

**Resilience measures identified in the review**

	<b>Name</b>	<b>Author(s):</b>	<b>Target population</b>	<b>Mode of completion</b>	<b>Number dimensions (items)</b>	<b>Purpose of the measure</b>
1a	The Dispositional Resilience Scale (1)	Bartone (1989)	Adults	Self report	3 (45)	Designed to measure psychological hardiness (commitment, control, and challenge).
1b	The Dispositional Resilience Scale (2)	Bartone (1991)	Adults	Self report	3 (30)	As above
1c	The Dispositional Resilience Scale (3)	Bartone (1995;2007)	Adults	Self report	3 (15)	As above
2	The ER 89	Block & Kremen (1996)	Young adults (18 and 23)	Self report	1 (14)	To measure ego-resiliency (a stable personality characteristic).
3	Resiliency Attitudes Scales (RAS)	Biscoe & Harris (1999)	Parents and Children	Self report (child and parent)	Parents 8 (72) Children 8 (56)	To assess attitudes that underpin resiliency (insight, relationships, initiative, creativity, humour, morality, persistency, and belief in the ability to improve things).
4a	The Connor-Davidson Resilience Scale (CD-RISC)	Connor & Davidson (2003)	Adults (mean age 43.8)	Self report	5 (25)	Developed for clinical practice as a measure of stress coping ability. Five factors (personal competence, trust/tolerance/strengthening effects of stress, acceptance of change and secure relationships, control, spiritual influences).
4b	The Connor-Davidson Resilience Scale (CD-RISC)	Cambell-Sills & Stein (2007)	Young adults (mean age =18.8)	Self report	1 (10)	Short version of 4a. Developed for clinical practice as a measure of stress coping ability.
5	Youth Resiliency: Assessing Developmental Strengths	Donnon & Hammond (2003, 2007)	Youth (age 12-17)	Self report	10 (94)	To examine protective factors; intrinsic developmental strengths (e.g. self esteem, self efficacy) and extrinsic developmental strengths (e.g. family, school, community, peers).
6a	The Resilience Scale for Adults (RSA)	Friborg et al. (2003)	Adults (mean age women=33.7,	Self report	5 (37)	To examine intrapersonal and interpersonal protective factors presumed to facilitate adaptation to psychosocial

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			men=36.2)			adversities (personal competence, social competence, family coherence, social support, personal structure.
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6b	The Resilience Scale for Adults (RSA)	Friborg et al (2005)	Adults (mean age 22, 24, mid 30s)	Self report	6 (33)	To examine intrapersonal and interpersonal protective factors presumed to facilitate adaptation to psychosocial adversities (personal strength, social competence, structured style, family cohesion, social resources).
7	The Resiliency Attitudes and Skills Profile	Hurtes, K. P., & Allen, L. R. (2001).	Youth (age 12-19)	Self report	7 (34)	To measure resiliency attitudes (Insight; independence; creativity; humour; initiative; relationships; values orientation) in youth for recreation and other social services providing interventions
8	Adolescent Resilience Scale	Oshio et al. (2003)	Japanese Youth (19-23 years)	Self report	3 (21)	To measure the psychological characteristics (novelty seeking, emotional regulation, positive future orientation) of resilient Japanese Youth.
9	The California Child Q-Set (CCQ-Set)	Various	Children	Observer rated (parents and teachers)	2 (100)	To measure ego-resiliency and ego-control. Originally developed in 1969 by Block & Block.
10	California healthy Kids Survey - The Resilience Scale of the Student Survey	Sun & Stewart (2007)	Primary School Children (mean ages 8.9, 10.05, 12.02)	Self report	12 (34)	To assess student perceptions of their individual characteristics, protective resources from family, peer, school and community (Communication and cooperation, Self-esteem, Empathy, Problem solving, Goals and aspirations, Family connection, School connection, Community connection, Autonomy

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						experience, Pro-social peers, Meaningful participation in community Activity, Peer support).
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11	The Brief Resilience Scale	Smith et al. (2008)	Adults (mean age range 19-62)	Self report	1 (6)	Designed as an outcome measure to assess the ability to bounce back or recover from stress.
12	The Child and Youth Resilience Measure (CYRM)	Ungar et al. (2008)	Youth at risk (age 12 to 23) in different countries	Self report	4 (28)	To develop a culturally and contextually relevant measure of child and youth resilience across four domains (individual, relational, community and culture).
13	The Resilience Scale (RS)	Wagnild & Young (1993)	Adults (some application with 16-23)	Self report	2 (25)	To identify the degree of individual resilience (personal competence and acceptance of self and life); a positive personality characteristic that enhances individual adaptation.
14	Psychological Resilience	Windle, Markland & Woods (2008)	Older Adults (subscales previously used with adolescents)	Self report	3 (19)	To assess psychological resilience (self esteem, personal competence and interpersonal control) that acts as a protective factor against risks and adversities.
15	Ego Resiliency	Klohn (1996)	Adults (18-48)	Self report	4 (20)	To assess the components of ego-resiliency (confident optimism, productive and autonomous activity, interpersonal warmth and insight, skilled expressiveness).

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