

## **Response to Stressful Experiences Scale (Physical Injury)**

**Source:** The items are from the 22-item Responses to Stressful Experiences Scale (RSES) (with modification to instructions) <u>Public Domain</u>

**Reference:** Johnson, D. C., Polusny, M. A., Erbes, C. R., King, D., King, L., Litz, B. T., Schnurr, P., Friedman, M. and Southwick, S. M. (2008). *Resilience and Response to Stress: Development and Initial Validation of the Response to Stressful Experiences Scale (RSES)*. Paper presented at the 2nd Annual Marine Corps Combat and Operational Stress Control (MCCOSC) Conference, San Diego, CA.

**Scale Description:** The RSES is a 22-item scale emphasizing coping processes. It was developed by the National Center for PTSD and was validated using active duty and reserve component military samples (N = 1059). Used here with a slight modification to instructions.

## **Scoring and Algorithm**

**Note:** For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

The items are scored 0-4 as described below; total score is sum of all 22 items, possible range 0 - 88.

Not at all like me = 0

= 1

=2

=3

Exactly Like Me = 4

## **Algorithm**

Total = 71 - 88 High Resilience

Total = 50 - 70 Moderate Resilience

Total = 0-49 Low Resilience



## The Physical Injury Responses to Stressful Experience Scale

**Instructions:** The following statements describe how some individuals may think, feel, or act during and after the most stressful events in life. Please indicate by circling the appropriate number how well each of these statements describes you in response to the stress of your physical injury.

In response to the stress of my physical injury, I tend to. . . 1. ...take action to fix things. 2 1 Exactly Like Me Not at All Like Me 2. ...not give up trying to solve problems I think I can solve. Exactly Like Me Not at All Like Me 3. ...find a way to do what's necessary to carry on. 4 2 1 0 Exactly Like Me Not at All Like Me 4. ...pray or meditate. 3 2 1 Exactly Like Me Not at All Like Me 5. ...face my fears. 3 2 1 Exactly Like Me Not at All Like Me 6. ...find opportunity for growth. 7. 2 1 Exactly Like Me Not at All Like Me 8. ...calm and comfort myself. 2 1 0 Exactly Like Me Not at All Like Me 9. ...try to "recharge" myself before I have to face the next challenge. 4 2 1 Exactly Like Me

Not at All Like Me

10.	see it as a challenge that will make me better.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
11.	look at the problem in a number of ways.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
12.	look for creative solutions to the problem.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
13.	put things in perspective and realize I will have times of joy and times of sadness							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
14.	be good at determining which situations <u>are</u> changeable and which <u>are not</u> .							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
15.	find meaning from the experience.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
16.	find strength in the	find strength in the meaning, purpose, or mission of my life.						
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
17.	know I will bounce back.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
18.	expect that I can handle it.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
19.	learn important and useful life lessons.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			
20.	understand that bad things can happen to anyone, not just me.							
	4	3	2	1	0			
	Exactly Like Me				Not at All Like Me			

21lean on my faith in God or a nigher power.									
4	3	2	1	0					
Exactly Like Me				Not at All Like Me					
22draw upon lessons learned from failures and past mistakes.									
4	3	2	1	0					
Exactly Like Me				Not at All Like Me					