

# Brief Resilience Scale (BRS)

<b>Respond to each statement below by circling <u>one</u> answer per row.</b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>
<b>BRS 1</b>	I tend to bounce back quickly after hard times.	1	2	3	4	5
<b>BRS 2</b>	I have a hard time making it through stressful events.	5	4	3	2	1
<b>BRS 3</b>	It does not take me long to recover from a stressful event.	1	2	3	4	5
<b>BRS 4</b>	It is hard for me to snap back when something bad happens.	5	4	3	2	1
<b>BRS 5</b>	I usually come through difficult times with little trouble.	1	2	3	4	5
<b>BRS 6</b>	I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

**Scoring:** Add the value (1-5) of your responses for all six items, creating a range from 6-30. Divide the sum by the total number of questions answered (6) for your final score.

**Total score:** \_\_\_\_\_ / 6

**My score:** \_\_\_\_\_ (average)

<b>BRS Score</b>	<b>Interpretation</b>
1.00 - 2.99	Low resilience
3.00 - 4.30	Normal resilience
4.31 - 5.00	High resilience

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.