

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

MEANING MAKING STRENGTHS

Things we are feeling good about:

PURPOSE

1. My life has a clear sense of purpose.
2. I have a good sense of what makes my life meaningful.
3. My beliefs give me a sense of purpose.
4. I am doing something with my life.

PERSONAL HOPE

1. I look forward to the future with hope.
2. The future seems bright to me.
3. I expect things in my life to get better.
4. I feel like most problems I face can be worked out.
5. I feel hopeful most of the time.
6. The future has possibilities.
7. I believe that change is possible.
8. Even when things are tough, I try to be hopeful about the future.
9. I feel more hope than worry about my future.

Constructs we no longer think are central to resilience and/or have measurement or conceptual issues.

Self-oriented meaning making
Relationship meaning making
Family care meaning making
Relational motivation

Future orientation
Mattering
Perspective taking (VIA)
Creativity (VIA)
Appreciation of beauty (VIA)
Honesty (VIA)

REGULATORY STRENGTHS

Things we are feeling good about:

POSITIVE EMOTION REGULATION - Revised

1. I can cheer myself up when I need to.
2. I can still laugh at a joke, even when I'm having a bad day.
3. I bring positive energy to each day.
4. I can still have a good day even if a few things go wrong.
5. I can find joy even when I'm stressed.

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.

PSYCHOLOGICAL ENDURANCE

1. I finish the projects I have started even if they are much harder than I thought.
2. When hard times come around, I face them head-on.
3. When something is almost done, I will finish it even if I start feeling tired or hungry.
4. I stick to my values even when times are tough.

Constructs we no longer think are central to resilience and/or have measurement or conceptual issues.

Emotion awareness
Honesty & humility
Anger management
Impulse control
Self-reliance
Judgment (VIA)
Prudence (VIA)
Bravery (VIA)
Perseverance (VIA)

INTERPERSONAL STRENGTHS

Things we are feeling good about:

SOCIAL SUPPORT RECEIVED

Think about the last time you were upset about something.

1. Someone was there for me when I was having a hard time.
2. Someone took me somewhere I could get away for a while.
3. Someone helped me get my mind off things.
4. Someone comforted me.

SOCIAL LEISURE

1. Outside of work or school, I like to do fun things with people.
2. I spend time with friends or family in the evenings or on weekends.
3. I spend time with friends or family on holidays.
4. I often share meals with friends.
5. I see my friends or family at least once a week.

Constructs we no longer think are central to resilience and/or have measurement or conceptual issues.

Compassion
Social support—other measures
Community support
Forgiveness
Generous behaviors
Generative roles
Parental attachment (maternal or paternal, at least for adolescents and adults)
Group connectedness
Leadership (VIA this is having leadership skills—not getting good supervision or mentoring)
Kindness (VIA)
Teamwork (VIA—also have good teamwork skills, not being on high functioning team)
Social intelligence (VIA)
Fairness (VIA)

ENVIRONMENTAL STRENGTHS

Things we are feeling really good about:

This is such a new area that we don't have anything that has met the bar here. Stay tuned, we are working on it!

Under development that we are still interested in:

It also includes constructs that we are interested in, from scoping review work or elsewhere, but we are near the beginning of measurement development work on (and have found no suitable existing measures)

Green and Blue Spaces

1. My neighborhood is green (has trees, gardens or lawns).
2. When I am home I can see green plants or water from my windows.
3. I can easily reach a park or lake, river or other natural space.
4. My neighborhood has blue spaces (such as a pond, river, or fountain).

Constructs we no longer think are central to resilience and/or have measurement or conceptual issues.

Nothing – again, work here is in very early stages.