

CDRISC

Connor-Davidson Resilience Scale (CD-RISC)

The Connor-Davidson Resilience Scale measures resilience or how well one is equipped to bounce back after stressful events, tragedy, or trauma.

You can measure your resilience using the scale below. Answer each question from a scale of 0 to 4 in terms of how true you find it, then add them all up on the final row. Possible responses range from:

- 0 – Not true at all.
- 1 – Rarely true.
- 2 – Sometimes true.
- 3 – Often true.
- 4 – True nearly all the time.

	Score
1. I am able to adapt when changes occur.	
2. I can deal with whatever comes my way.	
3. I try to see the humorous side of things when I am faced with problems.	
4. Having to cope with stress can make me stronger.	
5. I tend to bounce back after illness, injury or other hardships.	
6. I believe I can achieve my goals, even if there are obstacles.	
7. Under pressure, I stay focused and think clearly.	
8. I am not easily discouraged by failure.	
9. I think of myself as a strong person when dealing with life's challenges and difficulties.	
10. I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	
Total Score	

The Connor-Davidson Resilience Scale was developed by two researchers — Kathryn M. Conner and Jonathan R.T. Davidson. Connor is a psychiatrist and a researcher at Duke University Medical Center in Durham, North Carolina. Her research is focused on stress, anxiety, social anxiety, medications, and resilience. Davidson is a Professor Emeritus of Psychiatry and Behavioral Science at Duke University. His studies focus on PTSD, as well as many other psychiatric topics.

This version is a 10-item version of the scale which is comprised of 10 of the original 25 items from the CD-RISC scale. Rate yourself Your score will range from 0-40. This 10-item scale was developed by Drs. Campbell-Sills and Stein, at the University of California, San Diego, based on factor analysis. *For more complete instructions for administering the scale; please visit the official [CD-RISC website](#) to request and obtain the scale.*

You can impact your resilience over time through intentional practice. You can use this scale, or the official scale on the CD-RISC website, to measure this impact over time.