The Brief Resilience Scale (BRS)

(Smith et al., 2008)

Instructions: “Please indicate the extent to which you agree with each of the following statements by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral,

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

Scoring: The BRS is scored by reverse coding items 2, 4, and 6 and finding the mean of the six items.

Citation: