

1. Been able to concentrate on what you're doing?
1 = Better than usual 2 = Same as usual 3 = Less than usual 4 = Much less than usual
2. Lost much sleep over worry?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
3. Felt you were playing a useful part in things?
1 = More so than usual 2 = Same as usual 3 = Less useful than usual 4 = Much less useful
4. Felt capable of making decisions about things?
1 = More so than usual 2 = Same as usual 3 = Less so than usual 4 = Much less capable
5. Felt constantly under strain?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
6. Felt you couldn't overcome your difficulties?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
7. Been able to enjoy your normal day-to-day activities?
1 = More so than usual 2 = Same as usual 3 = Less so than usual 4 = Much less than usual
8. Been able to face up to your problems?
1 = More so than usual 2 = Same as usual 3 = Less so than usual 4 = Much less able
9. Been feeling unhappy and depressed?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
10. Been losing confidence in yourself?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
11. Been thinking of yourself as a worthless person?
1 = Not at all 2 = No more than usual 3 = Rather more than usual 4 = Much more than usual
12. Been feeling reasonably happy, all things considered?
1 = More so than usual 2 = About same as usual 3 = Less so than usual 4 = Much less than usual

3. Resilience Scale

1. When I make plans I follow through with them.

1	2	3	4	5	6	7
Totally Disagree			Neither Agree, nor Disagree		Totally Agree	
2. I usually manage one way or another.

1	2	3	4	5	6	7
Totally Disagree			Neither Agree, nor Disagree		Totally Agree	
3. I feel proud that I have accomplished things in my life.

1	2	3	4	5	6	7
Totally Disagree			Neither Agree, nor Disagree		Totally Agree	
4. I usually take things in my stride.

1	2	3	4	5	6	7
Totally Disagree			Neither Agree, nor Disagree		Totally Agree	
5. I am friends with myself.

1	2	3	4	5	6	7
Totally Disagree			Neither Agree, nor Disagree		Totally Agree	

6. I feel that I can handle many things at a time.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
7. I am determined.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
8. I have self-discipline.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
9. I keep interested in things.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
10. I can usually find something to laugh about.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
11. My belief in myself gets me through hard times.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
12. I can usually look at a situation in a number of ways.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
13. My life has meaning.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
14. When I am in a difficult situation, I can usually find my way out of it.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |
15. I have enough energy to do what I have to do.
- | | | | | | | |
|------------------|---|---|-----------------------------|---|---------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Totally Disagree | | | Neither Agree, nor Disagree | | Totally Agree | |