抗逆行動 (Resilience act) 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 | 復康 |
| 回應者 | 復康人士 |
| 特色 | 10 項5分評分項目 |
| 信度 | .840 |
| 參考 | 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. |

抗逆行動的計分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回應 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
| 項目1 –10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 | 對促進作出一些關注 |
| 0-30 | 對促進作出重大關注 |