

Responses to Stressful Experiences Scale

Source: The items are from the 22-item Responses to Stressful Experiences Scale (RSES) Public Domain

Reference: Johnson, D. C., Polusny, M.A., Erbes, C. R., King, D., King, L., Litz, B. T., Schnurr, P., Friedman, M. & 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 NC-PTSD and was validated using active duty and reserve component military samples (N = 1059)

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.

Algorithm

Total = 71 - 88 High Resilience

Total = 50 - 70 Moderate Resilience

Total = 0-49 Low Resilience

Resilience

Resilience Scale

The following statements describe how some individuals may think, feel, or act during and after the most stressful events in life. Please indicate how well each of these statements describes you during and after life's most stressful events.

4 3 2 1 0
Exactly Like Me Not at All Like Me

During and after life's most stressful events, I tend to ...

- 1. ...take action to fix things.
- 2. ...not give up trying to solve problems I think I can solve.
- 3. ...find a way to do what's necessary to carry on.
- 4. ...pray or meditate.
- 5. ...face my fears.
- 6. ...find opportunity for growth.
- 7. ...calm and comfort myself.
- 8. ...try to "recharge" myself before I have to face the next challenge.
- 9. ...see it as a challenge that will make me better.
- 10. ...look at the problem in a number of ways.
- 11. ...look for creative solutions to the problem.
- 12. ...put things in perspective and realize I will have times of joy and times of sadness.
- 13. ...be good at determining which situations are changeable and which are not.
- 14. ...find meaning from the experience.
- 15. ...find strength in the meaning, purpose, or mission of my life.
- 16. ...know I will bounce back.
- 17. ...expect that I can handle it.
- 18. ...learn important and useful life lessons.
- 19. ...understand that bad things can happen to anyone, not just me.
- 20. ...lean on my faith in God or a higher power.
- 21. ...draw upon lessons learned from failures and past mistakes.
- 22. ...practice ways to handle it better next time.

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