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| Rugged Resilience Measure [RRM] |
| To what extent do the following statements apply to you? |
| There are no right or wrong answers. | Not at all[1] | A little[2] | Somewhat[3] | Quite a bit[4] | A lot[5] |
| 1 | I believe in myself | 1 | 2 | 3 | 4 | 5 |
| 2 | I can adapt to challenging situations | 1 | 2 | 3 | 4 | 5 |
| 3 | I find solutions to problems I encounter | 1 | 2 | 3 | 4 | 5 |
| 4 | I can keep going despite difficulties | 1 | 2 | 3 | 4 | 5 |
| 5 | I can cope with competing demands (for my time or attention) | 1 | 2 | 3 | 4 | 5 |
| 6 | Even when there are setbacks or obstacles, I am hopeful about my future | 1 | 2 | 3 | 4 | 5 |
| 7 | I am generally in control of my emotions | 1 | 2 | 3 | 4 | 5 |
| 8 | I take pride in things I have achieved | 1 | 2 | 3 | 4 | 5 |
| 9 | When faced with difficulties, I rise to the challenge | 1 | 2 | 3 | 4 | 5 |
| 10 | I can find meaning in my life | 1 | 2 | 3 | 4 | 5 |

Research has shown that resilience - the ability to withstand, overcome, or adapt to adversity - depends, in part, on internal qualities, or a person’s “ruggedness” \*. The RRM provides a general assessment of this ‘rugged’ resilience.

Although the measure gives an overview of rugged resilience, it draws on the following specific internal qualities:

1. Self-belief/self-efficacy
2. Adaptability
3. Problem-solving ability
4. Perseverance/grit
5. Coping with stress
6. Optimism
7. Emotional self-regulation/self-control
8. Pride in achievements
9. Motivation/embracing challenges
10. Meaning making/purpose

Your score will fall between 10-50, where a higher score indicates stronger resilience. Please see the manual for details on interpreting scores.

Reference:

Jefferies, P., Vanstone, R. & Ungar, M. (2022). The Rugged Resilience Measure: Development and preliminary validation of a brief measure of personal resilience. *Applied Research in Quality of Life, 17,* 985–1000. https://doi.org/10.1007/s11482-021-09953-3

\* Resilience depends on internal and external qualities. The RRM is an assessment of these internal qualities. For external qualities, or an assessment of “resourced resilience”, see the [CYRM/ARM](http://cyrm.resilienceresearch.org/).

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