

## RESILIENCY SCALES FOR CHILDREN & ADOLESCENTS – A PROFILE OF PERSONAL STRENGTHS (RSCA)

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Date:	Copyright 2005
Construct:	Child Development, Child and Family Health, Parenting Skills
Standardized:	Yes
Instrument Type(s):	Three scales of 20 to 24 items each and ten subscales.
Uses of Information:	<p>The Resiliency Scales for Adolescents measure three areas of perceived strength and/or vulnerability related to psychological resilience. The RSCA Personal Resiliency Profile may be used for screening for prevention programs and for referral; in combination with the Beck Youth Inventories (or other symptom-based measures) to link characteristics of resiliency with specific symptoms for more targeted treatment planning.</p> <p>Individual clinical settings; school settings and therapeutic group settings.</p> <p>The three Resiliency Scales may be used together or as stand-alone global scales measuring:</p> <ul style="list-style-type: none"><li>• <i>Sense of Mastery Scale</i> measures optimism, self-efficacy, and adaptability.</li><li>• <i>Sense of Relatedness Scale</i> measures trust, support, comfort and tolerance.</li><li>• <i>Emotional Reactivity Scale</i> measures sensitivity, recovery and impairment.</li></ul>
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### Scales/Item Options:

The Resiliency Scales are self-report scales. Items are scored with paper-and-pencil by choosing one of five responses from 0 (Never) to 4 (Almost Always). The Resiliency scales are written at a 3<sup>rd</sup> grade reading level.

Sample items from the *Sense of Mastery Scale* include:

- If I try hard, it makes a difference.
- I can let others help me when I need to.
- No matter what happens, things will be all right.

Sample items from the *Sense of Relatedness Scale* include:

- I can make up with friends after a fight.
- If something bad happens, I can ask my parent(s) for help.
- There are people who love and care about me.

Sample items from the Emotional Reactivity Scale include:

- When I get upset, I stay upset for several days.
- When I am upset, I do things that I later feel bad about.
- I can get so upset that I can't stand how I feel.

### Scoring:

The total raw score for each of the global scales is obtained by summing all items scores for each scale. Raw scores are transformed to standardized *T* scores using computed means and standard deviations for normative groups (by age and by gender). *T* scores allow profiling across scales.

### Languages:

English.

### Psychometric Properties:

The standardization sample included 200 children ages 15 through 18 years matched to the U.S. census by ethnicity and by parent education level within sex and age band.

Chronbach's alpha coefficients ranged from .93 to .95 for the total sample and for males and females indicating good internal consistency.

The standard error of measurement ranged from .90 to 2.45 for the total sample on all subscales indicating good reliability.

Test-Retest reliability, computed on a sub-sample of 65 adolescents, was good to excellent ranging from .70 to .92 for males and females on all sub-scales.

Validity correlations for internal structure indicate that global scales are significantly related with each other but not to the extent that they could be considered the same construct.

