

Appendix 2 The Connor-Davidson resilience scale (CD-RISC)

| Item | 0=not true at all | 1=rarely true | 2=sometimes true | 3=often true | 4=true nearly all of the time |
|--|-------------------|---------------|------------------|--------------|-------------------------------|
| 1. Able to adapt to change | | | | | |
| 2. Close and secure relationships | | | | | |
| 3. Sometimes fate or God can help | | | | | |
| 4. Can deal with whatever comes | | | | | |
| 5. Past success gives confidence for new challenge | | | | | |
| 6. See the humorous side of things | | | | | |
| 7. Coping with stress strengthens | | | | | |
| 8. Tend to bounce back after illness or hardship | | | | | |
| 9. Things happen for a reason | | | | | |
| 10. Best effort no matter what | | | | | |
| 11. You can achieve your goals | | | | | |
| 12. When things look hopeless, I don't give up | | | | | |
| 13. Know where to turn for help | | | | | |
| 14. Under pressure, focus and think clearly | | | | | |
| 15. Prefer to take the lead in problem solving | | | | | |
| 16. Not easily discouraged by failure | | | | | |
| 17. Think of self as strong person | | | | | |
| 18. Make unpopular or difficult decisions | | | | | |
| 19. Can handle unpleasant feelings | | | | | |
| 20. Have to act on a hunch | | | | | |
| 21. Strong sense of purpose | | | | | |
| 22. In control of your life | | | | | |
| 23. I like challenges | | | | | |
| 24. You work to attain your goals | | | | | |
| 25. Pride in your achievements | | | | | |

Notes: Items 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, and 23 are the tenacity subscale; items 1, 5, 7, 8, 9, 10, 24, and 25 are the strength subscale; and items 2, 3, 4, and 6 are the optimism subscale.