

Brief Resilience Scale (BRS)

Category: Coping | Items: 6 | Time: ~1 min

Description / When to Use

6-item measure of the ability to bounce back or recover from stress.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 6 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Strongly disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly agree

Scoring Guide

Sum all 6 items scored 1-5. Total range 6-30. Higher scores = greater resilience.

Reverse-scored items: 2, 4, 6

Cutoff Interpretation

Score Range	Severity	Recommended Action
6-18	Low resilience	Resilience training
19-23	Normal resilience	Maintain
24-30	High resilience	Maintain

Psychometric Properties

Cronbach's alpha: 0.93 | Test-retest reliability: 0.84

Validity: Unidimensional resilience measure; predicts well-being outcomes.

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Citation (APA Format)

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