

Introduction

- Resilience serves as a beacon of human adaptability amidst the tumultuous seas of life's challenges
- Resilience is defined by American Psychological Association (APA) as the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands [1]
- Factors influencing resilience include individuals' capacity to adapt to adversities, encompassing their perspectives and interactions with the world, the presence of social support networks, and particular coping mechanisms they employ
- Importance of resilience, including academic resilience, is well recognized in one's ability to succeed in the face of adversity [2]
- Many tools have been developed to measure resilience, this article reviews settings and factors to achieve a unifying concept

Objectives

- Identify, categorize, and evaluate the consistency of published resilience scales.

Methods

- Utilized Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) methodology for performing a scoping review
- Searched Education Full Text (H. W. Wilson), ERIC (EBSCO), PsycInfo databases
- Designed literature search strategy around three conceptual domains: building or developing resilience, mental resilience, and academic resilience
- Utilized search terms (build* OR develop* OR train*) AND resilien* in the title only; (build* OR develop* OR train*) AND "academic resilien*" in the abstract; (build* OR develop* OR train*) AND "mental resilien*" in the abstract and articles screened were dated from 1975 to November 3, 2023
- Resilience measurement factors were extracted and grouped using common themes and frequency of occurrence among studies
- Articles were screened for inclusion/exclusion criteria and credibility by title, then by title and abstract, then by full review

Methods (continued)

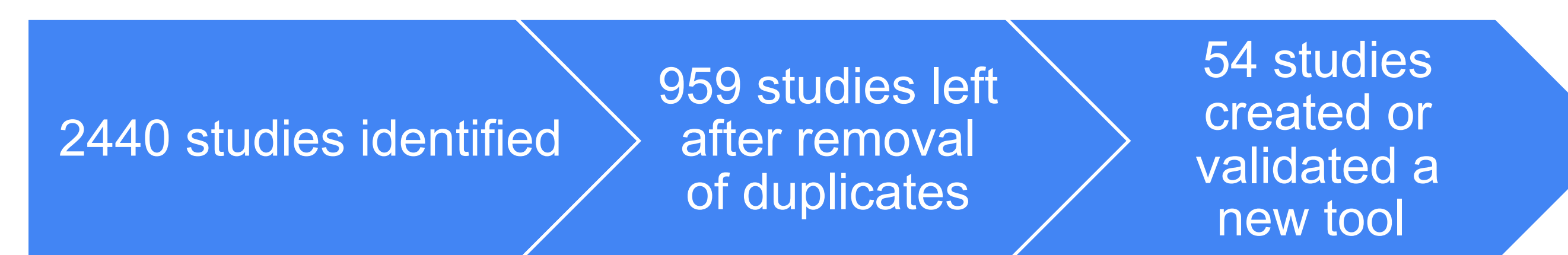


Figure 1. Initial studies identified at the start of search leading to number of studies utilized for analysis.

Table 1 - Eligibility criteria for the studies

Inclusion Criteria:	
•	Full text written in English
•	Published from 1975 to 2023
•	Original studies
•	Focused on implementing and validating a new resilience measurement tool
•	Studied in humans/targeted for humans
Exclusion Criteria:	
•	Trauma-based interventions
•	Theoretical-based recommendations
•	Review of an existing resilience measurement tool

