

# 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 cooperate 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	1	2	3	4	5
4	My family has usually supported me through life	1	2	3	4	5
5	My family knows a lot about me	1	2	3	4	5
6	If I am hungry, I can get 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	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 during difficult times	1	2	3	4	5
12	My friends stand by me during difficult times	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 skills, a job, caring for others)	1	2	3	4	5
17	I enjoy my family's/partner's cultural and family traditions	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/>

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