much you disagree or agree with each of the statements, using the following scale:

1 Strongly disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly agree
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No.	Rating	Statement
1		I tend to bounce back quickly after hard times.
2		I have a hard time making it through stressful events.
3		It does not take me long to recover from a stressful event.
4		It is hard for me to snap back when something bad happens.
5		I usually come through difficult times with little trouble.
6		I tend to take a long time to get over setbacks in my life.

## Scoring

Item	Score
1	
2 <sup>R</sup>	
3	
4 <sup>R</sup>	
5	
6 <sup>R</sup>	

Note: Reverse coded items are indicated with an R.

Total Score (sum of all subscales):

Weighted Score (Total Score /6):