抗逆力(Resiliency) 的描述

|  |  |
| --- | --- |
| 功能 | 促進健康和幸福，信心，勇氣 |
| 關聯 | 能力，危機管理，資源開發 |
| 對象 | 青年 |
| 回應者 | 青年 |
| 特色 | 10 項5分評分項目 |
| 信度 | .913 |
| 參考 | 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. |

抗逆力的計分

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| --- | --- | --- | --- | --- | --- |
| 回應 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
| 項目1, 2, 4和 6-10的分數 | 0 | 25 | 50 | 75 | 100 |
| 項目3和5的分數 (反向題) | 100 | 75 | 50 | 25 | 0 |

|  |  |
| --- | --- |
| 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 |