



Empowering Minds, Accelerating Performance, and Boosting Resilience in the Workforce!

Conner-Davidson Resilience Scale (CD-RISC)

Researchers have developed dozens of measures to assess resilience. The Connor-Davidson Resilience Scale (CD-RISC) is among the best. This scale has been widely used and validated in dozens of studies. The user guide also provides benchmark data so scores can be compared to the general population and specific subpopulations (e.g., PTSD samples). It can be adapted to assess resilience with 25, 10, or just 2 items. The longer versions measure specific dimensions of resilience: personal competence, acceptance of change and secure relationships, trust/tolerance/strengthening effects of stress, control, and spiritual influences.

Instructions: Please indicate the extent to which each statement reflects how you have felt during the past month.

Scale anchors: 0 = not true at all, 1 = rarely true, 2 = sometimes true, 3 = often true, 4 = true nearly all of the time

Items:

1. I am able to adapt to change _____
2. I have close and secure relationships _____
3. Sometimes fate or God can help _____
4. I can deal with whatever comes _____
5. Past success gives me confidence for new challenges _____
6. I see the humorous side of things _____
7. Coping with stress strengthens me _____
8. I tend to bounce back after illness or hardship _____
9. Things happen for a reason _____
10. I give my best effort no matter what _____
11. I can achieve my goals _____
12. When things look hopeless, I don't give up _____
13. I know where to turn for help _____
14. Under pressure, I focus and think clearly _____



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15. I prefer to take the lead in problem solving _____
16. I am not easily discouraged by failure _____
17. I think of myself as a strong person _____
18. I make unpopular or difficult decisions _____
19. I can handle unpleasant feelings _____
20. I have to act on a hunch _____
21. I have a strong sense of purpose _____
22. I am in control of my life _____
23. I like challenges _____
24. I work to attain my goals _____
25. I take pride in my achievements _____

Scoring

- Sum the total of all items. Higher scores reflect greater resilience.

Total Score: _____

Date: _____