



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

