



Adult Resilience Measure-Revised (ARM-R)

ARM-R

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 get along with people around me	1	2	3	4	5
2	Getting and improving qualifications or skills is important to me	1	2	3	4	5
3	I know how to behave in different social situations (such as at work, home, or other public places)	1	2	3	4	5
4	My family is supportive towards me	1	2	3	4	5
5	My family knows a lot about me (for example, who my friends are, what I like to do)	1	2	3	4	5
6	If I am hungry, I can usually get enough food to eat	1	2	3	4	5
7	People like to spend time with me	1	2	3	4	5
8	I talk to my family/partner about how I feel (for example, when I am sad or concerned)	1	2	3	4	5
9	I feel supported by my friends	1	2	3	4	5
10	I feel that I belong in my community	1	2	3	4	5
11	My family/partner stands by me when times are hard (for example, when I am ill or in trouble)	1	2	3	4	5
12	My friends care about me when times are hard (for example, when I am ill or in trouble)	1	2	3	4	5
13	I am treated fairly in my community	1	2	3	4	5
14	I have opportunities to show others that I can act responsibly	1	2	3	4	5
15	I feel secure when I am with my family/partner	1	2	3	4	5
16	I have opportunities to apply my abilities in life (like using skills, working at a job, or caring for others)	1	2	3	4	5
17	I like my family's/partner's culture and the way my family celebrates things (like holidays or learning about my culture)	1	2	3	4	5

For administration instructions and scoring, please refer to the accompanying manual.

When using the measure, please cite the following:

Resilience Research Centre. (2018). CYRM and ARM user manual. Halifax, NS: Resilience Research Centre, Dalhousie University. Retrieved from <http://www.resilienceresearch.org/>

Jefferies, P., McGarrigle, L., & Ungar, M. (2018). The CYRM-R: a Rasch-validated revision of the Child and Youth Resilience Measure. *Journal of Evidence-Informed Social Work*, 1-24. <https://doi.org/10.1080/23761407.2018.1548403>