

RPM Measures Gen 3

We have been working for almost 15 years on the Resilience Portfolio Model and assessments/measures that capture the four domains and the multidimensionality of resilience. The following summary is based on 17+ quantitative datasets we (or others) have collected during that time and have explicitly used the RPM model. Not every measure has appeared in every dataset, but most have been in at least 2 or 3 datasets, and many in 5 or 6 datasets (a few even more).

We refine measures to more specifically capture assets and resources within the person, their relationships, and their social, spatial and policy environments that promote wellbeing after trauma. Below we present measures that have the most data behind them psychometrically and that also often rise to the top of strengths that significantly relate to wellbeing outcomes in head to head comparisons with other measures. We also present a list of constructs we have tried to measure but that just haven't been successful. We organize the measures based on the domains of the RPM.

We title these measures "Gen 3" to indicate that they are based on our most recent work. We will update this document as new measures meet the bar for success.

All our strengths measures use the following response categories:

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

NEGATIVE EMOTION REGULATION

1. I am able to make sense of my difficult feelings.
2. When I'm upset, I can still focus on other things.
3. When I'm upset, I am able to stay in control.
4. My bad moods don't usually last very long.
5. I can control my temper.
6. I can handle my tough feelings without shutting down.
7. I accept that sometimes I am going to feel sad or down.