

Simplified Connor Davidson Resilience Scale

Name: _____ Date: _____

Instructions:

Below are five statements that people often use to describe themselves. For each statement, please rate how well it describes you over the past month by selecting a number from 0 to 4 that best reflects your answer.

0 = Not true at all

1 = Rarely true

2 = Sometimes true

3 = Often true

4 = True nearly all the time

Statement	0	1	2	3	4
1. I am able to adapt to change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can handle unexpected events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I find humor helpful when facing difficulties.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Stress can lead to personal growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I can recover from setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Assessor's Notes:

After completing the scale, add up the scores from each item to get a total. The higher the score, the higher the individual's resilience. As an assessor, always interpret the scores in the context of the individual's situation, and use your professional judgment. Remember to use the official CDRISC in a professional setting.