# Brief Resilience Coping Scale

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1  Strongly disagree | 2 Disagree | 3  Neutral | 4  Agree | 5 Strongly agree |
| 1. I tend to bounce back quickly after hard times |  |  |  |  |  |
| 1. I have a hard time making it through stressful events (R) |  |  |  |  |  |
| 1. It does not take me long to recover from a stressful event |  |  |  |  |  |
| 1. It is hard for me to snap back when something bad happens (R) |  |  |  |  |  |
| 1. I usually come through difficult times with little trouble. |  |  |  |  |  |
| 1. I tend to take a long time to get over set-backs in my life (R) |  |  |  |  |  |

**Score between 1 and 5 for items 1, 3 and 5.**

**Reverse score (5 for strongly disagree, 4 for disagree etc) for items 2, 4, and 6.**

**Total these scores and divide by 6.**

|  |
| --- |
| **Average score <3.00: Low resilience levels** |
| **3.00-4.29: medium resilience levels** |
| **>4.30: high resilience levels** |