

Positive Emotion Regulation
(formerly called Recovering Positive Affect)
Hamby, Blount, Smith, & Taylor (2018)

The ability to maintain positive emotions during or after tough times is important when thinking about what makes an individual resilient. Using humor to help deal with or distract yourself from problems, or seeing the big picture in terms of everyday problems is what make up this scale. We adapted items 1-4 from Martin, Puhlik-Doris, Larsen, Gray, & Weir (2003). We were inspired by Folkman & Moskowitz (2000) for item 6. Folkman et al. described the need for creating items about positive events that individuals could draw upon during times of stress. This questionnaire has been validated to be used in youth populations.

Development and validation of measure: To establish reliability and validity for new and adapted items, we conducted a study with 440 youth participants from rural areas of the southeast, recruited through a local email classifieds list and word-of-mouth. We conducted domain-level factor analyses for all measures of regulatory strengths. All six items used in the survey loaded onto the same factor. Internal consistency (coefficient alpha) was .81. Validity was established in our sample with moderate to strong correlations with other measures, such as Impulse Control ($r = .31$), Self-reliance ($r = .27$), and Endurance ($r = .47$).

Scoring: Each answer category was assigned a value from 4 to 1. Participant’s raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating better recovering of positive affect.

Citation:

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1. If I am feeling sad, I can cheer myself up.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

2. I can still laugh at a joke, even when I’m having a bad day.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

3. I don’t let small problems ruin my day.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

4. I don’t stay mad very long.

Youth only

	Mostly true about me.....	4
	Somewhat true about me.....	3
	A little true about me.....	2
	Not true about me.....	1
5. Joking around can make a problem seem easier.		
	Mostly true about me.....	4
	Somewhat true about me.....	3
	A little true about me.....	2
	Not true about me.....	1
6. I can cheer myself up after a bad day.		
	Mostly true about me.....	4
	Somewhat true about me.....	3
	A little true about me.....	2
	Not true about me.....	1