

# Connor-Davidson Resilience Scale-10 (CD-RISC-10)

Category: Coping | Items: 10 | Time: ~2 min

## Description / When to Use

10-item brief version of CD-RISC for screening resilience.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2 minutes.

## Scale Items

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

## Response Options

1 = Not at all true | 2 = Hardly true | 3 = Moderately true | 4 = Exactly true

## Scoring Guide

Sum all 10 items scored 0-4. Total range 0-40. Higher scores = greater resilience.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-20	Low resilience	Resilience intervention
21-30	Moderate resilience	Monitor
31-40	High resilience	Maintain

## Psychometric Properties

Cronbach's alpha: 0.85 | Test-retest reliability: 0.82

Validity: Unidimensional; excellent fit indices.

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## Citation (APA Format)

Campbell-Sills, L., & Stein, M. B. (2007). Psychometric analysis of the Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 24(8), 605-610.

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