Results

Most Frequently Occurring Qualities Measured on Resilience Scales

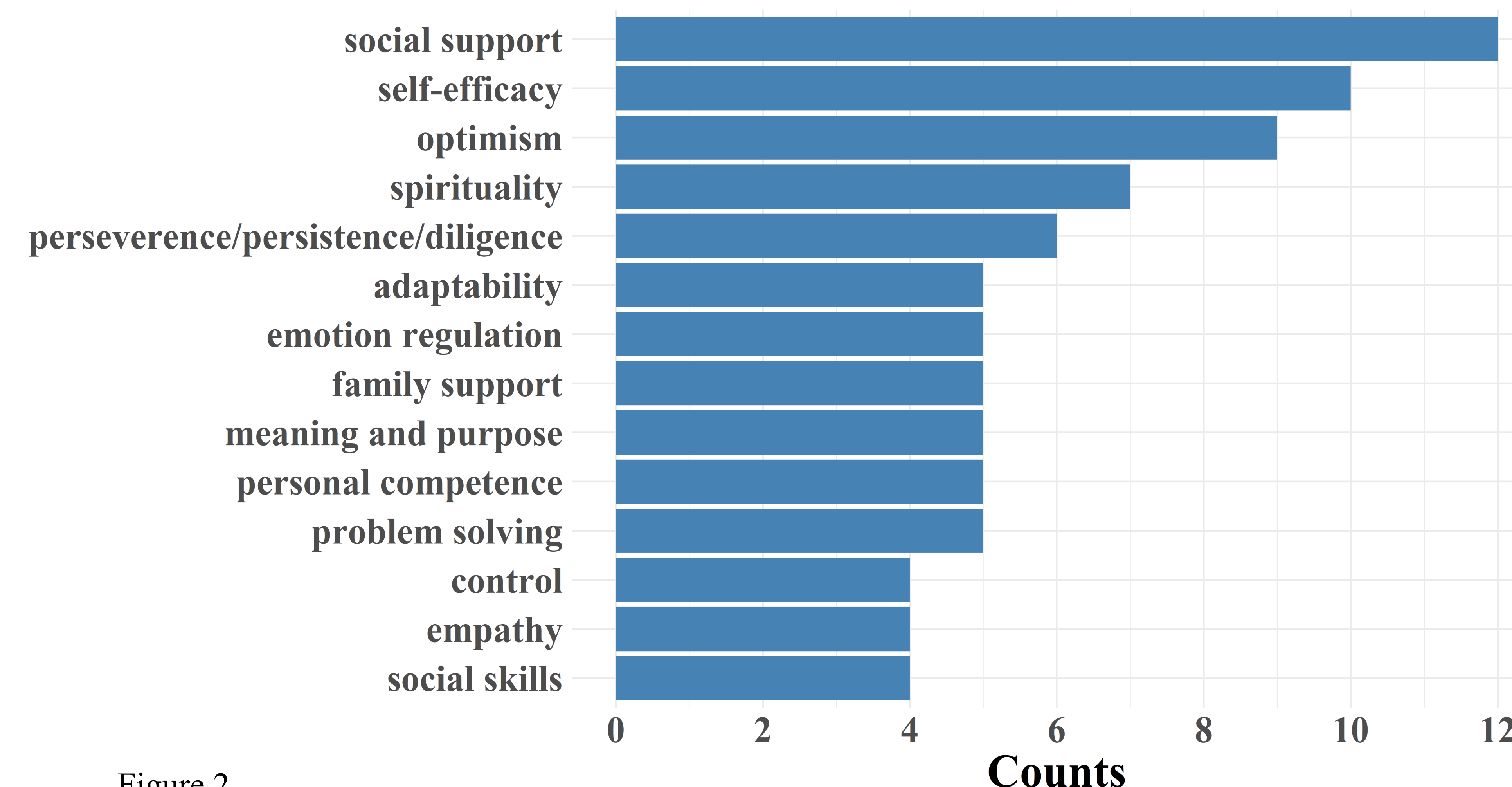


Figure 2. The number of resilience measures using each quality. Qualities appearing in 4 or more resilience measures are shown.

Results (continued)

- Of the studies that described a new measurement tool, 50 used self-ratings.
- 28 scales involved adult population, 26 were on young adult/adolescent/child populations with, only 2 including children.
- One study was in military setting, 22 in academic, 6 involved employees, and 25 in general population 8 of which involved patients.
- The number of items ranged from 4 to 94. The number of factors constituting resilience ranged from 1 to 12.
- Next the authors extracted these individual factors comprising resilience. Factors from different articles that appeared synonymous to all four authors were combined into a single term, such as "emotion regulation" and "emotional regulation" were considered the same.
- For the 54 articles with new scales, 12 had a single factor of resilience, while 42 scales had multiple factors.
- There were a total of 219 different factors used with 118 of these factors being unique.
- Factors used in at least 4 resilience scales appear in figure 1.

Discussion/Conclusion

- There appeared to be considerable variability in the number and types of factors used to measure resilience
- Some measures viewed resilience as a singular quality while other measures viewed resilience as a combination of many interrelated qualities.
- Finding 219 different qualities being used to characterize resilience, it appears that there is currently no unifying concept that is agreed upon.

References

- American Psychological Association. Resilience. Apa.org. Published May 2022. <https://www.apa.org/topics/resilience#:~:text=Resilience%20is%20the%20process%20and>
- American Psychological Association. Building your resilience. American Psychological Association. Published February 1, 2020. <https://www.apa.org/topics/resilience/building-your-resilience>