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Psychometric Report

Resilience Test

Description:

A 25-item test assessing resilience. Low scores indicate poor resilience; high scores indicate good resilience. Resilience is the ability to recover from stress and setbacks.

Reference:

St. Jean, T., Tidman, L., Jerabek, I. (2001). **Resilience Test**. Queendom.com

Sample Size: 24,397

Sample Description:

The sample used in this study was randomly selected from a pool of nearly one hundred and fifty thousand participants. It includes men and women, aged 10 to 80, who took the test on Queendom.com website.

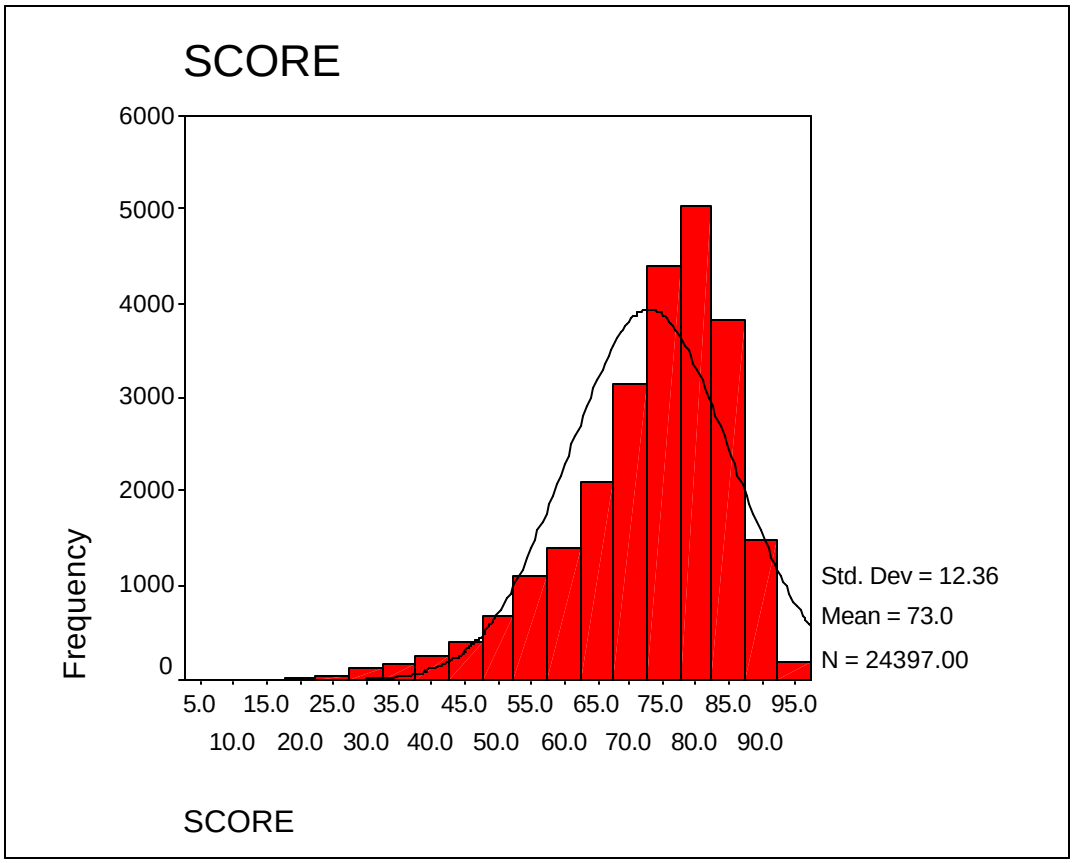
Number of questions: 25

Descriptive Statistics

See Annex 1 for Descriptive statistics

Distribution for the Resilience Test

The distribution of the scores is shown in red; the normal curve is represented by the black line plotted over it. The scores are displayed on the x-axis. The y-axis corresponds to the number of respondents who fall into the relevant score range.



