

Brief Resilience Scale (BRS)

Full name: _____

Gender: _____ Assessment date: _____

Phone number: _____ Email: _____

Instructions: Please respond to each item by marking one box per row only.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. I tend to bounce back quickly after hard times.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
2. I have a hard time making it through stressful events.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
3. It does not take me long to recover from a stressful event.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4. It is hard for me to snap back when something bad happens.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
5. I usually come through difficult times with little trouble.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6. I tend to take a long time to get over set-backs in my life.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

Overall resilience score: _____

Scoring and interpretation

Add the responses (ranging from 1-5) for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered (6) to get an overall resilience score.

Higher scores indicate greater resilience, whereas lower scores indicate less resilience. Overall resilience scores are divided into three categories:

- Low resilience - 1.00 - 2.99
- Normal resilience - 3.00 - 4.31
- High resilience - 4.31 - 5.00

Reference

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. <https://link.springer.com/article/10.1080/10705500802222972>