

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Please respond to each item by marking one box per row:

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	I tend to bounce back quickly after hard times	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
2.	I have a hard time making it through stressful events	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
3.	It does not take me long to recover from a stressful event	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
4.	It is hard for me to snap back when something bad happens	5 <input type="checkbox"/>	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>
5.	I usually come through difficult times with little trouble	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

6.	I tend to take a long time to get over set-backs in my life	5 []	4 []	3 []	2 []	1 []
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Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: _____ item average / 6

Score interpretation

BRS score	Interpretation
1.00-2.99	Low resilience
3.00-4.30	Normal resilience
4.31-6.00	High resilience

Protocol source: <https://www.phenxtoolkit.org/protocols/view/251401>