Reliability and Internal Consistency

Score:

Inter-Item Consistency
Cronbach's Coefficient Alpha: 0.8504

Split-Half Reliability
Correlation between forms: 0.6864
Spearman-Brown formula: 0.8142
Guttman’s formula: 0.7930

Criterion and Construct Validity

1. Relationship between age and resilience:

Question #1: What is your age?

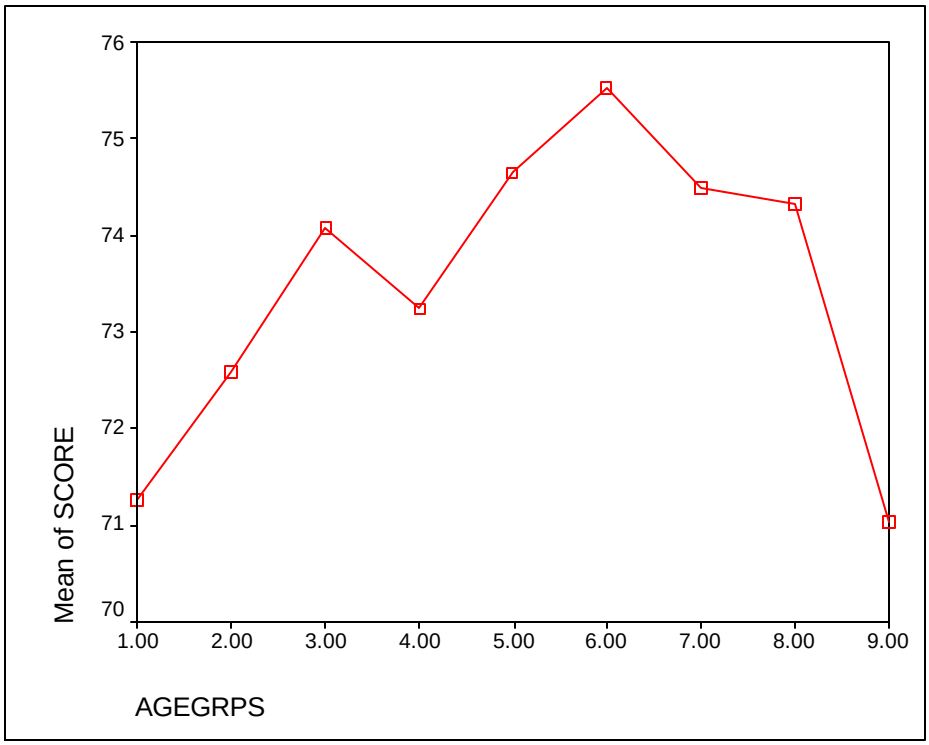
Value 1= 10-15
Value 2= 16-18
Value 3= 19-24
Value 4= 25-29
Value 5= 30-34
Value 6= 35-39
Value 7= 40-49
Value 8= 50-59
Value 9= 60+

a) General Score:

Significant differences were found among groups of subjects with different ages. Resilience increased with age until the thirties, then decreased sharply with age. Although there was a drop in the 20's, the difference was not significant. The effects are robust. See Annex 1 for a table showing homogeneous subsets.

$F_{(8,3078)} = 3.054$ $p < 0.0001$

OVERALL RESILIENCE SCORE AS A FUNCTION OF AGE



2. **Relationship between having to take time off work/school due to stress and resilience:**

Question #2: What is the longest period of time you've taken off work/school as a result of stress?
None A day Less than a week Less than two weeks Less than a month More than a month

a) General Score:

Significant differences were found among groups of subjects who took various amount of time off work as a result of stress. Those who took more time off had poorer resilience. There was a small increase in those who had taken less than a month off due to stress- the could be an artifact of the small sample size, a result of confusion about the validation question, or an actual difference in this group. The effects are robust. See Annex 3 for a table showing homogeneous subsets.

$F_{(5,2892)} = 25.455$ $p < 0.0001$

RESILIENCE AS A FUNCTION OF TAKING TIME OFF BECAUSE OF STRESS

3. Relationship between being told by physician to try to reduce stress levels and resilience:

Question #3: Has your physician ever suggested you try to reduce your level of stress?

