

**Endurance**  
**Psychological Endurance Scale**  
**Hamby, Grych, & Banyard, 2013**  
*Partially adapted from Zimbardo & Boyd, 1999*

Endurance is an important regulatory strength during times of adversity. This scale measures psychological (not physical) endurance with items that are designed to assess an individual’s tendencies to be a source of strength to others in times of need and to persist diligently when presented with difficulty. As with other Life Paths scales, it is designed to be suitable for community samples with a range of reading ability.

**Development and validation of measure in pilot study and main sample:** To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all regulatory strengths. The analysis produced a factor consisting of five items from Hamby et al.’s (2013) original Endurance scale (items 1-5) and one item adapted from Zimbardo and Boyd’s (1999) Time Perspective Inventory (item 6). Internal consistencies (coefficient alphas) for the pilot and main samples are 0.81 and 0.86, respectively. Validity was established in the main sample with strong correlations with other measures of regulatory strengths, such as Anger Management ( $r = .64$ ) and Coping ( $r = .63$ ), and with measures of well-being, such as Subjective Well-being ( $r = .64$ ) and the Awe Index ( $r = .52$ ).

**Scoring:** Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of psychological endurance.

**Citation:** Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

**Partially adapted from:** Zimbardo, P.G., & Boyd, J.N. (1999). Putting time in perspective: A valid, reliable individual-differences metric. *Journal of Personality and Social Psychology*, 77, 1721-88.

1. I am a source of strength to my family.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
2. People rely on me through good times and bad.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
3. I am quick to pick myself back up again when I get “knocked down.”
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
4. I find it comforting to stick to my routine when I am facing tough times.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
5. I believe that what doesn’t kill you makes you stronger.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
6. I spend time planning for the future.
  - Mostly true about me ..... 4

Somewhat true about me .....	3
A little true about me .....	2
Not true about me .....	1