
Table of Contents

1	RESILIENCE OVERVIEW	9
	RESILIENCE.....	10
	RESILIENCE AND “STATE VS. TRAIT”	13
	THE RESILIENCE CORE	17
	MODEL OF RESILIENCE	20
2	THE DEVELOPMENT OF THE RESILIENCE SCALE	23
	DEVELOPMENT OF THE RESILIENCE SCALE.....	24
	INITIAL DEVELOPMENT.....	25
	THE FIVE CHARACTERISTICS OF RESILIENCE AS DEFINED IN THE LITERATURE	26
	HOW THE RESILIENCE SCALE ITEMS RELATE TO THE FIVE CHARACTERISTICS	26
	BENEFITS OF USING THE RESILIENCE SCALE.....	29
3	INITIAL PSYCHOMETRIC EVALUATION OF THE RESILIENCE SCALE	31
	PSYCHOMETRIC EVALUATION PROCESS	32
	MEAN SCORES OF RESILIENCE SCALE ITEMS.....	34
	SUB SAMPLES OF THOSE SCORING LOW ON THE RS (≤ 120) (N = 74) AND HIGH ON THE RS (>160) (N = 223).....	35
	CORRELATIONS AMONG TOTAL RESILIENCE SCALE AND NINE OTHER SCALES IN A SAMPLE OF COMMUNITY-DWELLING MIDDLE-AGED AND OLDER ADULTS	36
	RESILIENCE, LIFE SATISFACTION, MORALE, SELF-REPORTED HEALTH STATUS SCORES, AND DEPRESSION.....	37
	MULTIPLE REGRESSION ANALYSIS	37
	FURTHER PSYCHOMETRIC EVALUATION OF THE RESILIENCE SCALE	38
4	RELIABILITY	39
	INTERNAL CONSISTENCY	40
5	VALIDITY	43
	CONTENT VALIDITY	44
	CONSTRUCT: CONVERGENT AND DISCRIMINANT VALIDITY	45
	CONSTRUCT: KNOWN GROUPS VALIDITY	46
	CONSTRUCT: CONCURRENT VALIDITY	47
	REFERENCES.....	47
6	DEVELOPMENT OF THE RS-14	49
	INITIAL TESTING OF THE 14-ITEM RESILIENCE SCALE (RS-14).....	50
	ADDITIONAL ANALYSIS OF THE RS-14.....	52
	2010 RS-14 STUDY.....	52
7	SCORING THE RESILIENCE SCALE AND THE RS-14	73
	THE IMPORTANCE OF ADHERING TO STANDARDS	74
	DATA ENTRY	75
	DATA CHECKING	76
8	INTERPRETATION	79
	INTERPRETATION OF RS SCORES.....	80
	REVIEW OF STUDIES	83
9	ADMINISTRATION GUIDELINES	97
	SELF-ADMINISTRATION	98
	INTERVIEWER ADMINISTRATION	99

The Resilience Scale User's Guide

10 REFERENCES.....101
PUBLISHED STUDIES USING THE RESILIENCE SCALE.....102
PUBLISHED TRANSLATIONS OF THE RESILIENCE SCALE.....104
RELATED LITERATURE.....105
BOOKS ON RESILIENCE118
APPENDIX.....119
THE RESILIENCE SCALE (RS).....120
SCORING FORM FOR THE RESILIENCE SCALE (RS).....121
THE 14-ITEM RESILIENCE SCALE (RS-14)122
SCORING FORM FOR THE RS-14.....123
DEMOGRAPHIC INFORMATION FORM124
INDEX125