

Connor-Davidson Resilience Scale -25

Name: _____ Ref. Dr: _____ Date: _____
ID#: _____ Age: _____

The Connor-Davidson Resilience Scale (CD-RISC-25) is a self-administered scale containing 25 items that exhibit good psychometric properties. Please answer the following 25 questions.

1. I am able to adapt to change.

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

2. I have close and secure relationship

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

3. Sometimes fate or God helps me.

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

4. I can deal with whatever comes my way.

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

5. Past successes give me confidence for new challenges.

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

6. I try to see the humorous side of things.

- ☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.
☐ Often true. ☐ True nearly all the time.

7. Having to cope with stress can make me stronger.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

8. I tend to bounce back after illness, injury or other hardships.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

9. Things happen for a reason

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

10. I give my best effort no matter what.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

11. I can achieve my goals.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

12. When things look hopeless, I do not give up.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

13. I know where to turn for help.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

14. Under pressure, I stay focused and think clearly.

☐ Not true at all. ☐ Rarely true. ☐ Sometimes true.

☐ Often true. ☐ True nearly all the time.

15. I prefer to take the lead in problem-solving.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

16. I am not easily discouraged by failure.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

17. I think of myself as a strong person.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

18. I can make unpopular or difficult decisions.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

19. I can handle unpleasant feelings.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

20. I have to act on a hunch.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

21. I have a strong sense of purpose.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

22. I feel like I am in control.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

23. I like challenges.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

24. I work to attain goals.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.

25. I take pride in my achievements.

- ☐ Not true at all.
- ☐ Rarely true.
- ☐ Sometimes true.
- ☐ Often true.
- ☐ True nearly all the time.