Connor-Davidson Resilience Scale (CD-RISC)

Category: Coping | Items: 25 | Time: ~5 min

Description / When to Use

25-item measure of resilience to stress with five factor structure.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 25 items in this scale. Estimated completion time: 5 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 25 items scored 0-4. Total range 0-100. Higher scores = greater resilience.

Reverse-scored items: 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-50	Low resilience	Resilience intervention
51-75	Moderate resilience	Monitor
76-100	High resilience	Maintain

Psychometric Properties

Cronbach's alpha: 0.89 | Test-retest reliability: 0.87
Validity: Validated in clinical and community populations.

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