



## 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) [Public Domain](#)

**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.

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

2. ...not give up trying to solve problems I think I can solve.

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

3. ...find a way to do what's necessary to carry on.

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

4. ...pray or meditate.

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

5. ...face my fears.

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

6. ...find opportunity for growth.

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

8. ...calm and comfort myself.

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



