RRM manual appendix

# Unpacking the items of the measure

The following is an explanation of what is meant by each item in the measure. This may be useful if clarifications are required by those completing the measure (they can be used to create prompts), or if you wish to adapt it for use with younger age groups, or when translating the measure.

In general, each of the items taps a psychological quality that has been associated with resilience, or the capacity to manage or overcome adversity. As such, many of the items will link a quality to the experience of hardship to clarify this, such as (4) which associates perseverance explicitly with the experience of difficulty.

1. I believe in myself

This item concerns **self-belief** and may be used as an indicator of general self-efficacy. It is meant to probe the extent to which the individual feels they are generally competent. An individual that scores low on such an item may have higher self-doubt, meaning that they would be more likely to question their ability to do things or do them well.

1. I can adapt to challenging situations

This item concerns **adaptability**, but particularly in situations which are challenging. Adaptability alone is not sufficient, such as knowing how to behave among peers and how this may differ when with a boss or authority figure. Instead, it is the extent to which an individual believes they can change aspects of themselves or their interactions (such as their behaviour) when faced with difficult situations, and which facilitates good outcomes or coping, like when workplaces become stressful.

1. I find solutions to problems I encounter

This item is about **problem-solving** **ability**. It does not enquire about how an individual goes about solving problems, but just that they believe they can find solutions when they face difficulties.

1. I can keep going despite difficulties

This item is about **perseverance**. However, enquiring about perseverance directly is not quite sufficient, as this item is about perseverance in the context of hardship. Whilst the connotations of perseverance are of someone keeping going in the face of hardship, it is possible that perseverance could be considered without this and so ‘difficulties’ is foregrounded. It is like ‘grit’ and so the opposite of giving up in the face of challenge.

1. I can cope with competing demands (for my time or attention)

This item taps the ability/capacity to **manage stress** prompted by multiple/simultaneous demands of someone, like having work and home lives that are busy and sometimes overlap, or working on multiple projects at once. Like multi-tasking, it is the opposite of getting stressed or overwhelmed when being engaged by more than one thing at a time.

1. Even when there are setbacks or obstacles, I am hopeful about my future

This item is about **optimism**. But rather than a general optimism it is a sense of personal optimism that things will work out for oneself, and despite negative experiences that may sway some.

1. I am generally in control of my emotions

This item concerns **emotional self-regulation**. It reflects a person who is calm and collected, even when baited or triggered. It is the opposite of someone who is quick to anger or finds themselves easily upset.

1. I take pride in things I have achieved

This item is about **pride in achievements**. It relates to feelings of worth when reflecting on past successes that an individual has caused or contributed to.

1. When faced with difficulties, I rise to the challenge

This relates to **motivation/embracing challenges**. It is about an individual’s readiness to take on and overcome obstacles rather than shy away from them. It is the opposite of a person who is easily intimidated by challenge.

1. I can find meaning in my life

The last item is about **meaning making/purpose**. It relates to spirituality and a person who is able to have or find a reason for their existence or to keep going. This might just be to support or spend time with a loved one, or to serve god, or because they want to make a lasting impact on society, etc. It is the opposite of a personal nihilism or someone who feels that their life is meaningless.