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(PDF) [The Brief Resilience Scale: Assessing the Ability to ...](#)

To test a new brief resilience scale. The brief resilience scale (BRS) was created to assess the ability to bounce back or recover from stress. Its psychometric characteristics were examined in four samples, including two student samples and samples with cardiac and chronic pain patients.

[Brief Resilience Scale \(BRS\) - Ohio State University](#)

Brief Resilience Scale (BRS) Please respond to each item by marking one box per row Strongly Disagree

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Brief Resilience Scale (BRS) This 6-question survey should take around 1 minute to complete. Respond to each statement below by selecting the answer that best describes you.

[The brief resilience scale: Assessing the ability to ...](#)

Purpose: To test a new brief resilience scale. Method: The brief resilience scale (BRS) was created to assess the ability to bounce back or recover from stress. Its psychometric characteristics were examined in four samples, including two student samples and samples with cardiac and chronic pain patients.

[Resilience \(BRS\) - PsyToolkit](#)

One of the best and highly recommended (Windle et al., 2011) resilience scales is the Brief Resilience Scale by Smith and colleagues, 2008. The possible score range on the BRS is from 1 (low resilience) to 5 (high resilience).

[Resilience \(BRCS\) - PsyToolkit](#)

Another brief resilience scale, the Brief Resilience Coping Scale, was created by Sinclair and Wallson (2004). A specific advantages of this latter scale is that it is very short (only 4 items), and that it can be used for free by non-profit researchers (unlike various other resilience scales).

[How To Measure Resilience: 8 Resilience Scales For Youth ...](#)

The authors tested and validated this resilience scale in a sample of nearly 1,000 college students, and found the SPF to be a valid and reliable measure of resilience for measuring resilience, especially in groups identified as survivors of violent trauma.

[www.positivepsychologyprogram.com Positive Psychology ...](#)

The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioural Medicine*, 15, 194-200. Yes Scoring To compute the score, first reverse the scores of items 2, 4 and 6. Reversing a score is done by

exchanging the original value of an item by its opposite value: a score of 1 turns into a score of 5, a score of 2 turns into a 4, etc. Then, simply add up all