抗逆力(Resiliency) 的描述

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| --- | --- |
| 功能 | 促进健康和幸福，信心，勇气 |
| 关联 | 能力，危机管理，资源开发 |
| 对象 | 青年 |
| 回应者 | 青年 |
| 特色 | 10 项5分评分项目 |
| 信度 | .913 |
| 参考 | Ngai, Steven Sek-yum, Chau-kiu Cheung, and Chi-tat Chan. 2019. *Report of Cyber Youth Outreach*. Hong Kong, China: Boys & Girls’ Club Association, Caritas Hong Kong, and Hong Kong Federation of Youth Groups.  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. |

抗逆力的计分

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| --- | --- | --- | --- | --- | --- |
| 回应 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
| 项目1, 2, 4和 6-10的分数 | 0 | 25 | 50 | 75 | 100 |
| 项目3和5的分数 (反向题) | 100 | 75 | 50 | 25 | 0 |

|  |  |
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| 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 |