Description of Resilience Style Questionnaire: Optimistic Approach to Life

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| --- | --- |
| Function | Recovery, social support, confidence |
| Relevance | Purpose in life, positive affect, subjective well-being |
| Target | General |
| Respondent | Adults |
| Feature | 7 items in 5-point rating scale |
| Reliability | .81 |
| References | Mak, W. W., Ng, I. S., Wong, C. C., & Law, R. W. (2019). Resilience style questionnaire: development and validation among college students and cardiac patients in Hong Kong. *Assessment, 26*(4), 706-725. |

Scoring of Resilience Style Questionnaire: Optimistic Approach to Life

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| --- | --- | --- | --- | --- | --- |
| Response | Never | Rarely | Sometimes | Very Often | Always |
| Score for Items 1-7 | 1 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation  |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |