

## The Brief Resilience Scale (BRS)

(Smith et al., 2008)

**Instructions:** “Please indicate the extent to which you agree with each of the following statements by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral,

1. I tend to bounce back quickly after hard times
2. I have a hard time making it through stressful events
3. It does not take me long to recover from a stressful event
4. It is hard for me to snap back when something bad happens
5. I usually come through difficult times with little trouble

**Scoring:** The BRS is scored by reverse coding items 2, 4, and 6 and finding the mean of the six items.

### **Citation:**

Smith, Bruce W, Dalen, Jeanne, Wiggins, Kathryn, Tooley, Erin, Christopher, Paulette, & Bernard, Jennifer. (2008). The brief resilience scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15(3), 194–200.  
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