

Resilience

Definition

Resilience can be defined as a positive adaptation, or the ability to maintain or regain mental health, despite experiencing adversity (Wald, Taylor, Asmundson, Jang, & Stapleton, 2006). Furthermore, resilience can be understood as a “set of behaviours over time that reflect the interactions between individuals and their environments, in particular, the opportunities for personal growth that are available and accessible” (Ungar, 2012, p. 14). Known outcomes of resilience include an increased sense of hope, well-being, and a health-promoting lifestyle among adolescents (Scoloveno, 2015).

Special Notes

Most often, individuals with resilience have overcome adversity in their lifetime; therefore, distributors of this instrument should remain sensitive to each individual and their experiences.

This measure is for use with individuals 10–23 years of age only.

Related Indicators

- Self-Concept
- Individual Self-Esteem
- Collective Self-Esteem

Child & Youth Resilience Measure-Revised (CYRM-R)

Please read each statement carefully. Circle your answer based on the extent to which each of the following statements apply to you using the following scale:

1 = Not at All; 2 = A Little; 3 = Somewhat; 4 = Quite a Bit; 5 = A Lot

1.	I get along with people around me.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
2.	Getting an education is important to me.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
3.	I know how to behave/act in different situations (e.g., school, home, and church).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
4.	My parent(s)/ caregiver(s) really look out for me.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
5.	My parent(s)/ caregiver(s) know a lot about me (e.g., who my friends are, what I like to do).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
6.	If I am hungry, there is enough to eat.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
7.	People like to spend time with me.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
8.	I talk to my family/ caregiver(s) about how I feel (e.g., when I am hurt or sad).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
9.	I feel supported by my friends.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
10.	I feel that I belong/belonged at my school.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
11.	My family/caregiver(s) care about me when times are hard (e.g., if I am sick or have done something wrong).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
12.	My friends care about me when times are hard (e.g., if I am sick or have done something wrong).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
13.	I am treated fairly in my community.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5

14.	I have chances to show others that I am growing up and can do things by myself.	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
15.	I feel safe when I am with my family/caregiver(s).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
16.	I have chances to learn things that will be useful when I am older (e.g., cooking, working, and helping others).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5
17.	I like the way my family/caregiver(s) celebrate(s) things (e.g., holidays or learning about my culture).	Not At All 1	A Litte 2	Somewhat 3	Quite A Bit 4	A Lot 5

Source: Jefferies, McGarrigle, & Ungar, 2018.