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| (34) | 抗逆力 |

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|  | 抗逆力 (Resilience) |  |  |
|  | 請選出你在過去一個月的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 受到壓力時感到焦慮 | 1 | 2 | 3 | 4 | 5 |
|  | 受到挫折時難以恢復過來 | 1 | 2 | 3 | 4 | 5 |
|  | 在壓力下感到擔憂 | 1 | 2 | 3 | 4 | 5 |
|  | 難以處理難題 | 1 | 2 | 3 | 4 | 5 |