



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.

| | | No [1] | Sometimes [2] | Yes [3] |
|----|--|-----------|------------------|------------|
| 1 | I cooperate with people around me | 1 | 2 | 3 |
| 2 | Getting and improving qualifications or skills is important to me | 1 | 2 | 3 |
| 3 | I know how to behave in different social situations | 1 | 2 | 3 |
| 4 | My family have usually supported me through life | 1 | 2 | 3 |
| 5 | My family knows a lot about me | 1 | 2 | 3 |
| 6 | If I am hungry, I can get food to eat | 1 | 2 | 3 |
| 7 | People like to spend time with me | 1 | 2 | 3 |
| 8 | I talk to my family/partner about how I feel | 1 | 2 | 3 |
| 9 | I feel supported by my friends | 1 | 2 | 3 |
| 10 | I feel that I belong in my community | 1 | 2 | 3 |
| 11 | My family/partner stands by me during difficult times | 1 | 2 | 3 |
| 12 | My friends stand by me during difficult times | 1 | 2 | 3 |
| 13 | I am treated fairly in my community | 1 | 2 | 3 |
| 14 | I have opportunities to show others that I can act responsibly | 1 | 2 | 3 |
| 15 | I feel secure when I am with my family/partner | 1 | 2 | 3 |
| 16 | I have opportunities to apply my abilities in life (like skills, a job, caring for others) | 1 | 2 | 3 |
| 17 | I enjoy my family's/partner's cultural and family traditions | 1 | 2 | 3 |

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>