**Personality Assessment**
For an assessment of your personality profile visit this site,

https://www.outofservice.com/bigfive/

**Resilience Assessment**
To assess your level of resilience, answer the four questions below, and then compare the sum total of the four questions you answered to the chart on the next page, matching your score with the same age and gender group as yourself in the chart.

I look for creative ways to alter difficult situations

1 = does not describe me at all  
2 = does not describe me very well  
3 = neutral  
4 = describes me fairly well  
5 = describes me very well

Regardless of what happens to me, I believe I can control my reaction to it

1 = does not describe me at all  
2 = does not describe me very well  
3 = neutral  
4 = describes me fairly well  
5 = describes me very well

I believe that I can grow in positive ways by dealing with difficult situations

1 = does not describe me at all  
2 = does not describe me very well  
3 = neutral  
4 = describes me fairly well  
5 = describes me very well

I actively look for ways to replace the losses I encounter in life

1 = does not describe me at all  
2 = does not describe me very well  
3 = neutral  
4 = describes me fairly well  
5 = describes me very well

Resilience total score: ______
Resilience comparison chart.

To use this chart, find where your resilience total score is in the age and gender group that matches you and then see what percentile your score represents. For example, if you are a woman with an age between 55-64 and have a score of 16 then this is the 61.1 percentile, which means that about 60% of other women in this age group are below your score of 16.

Source article for the four resilience questions

DOI 10.1186/s12955-017-0822-6

Resilient coping in the general population: standardization of the brief resilient coping scale (BRCS)

Rüya-Daniela Kocalevent1,2*, Markus Zenger3, Andreas Hinz4, Berghard Klapp5 and Elmar Brähler6,5

Abstract

Background: There has been a marked tendency for researchers, clinicians, and policy makers to shift their focus from risk to resilience. This should be assessed by comparing the outcome to a context specific reference group. The objectives of the study were to generate normative data for the BRCS for different age groups for men and women and to further investigate the construct validity and factor structure in a general population.

Methods: Nationally representative face-to-face household surveys were conducted in Germany in 2013 (n = 2508).

Results: Normative data for the BRCS were generated for men and women (53.2% female) and different age levels (mean age SD) of 49.7 (18.0 years). Men had significantly higher mean scores compared with women (149 SD = 3.2 vs. 146 SD = 3.1). The results of the EFA and CFA clearly indicate a unidimensional solution with one factor. Furthermore, the invariance of the one-factor model was tested for the whole sample across gender and six age groups.

Conclusions: The normative data provide a framework for the interpretation and comparisons of resilience with other populations.

Keywords: Resilience, Coping, Normative data, BRCS, General population