

## THE SINGAPORE YOUTH RESILIENCE SCALE (SYRESS)

**Please read each statement carefully. CIRCLE one response for each statement to indicate how much you agree with it.**

1. I am able to handle unpleasant emotions, like sadness, fear and anger.	Never	Sometimes	About half the time	Most of the time	Always
2. I stay calm in difficult circumstances.	Never	Sometimes	About half the time	Most of the time	Always
3. I think about why I get upset.	Never	Sometimes	About half the time	Most of the time	Always
4. I am able to recover emotionally from losses and setbacks.	Never	Sometimes	About half the time	Most of the time	Always
5. I am able to manage my worries.	Never	Sometimes	About half the time	Most of the time	Always
6. I can handle my frustration.	Never	Sometimes	About half the time	Most of the time	Always
7. My personal belief gets me through hard times.	Never	Sometimes	About half the time	Most of the time	Always
8. My religious or moral beliefs give me strength and courage for my life.	Never	Sometimes	About half the time	Most of the time	Always
9. I find strength in a higher meaning when I face problems.	Never	Sometimes	About half the time	Most of the time	Always
10. Good or bad, I believe that most things happen for a reason.	Never	Sometimes	About half the time	Most of the time	Always
11. I feel in harmony with myself.	Never	Sometimes	About half the time	Most of the time	Always
12. Learning lessons for life can bring out the best in me.	Never	Sometimes	About half the time	Most of the time	Always
13. I believe my life has a meaning and purpose.	Never	Sometimes	About half the time	Most of the time	Always
14. My family understands how I feel.	Never	Sometimes	About half the time	Most of the time	Always
15. In difficult times I have at least one close person I can turn to for help	Never	Sometimes	About half the time	Most of the time	Always
16. I allow others to help me when I need it	Never	Sometimes	About half the time	Most of the time	Always
17. I find strength in my relationships.	Never	Sometimes	About half the time	Most of the time	Always

18. I think others find me easy to work with.	Never	Sometimes	About half the time	Most of the time	Always
19. I have good friends I can trust.	Never	Sometimes	About half the time	Most of the time	Always
20. I accept myself.	Never	Sometimes	About half the time	Most of the time	Always
21. I feel free to be myself.	Never	Sometimes	About half the time	Most of the time	Always
22. I am confident that I can solve problems in life.	Never	Sometimes	About half the time	Most of the time	Always
23. I am able to rely on myself when there is no help.	Never	Sometimes	About half the time	Most of the time	Always
24. I feel proud about things I have accomplished in life.	Never	Sometimes	About half the time	Most of the time	Always
25. I dislike myself.	Never	Sometimes	About half the time	Most of the time	Always
26. I accept responsibility for what I do with my life.	Never	Sometimes	About half the time	Most of the time	Always
27. Failure does not discourage me.	Never	Sometimes	About half the time	Most of the time	Always
28. When I am under stress I remain calm.	Never	Sometimes	About half the time	Most of the time	Always
29. I can accept it when things are unclear and uncertain	Never	Sometimes	About half the time	Most of the time	Always
30. I am not afraid of challenges.	Never	Sometimes	About half the time	Most of the time	Always
31. Difficult times are an opportunity for me to learn and grow as a person.	Never	Sometimes	About half the time	Most of the time	Always
32. I am able to cope well in unfamiliar situations.	Never	Sometimes	About half the time	Most of the time	Always
33. I would change myself if the situation requires it.	Never	Sometimes	About half the time	Most of the time	Always
34. I usually recover quickly after ordinary illness or injuries.	Never	Sometimes	About half the time	Most of the time	Always
35. I am optimistic about my future.	Never	Sometimes	About half the time	Most of the time	Always
36. I can see the funny side of things.	Never	Sometimes	About half the time	Most of the time	Always

37. I can find humor in difficult situations.	Never	Sometimes	About half the time	Most of the time	Always
38. I can laugh at myself.	Never	Sometimes	About half the time	Most of the time	Always
39. I know which situations i can handle and which I cannot.	Never	Sometimes	About half the time	Most of the time	Always
40. I try to understand the situation before I act on it.	Never	Sometimes	About half the time	Most of the time	Always
41. I prepare myself mentally when I meet challenges.	Never	Sometimes	About half the time	Most of the time	Always
42. I put in my best, no matter what the outcome will be.	Never	Sometimes	About half the time	Most of the time	Always
43. In most situations I worry that something bad will happen to me or those I love	Never	Sometimes	About half the time	Most of the time	Always
44. The problems I have are caused by other people.	Never	Sometimes	About half the time	Most of the time	Always
45. When I start something I try to finish it.	Never	Sometimes	About half the time	Most of the time	Always
46. I know that sometimes I have to make myself do things that I do not like.	Never	Sometimes	About half the time	Most of the time	Always
47. I believe that I can achieve my goals, even if it is difficult.	Never	Sometimes	About half the time	Most of the time	Always
48. I believe by trying hard, things can be different.	Never	Sometimes	About half the time	Most of the time	Always
49. I do not keep thinking about things I cannot change.	Never	Sometimes	About half the time	Most of the time	Always
50. I am able to make a decision even when I do not have all the facts.	Never	Sometimes	About half the time	Most of the time	Always