

Article Title: Defining Resilience Following a Potentially Traumatic Event in Psychological Research: A Delphi Study

Journal Name: Adversity and Resilience Science

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Supplementary Material

All Items (Including Expert Generated Items from Round 1)

Item
A class of phenomena characterized by patterns of positive adaptation in the context of significant adversity or risk.
A force within everyone that drives them to seek self-actualization; altruism; and be in harmony with a spiritual source of strength.
A personal strength that may help to cope with adversity.
A positive outcome in the face of adversity.
A process of overcoming adversity without incurring negative consequences.
A protective factor that may decrease adjustment problems and increase positive change when coping with stressful situations.
A state-like construct allowing one when faced with adversity; to rebound or bounce back.
Adaptation and survival are consequences of resiliency while resiliency is an important individual characteristic in the process of overcoming.
Adjustment can fluctuate over time in response to a stressor.
Capacity to prepare for; recover from; and adapt to stress; adversity; trauma; or tragedy.
Dealing with difficult life circumstances results from the normal functioning of human adaptational systems
Outcome-based resilience needs to take into account the level of individual exposure to the potentially traumatic event and other stressors (background stressors).
Psychological resilience defined as a set of specific behavioral or attitudinal skills which help an individual cope effectively with stress and avoid becoming depressed.
Psychological resilience depends on various factors involving cognitive flexibility; positive affect and optimism; humor; acceptance; active coping and religion/ spirituality; altruism; social support; role models; exercise; capacity to recover from negative events; and stress inoculation.
Psychological resilience is a psychosocial developmental process through which people exposed to sustained adversity experience positive psychological adaptation.
Psychological resilience is an intervention or buffer variable between stress and depression; possibly working by an active physiological process that reduces autonomic responses to stressors.
Psychosocial capacity of the person to maintain positive adaptive functioning.
Requires exposure to an isolated and potentially highly disruptive event such as the death of a close relation or a violent or life-threatening situation.
Requires the capacity for generative experiences and positive emotions.

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Resilience as a psychological construct; referring to adaptive attitudes and behaviors that allow one to remain psychologically sound; or even thrive; after being exposed to stressful life events.

Resilience as an active process that develops internal resources for coping with stress.

Resilience as an individual trait.

Resilience can be conceptualized as the process of achieving unexpected positive outcomes in adverse conditions; as opposed to an individual trait.

Resilience can be viewed as a personal characteristic or set of characteristics that protects individuals from the adverse effects of stress on well-being.

Resilience can occur either as a process or as a motivational life force that can be developed in individuals.

Resilience can potentially refer to pre-existing personality traits; the dynamic process of adaptation; a psychosocial outcome; or a mixture of all three.

Resilience consists of internal; local level goals that are aimed at intrapersonal actions and outcomes adapting; withstanding; or resisting the situation as it is.

Resilience exists along a continuum with vulnerability.

Resilience includes four major components: social competence; problem solving ability; development of autonomy; and having a sense of purpose and a sense of meaning.

Resilience is a complex repertoire of behavioural tendencies.

Resilience is a dynamic capability which can allow people to thrive on challenges given appropriate social and personal contexts.

Resilience is a dynamic learning process

Resilience is a dynamic process involving the interaction between both risk and protective factors; internal and external to the individual; that act to modify the effects of an adverse life event.

Resilience is a measure of coping ability; hardiness; and the ability to thrive in the face of adversity.

Resilience is a mechanism for the protective effects of conscientiousness on health outcomes.

Resilience is a personality characteristic that minimizes the negative effects of stress and promotes adaptation.

Resilience is a positive outcome; the criteria for which commonly include positive mental health or absence of psychopathology.

Resilience is a process associated with adaptive capacities and a positive history of functioning and adaptation after adversities.

Resilience is a process characterized by a complex interaction of internal and external resources moderated by developmental influences

Resilience is a protective factor that makes people less vulnerable to future adverse life events.

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Resilience is a social construct that is different person to person; time to time; depending on the individual; their social and physical environment and community they exist within. It is a characteristic inherent in all of us that provides the ability to navigate life and stressors.

Resilience is a stress-resistant construct in human capacity.

Resilience is a unique form of competent functioning that can only be apparent in the face of considerable adversity.

Resilience is an attribute (e.g.; ability; capacity); a process; and/or an outcome associated with successful adaption to and recovery from adversity which differs depending on context and purpose

Resilience is an epiphenomenon of adaptive temperament.

Resilience is an individual's inner strength.

Resilience is an ongoing process of struggling with hardship and not giving up.

Resilience is as a kind of plasticity that influences the ability to recover and achieve psychosocial balance after adverse experiences.

