**Resilience Resources Scale (English):**

To what extent do you agree with the following statements about the way you generally feel?

RESPONSE SCALE: 1=strongly disagree; 2=disagree; 3=neither agree nor disagree; 4=agree; 5=strongly agree

(Self-Esteem)

1. I take a positive attitude towards myself.

2. I feel that I have a number of good qualities.

(Mastery)

3. I can do just about anything I really set my mind to.

4. What happens in the future mostly depends on me.

(Optimism)

5. In uncertain times, I usually expect the best.

6. I’m always optimistic about my future.

(Familism)

7. When I have problems, I can count on help from my relatives

(Social Support Seeking Skills)

8. I can go to people in my life for help or support when I need it

9. I can clearly express my needs to other people who are important to me.

(Purpose)

10. I feel a sense of purpose in my life.

 (Religiosity and Spirituality)

11. I find strength and comfort in my religion or spirituality.

12. I feel deep inner peace and harmony.