

SINGAPORE YOUTH RESILIENCE SCALE (SYRESS) SCORING SHEET

*Note: Three questions (25, 43 & 44) are reverse scored.

Resilience Domain	Qn	Score	Qn	Score	Qn	Score	Qn	Score	Qn	Score	Qn	Score	Qn	Score	Qn	Score	TOTAL
Emotional Regulation	1		2		4		5		6								
Spirituality & Faith	7		8		9		10		12		13						
Relationships & Social Support	14		15		16		18		19								
Positive Self-Image & Optimisim	11		20		21		24		25*		34		35				
Personal Confidence & Responsibility	3		17		22		23		26		33						
Presonal Control	27		28		43*		44*										
Flexibility	29		32		49												
Preseverance & Commitment	30		31		42		45		46		47		48		50		
Humour & Positive Thinking	36		37		38												
Positive Coping	39		40		41												



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