抗逆行动 (Resilience act) 的描述

|  |  |
| --- | --- |
| 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 | 复康 |
| 回应者 | 复康人士 |
| 特色 | 10 项5分评分项目 |
| 信度 | .840 |
| 参考 | Cheung, Chau-kiu, Tak-yan Lee, and Ping Kwong Kam. 2015. “Social Production of Resilience and Adjustment in Social Service Users.” *Advances in Sociology Research* 16:51-72.  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. |

抗逆行动的计分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回应 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
| 项目1 –10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 | 对促进作出一些关注 |
| 0-30 | 对促进作出重大关注 |