抗逆力(Resilience) 的描述

|  |  |
| --- | --- |
| 功能 | 監控應變，個人力量，活力 |
| 關聯 | 適應，連續性，恢復，正向老齡化，成功老齡化 |
| 對象 | 長者 |
| 回應者 | 長者 |
| 特色 | 4 項5分評分項目 |
| 信度 | .728 |
| 參考 | 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. |

抗逆力計分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回應 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
| 項目1-4的分數 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作推動 |
| 0-30 | 需要積極推動 |