Resilience is both the capacity of individuals to navigate their way to the psychological; social; cultural; and physical resources that sustain their wellbeing; and their capacity individually and collectively to negotiate for these resources to be provided and experienced in culturally meaningful ways.

Resilience is characterized as resisting; escaping; being less vulnerable; not struggling as much as others; or having a heightened ability to handle stress.

Resilience is considered both as a psychological and physical aspect of coping with stress.

Resilience is considered both as a psychological and physical aspect of coping with stress.

Resilience is defined as the ability to overcome adversity and includes how one learns to grow stronger from the experience.

Resilience is invulnerability and hardiness.

Resilience is largely determined by innate factors.

Resilience is learning to bend; but not break; and acknowledge that adapt- ability is more important than hardiness.

Resilience is made of ordinary rather than extraordinary processes.

Resilience is not a trait or stable personality profile; or a specific genotype or some hardwired feature of brain architecture. Resilience should not be understood as a predisposition and; thus; is not the flip-side of vulnerability. We refer to stable resilience-conducive traits or other predispositions as resilience factors.

Resilience is not invulnerability to stress; but; rather; the ability to recover from negative events.

Resilience is positive adaptation despite adversity.

Resilience is the ability to bounce back; to return to typical functioning following stress or trauma.

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Resilience is the ability to cope despite the adverse conditions in which they live.

Resilience is the ability to maintain healthy levels of function over time despite adversity or to return to normal function after adversity.

Resilience is the ability to maintain or recover mental wellbeing during and after periods of adversity (substantial adversity as well as smaller life events and daily stress load)

Resilience is the balance of individual strength (protective factors) and vulnerability (risk factors) following an adversity or a traumatic event.

Resilience is the capability to adapt better than expected in the face of significant adversity or risk.

Resilience is the capacity to adapt to and bounce back from adversity and stressful events.

Resilience is the capacity to endure and overcome hardship.

Resilience is the human capacity to persist; bounce back; and flourish when faced with stressors.

Resilience is theorized to result from a dynamic interplay among multiple factors that threaten adaptive functioning; as well as multilevel factors that protect against adversity and promote positive adjustment.

Resilience is unaffected by development or by interaction with the environment.

Resilience may be seen as prerequisite to recovery; by engaging in resilient behaviors; bereaved individuals may work toward the self-transformation inherent in successful adaptation to loss.

Resilience rather than being rare is a common place phenomenon

Resilience refers explicitly and exclusively to functioning in contexts of substantial risk or adversity.

Resilience refers to ones ability to deal with stress and adversity and is influenced by genetic; epigenetic; developmental; neurochemical; and psychosocial factors.

Resilience should be understood not only as a personal attribute that may lead to success; but also as the dynamic interaction between biological and psychosocial processes.

Resilience should operationally be defined as a good mental health outcome following an adverse life event or a period of difficult life circumstances.

Resilience to a potentially traumatic event is a good long-term mental health outcome despite exposure to the event.

Resilience to a potentially traumatic event is the maintenance or quick recovery of mental health following the event.

Resilience; by definition; is a unique; nonnormative type of functioning that can be exhibited only in the face of adversity.

Simply escaping psychopathology would qualify as resilience.

Successful adaptation following exposure to stressful life events.

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The ability to adjust to varied situations and increase ones competence in the face of adverse conditions.

The ability to persevere in the face of challenges; setbacks and conflicts.

The ability to resist negative psychological responses when confronted with stress or trauma

The capability of individuals to cope successfully in the face of change; adversity; and risk.

The capacity to rebound or bounce back from adversity; conflict; failure; or even positive events; progress; and increased responsibility.

The dynamic process of resilience involves the interaction between biological and psychosocial factors.

The growth and adaptation despite exposure to significant stressors.

The maintenance or quick recovery of mental health during and after exposure to significant stressors results from a dynamic process of adaptation to the given stressful life circumstances.

The process of effectively negotiating; adapting to; or managing significant sources of stress or trauma. Assets and resources within the individual; their life; and environment facilitate this capacity for adaptation and “bouncing back” in the face of adversity.

Those higher in resilience bounce back psychologically (including emotion and cognition) to levels at; or even beyond; previous levels of homeostasis or equilibrium.

To maintain relatively stable; healthy levels of psychological and physical functioning.

Note. Cells left blank for items not included in a particular round due to them not being generated by expert group or meeting consensus in a previous round. Rows are highlighted a light red or green depending on their overall rejection or acceptance as essential respectively. Row highlighted in grey indicates a trend towards meeting the consensus criteria.