Description of Resilience

|  |  |
| --- | --- |
| Function | Monitoring coping, personal strength, vitality |
| Relevance | Adaptation, continuity, recovery, positive aging, successful aging |
| Target | Elderly |
| Respondent | Elder |
| Feature | 4 items in 5-point rating scale |
| Reliability | .728 |
| References | 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. |

Scoring of Resilience

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | No | Rather little | Average | Rather a lot | Very much |
| Score for Items 1-4 | 0 | 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 |