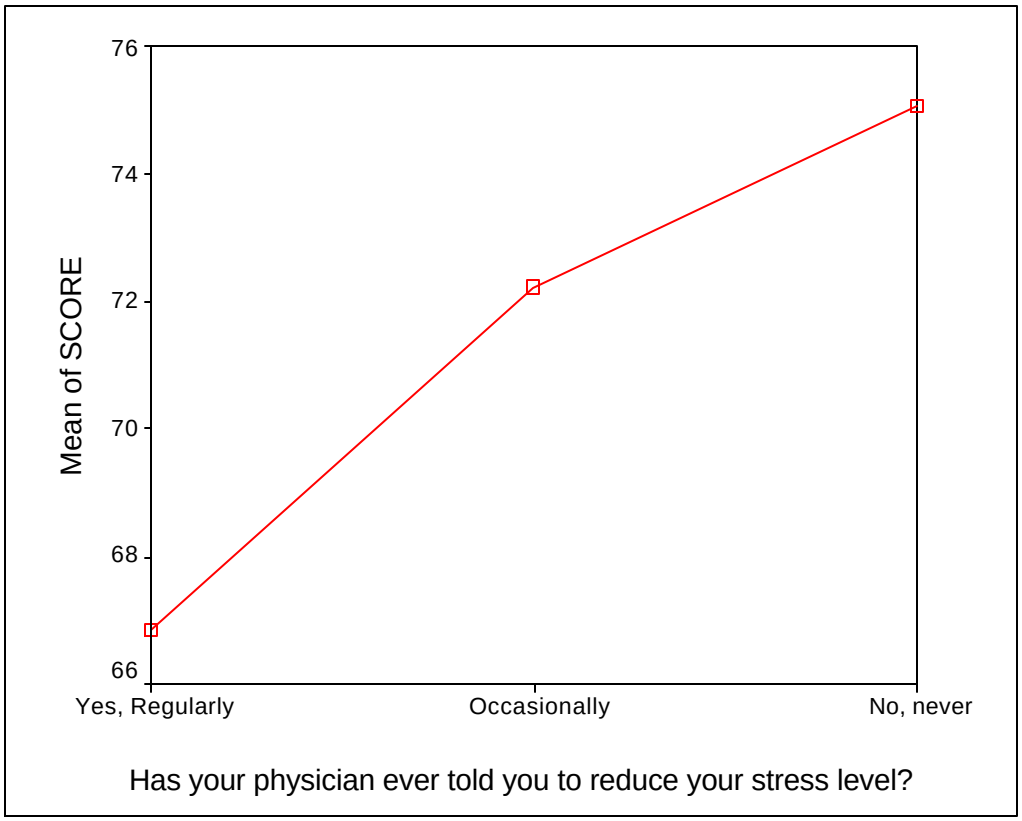
Yes, Regularly
Occasionally
No, never

a) General Score:

Significant differences were found among groups of subjects who had been told that they should reduce stress levels and those who hadn't. Those who had been told regularly to reduce stress levels had lower scores in resilience. The effects are robust. See Annex 4 for a table showing homogeneous subsets.

