

Brief Resilience Scale (BRS)

Respond to each statement below by circling one answer per row	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1: I tend to bounce back quickly after hard times.	1	2	3	4	5
BRS 2: I have a hard time making it through stressful events.	5	4	3	2	1
BRS 3: It does not take me long to recover from a stressful event.	1	2	3	4	5
BRS 4: It is hard for me to snap back when something bad happens.	5	4	3	2	1
BRS 5: I usually come through difficult times with little trouble.	1	2	3	4	5
BRS 6: I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

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Scoring:

Add the value (1-5) of your responses for all six items, creating a range from 6-30.
Divide the sum by the total number of questions answered (6) for your final score.

Total score: _____ / 6

My score: _____ (average)

BRS Score Interpretation

1.00 - 2.99: Low resilience

3.00 - 4.30: Normal resilience

4.31 - 5.00: High resilience

References:

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International journal of behavioural medicine*, 15, 194-200.

You are welcome to book a consultation session with a counsellor at the Student Wellness Centre to discuss the results of your self-report and/or any questions which you might have. Please email us at care@sim.edu.sg to make an appointment.