Brief Resilience Scale (BRS)

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| --- | --- | --- | --- | --- | --- |
| Questions | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
| 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 scores for all 6 items and divide by the total number of questions answered.

Smith BW, Dalen J, Wiggins K, Tooley E, Christopher P, Bernard J. The brief resilience scale: assessing the ability to bounce back. Int J Behav Med. 2008;15(3):194-200. doi: 10.1080/10705500802222972. PMID: 18696313.