$F_{(2,2849)} = 50.566$ $p < 0.0001$

RESILIENCE AS A FUNCTION OF BEING TOLD BY A DOCTOR TO ATTEMPT TO REDUCE STRESS LEVELS



4. Relationship between subjects being told that they bounce back from setbacks and scores on resilience.

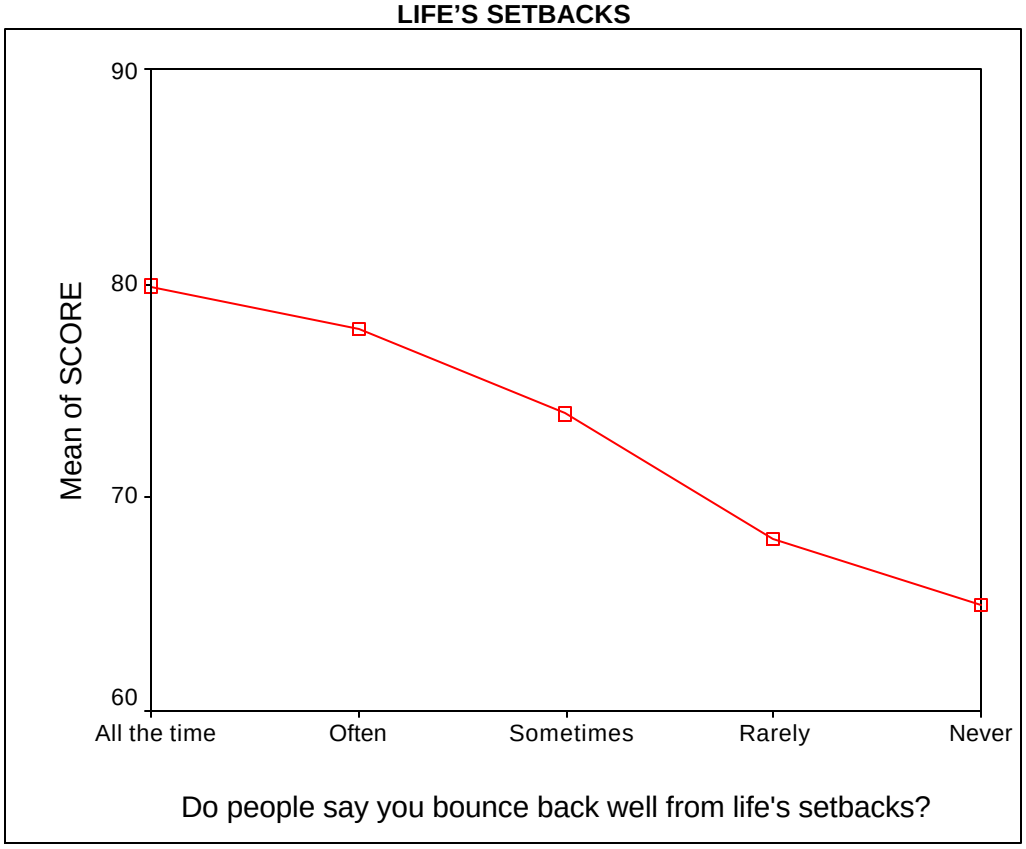
Question #4: Do other people ever comment that you bounce back well from life's setbacks?
All the time
Often
Sometimes
Rarely
Never

a) General Score:

Significant differences were found among groups of subjects depending on how often they are told that they bounce back from life's setbacks. The more often people say that to the subjects, the higher the score on resilience. The effects are robust. See Annex 5 for a table showing homogeneous subsets.

$F_{(4,2756)} = 138.154$ $p < 0.0001$

RESILIENCE AS A FUNCTION OF SUBJECTS BEING TOLD THEY BOUNCE BACK WELL FROM LIFE'S SETBACKS



5. Consulting a professional for stress-related problems

Statistically significant differences were identified between those who had sought help for stress-related problems and those who had not done so.

a) General Score:

Significant differences were found in the general score between those individuals who had sought help from a professional for stress-related problems and those who had not.

$t_{(2881)} = -6.700$ $p < 0.0001$

Group Statistics

	Have you ever consulted a professional about a stress-related problem?	N	Mean	Std. Deviation	Std. Error Mean
SCORE	Yes	954	71.6646	12.5010	.4047
	No	1929	74.8030	11.4899	.2616

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
SCORE	Equal variances assumed	7.446	.006	-6.700	2881	.000	-3.1384	.4684	-4.0569	-2.2200
	Equal variances not assumed			-6.512	1763.502	.000	-3.1384	.4819	-4.0836	-2.1932

6. Have you been diagnosed with a stress-related health problem?

Several statistically significant differences were identified between those who had been diagnosed with a stress-related health problem and those who had not.

a) General Score:

Significant differences were found in the general score between those individuals who had been diagnosed with a stress-related health problem and those who had not.

