抗逆力(Resilience) 的描述

|  |  |
| --- | --- |
| 功能 | 监控应变，个人力量，活力 |
| 关联 | 适应，连续性，恢复，正向老龄化，成功老龄化 |
| 对象 | 长者 |
| 回应者 | 长者 |
| 特色 | 4 项5分评分项目 |
| 信度 | .728 |
| 参考 | Cheung, Chau-kiu,and Ping Kwong Kam.2018. “Conditions for Pets to Prevent Depression in Older Adults.” *Aging & Mental Health* 22(12):1627-1633*.*  Siu, Oi-ling, C. Harry Hui, David R. Phillips, Lin Lin, Tze-wai Wong, and Kan Shi. 2009. “A Study of Resiliency among Chinese Health Care Workers: Capacity to Cope with Workplace Stress.” *Journal of Research in Personality* 43:770-776. |

抗逆力计分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回应 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
| 项目1-4的分数 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 赞赏 |
| 30-70 | 需要稍作推动 |
| 0-30 | 需要积极推动 |