

Brief Resilience Scale (BRS)

Circle the number that applies: Strongly Disagree - Disagree - Neutral - Agree - Strongly Agree	SD	D	N	A	SA
I tend to bounce back quickly after hard times	1	2	3	4	5
I have a hard time making it through stressful events	5	4	3	2	1
It does not take me long to recover from a stressful event	1	2	3	4	5
It is hard for me to snap back when something bad happens	5	4	3	2	1
I usually come through difficult times with little trouble	1	2	3	4	5
I tend to take a long time to get over setbacks in my life	5	4	3	2	1

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: _____ item average / 6

In one study, in all samples, the BRS was positively related to personal characteristics, social relations, coping and health, and negatively related to anxiety, depression, negative affect, and physical symptoms. (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 behavioral medicine*, 15(3), 194-200.)