$t_{(2870)} = -8.172$ $p < 0.0001$

Group Statistics

	Have you been diagnosed with a stress-related health problem?	N	Mean	Std. Deviation	Std. Error Mean
SCORE	Yes	614	70.3990	13.0101	.5250
	No	2258	74.7834	11.4339	.2406

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
SCORE	Equal variances assumed	15.887	.000	-8.172	2870	.000	-4.3844	.5365	-5.4364	-3.3324
	Equal variances not assumed			-7.591	886.910	.000	-4.3844	.5776	-5.5179	-3.2509

ANNEX 1 – Descriptive Statistics

Statistics
SCORE

N	Valid	24397
	Missing	0
Mean		72.9820
Std. Error of Mean		7.913E-02
Median		75.0000
Mode		80.00
Std. Deviation		12.3603
Variance		152.7777
Skewness		-1.168
Std. Error of Skewness		.016
Range		93.00
Minimum		4.00
Maximum		97.00
Sum		1780542.00
Percentiles	5	49.0000
	10	56.0000
	15	60.0000
	20	64.0000
	25	67.0000
	30	69.0000
	35	71.0000
	40	73.0000
	45	74.0000
	50	75.0000
	55	77.0000
	60	78.0000
	65	79.0000
	70	80.0000
	75	82.0000
	80	83.0000
	85	85.0000
	90	86.0000
	95	88.0000
	97	90.0000
	99	92.0000

ANNEX 2– Homogeneous Subsets

The following tables present the homogeneous subsets for all subscores with respect to age.

OVERALL SCORE

SCORE
Tukey HSD

		N	Subset for alpha = .05	
Age Groups			1	2
	9.00	31	71.0323	
	1.00	182	71.2473	71.2473
	2.00	532	72.5789	72.5789
	4.00	432	73.2477	73.2477
	3.00	884	74.0633	74.0633
	8.00	133	74.3233	74.3233
	7.00	361	74.4986	74.4986
	5.00	316	74.6392	74.6392
	6.00	208		75.5288
	Sig.		.186	.052

Means for groups in homogeneous subsets are displayed.
a Uses Harmonic Mean Sample Size = 146.725.
b The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ANNEX 3 – Homogeneous Subsets

The following tables present the homogeneous subsets for all subscores with respect to the amount of work taken off due to stress.

OVERALL
Tukey HSD

	N	Subset for alpha = .05		
What is the longest period of time you've taken off work/school as a result of stress?		1	2	3
More than a month	216	68.5417		
Less than two weeks	100	69.9500		
Less than a week	399	70.3860		
Less than a month	63	71.5238	71.5238	
A day	874		74.5721	74.5721
None	1246			75.6750
Sig.		.168	.149	.952

Means for groups in homogeneous subsets are displayed.
a Uses Harmonic Mean Sample Size = 171.646.
b The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ANNEX 4 – Homogeneous Subsets

The following tables present the homogeneous subsets for all subscores with respect to how often they have been told to try to reduce their stress levels by their physicians.

OVERALL

Tukey HSD

Has your physician ever suggested you try to reduce your level of stress?	N	Subset for alpha = .05		
		1	2	3
Yes, Regularly	3653	56.5371		
Occasionally	8339		63.0360	
No, never	23285			66.0841
Sig.		1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a Uses Harmonic Mean Sample Size = 6871.087.

b The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

ANNEX 5 – Homogeneous Subsets

The following tables present the homogeneous subsets for all subscores with respect to being able to bounce back from setbacks.

Overall Score

SCORE

Tukey HSD

Do other people ever comment that you bounce back well from life's setbacks?	N	Subset for alpha = .05			
		1	2	3	4
Never	377	64.9814			
Rarely	361		68.0859		
Sometimes	964			73.9139	
Often	677				77.9247
All the time	382				79.8298
Sig.		1.000	1.000	1.000	.058

Means for groups in homogeneous subsets are displayed.

a Uses Harmonic Mean Sample Size = 473.716.

b The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.