**Resilience Evaluation Scale**

Below you will find a number of statements about how you think about yourself and the way in which you usually respond to difficult situations. Please indicate to what extent each statement applies to you.

| | **completely disagree** | **disagree** | **neutral** | **agree** | **completely agree** |
|---|---|---|---|---|---|
| **1. I have confidence in myself** | 0 | 1 | 2 | 3 | 4 |
| **2. I can easily adjust in a difficult situation** | 0 | 1 | 2 | 3 | 4 |
| **3. I am able to persevere** | 0 | 1 | 2 | 3 | 4 |
| **4. After setbacks, I can easily pick up where I left off** | 0 | 1 | 2 | 3 | 4 |
| **5. I am resilient** | 0 | 1 | 2 | 3 | 4 |
| **6. I can cope well with unexpected problems** | 0 | 1 | 2 | 3 | 4 |
| **7. I appreciate myself** | 0 | 1 | 2 | 3 | 4 |
| **8. I can handle a lot at the same time** | 0 | 1 | 2 | 3 | 4 |
| **9. I believe in myself** | 0 | 1 | 2 | 3 | 4 |
| | **Total score**: | | | | |

Resilience Evaluation Scale – English version
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**NOTE FOR RESEARCHERS**
The Resilience Scale Evaliation (RES) is a joint product of the Academic Medical Center (AMC) and Impact, the Dutch national knowledge and advice centre for psychosocial care and safety concerning shocking events, partner in Arq Psychotrauma Expert Group.

**SCORING**
The total score can be computed by summing the individual item scores. Higher total scores indicate greater psychological resilience.

The RES is free to use provided that the source is clearly mentioned. Reference: van der Meer, C.A.I., te Brake, H., van der Aa, N., Dashtgard, P., Bakker, A., & Olff, M. (2018). Assessing Psychological Resilience: Development and Psychometric Properties of the English and Dutch Version of the Resilience Evaluation Scale (RES). *Frontiers in Psychiatry*, 9, 169. doi: 10.3389/fpsyt.2018.00169

The RES is not intended for commercial use.

The authors would appreciate receiving the raw (anonymised) data when available, preferably along with demographic data (age, gender, education). This will contribute to further standardisation and validation of the RES.

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