

Translation Guide for the Brief Resilience Scale

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Note. This is an informal guide created by the developers of the Brief Resilience Scale with all of the translations that we were aware of as of June, 24, 2020. This guide is not meant to be all-inclusive as there are probably many translations we are not aware of.

BRS English Version

Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: Assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15(3), 194–200. doi:[10.1080/10705500802222972](https://doi.org/10.1080/10705500802222972)

Instructions: Use the following scale and circle one number for each statement to indicate how much you disagree or agree with each of the statements.

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

1. I tend to bounce back quickly after hard times.
2. I have a hard time making it through stressful events.
3. It does not take me long to recover from a stressful event.
4. It is hard for me to snap back when something bad happens.
5. I usually come through difficult times with little trouble.
6. I tend to take a long time to get over setbacks in my life.

Note. Items 2, 4, and 6 are reverse coded.

BRS German Translation

Chmitorz, A., Wenzel, M., Stieglitz, R. D., Kunzler, A., Bagusat, C., Helmreich, I., ... & Lieb, K. (2018). Population-based validation of a German version of the Brief Resilience Scale. *PloS one*, 13(2). 10.1371/journal.pone.0192761

1. Ich neige dazu, mich nach schwierigen Zeiten schnell zu erholen.
(Original English: I tend to bounce back quickly after hard times).
2. Es fällt mir schwer, stressige Situationen durchzustehen. (R)
(Original English: I have a hard time making it through stressful events.)
3. Ich brauche nicht viel Zeit, um mich von einem stressigen Ereignis zu erholen.
(Original English: It does not take me long to recover from a stressful event).
4. Es fällt mir schwer zur Normalität zurückzukehren, wenn etwas Schlimmes passiert ist. (R)
(Original English: It is hard for me to snap back when something bad happens).
5. Normalerweise überstehe ich schwierige Zeiten ohne größere Probleme.
(Original English: I usually come through difficult times with little trouble).
6. Ich brauche tendenziell lange, um über Rückschläge in meinem Leben hinwegzukommen. (R)
(Original English: I tend to take a long time to get over set-backs in my life).

Notes. R = reverse-coded.

BRS Dutch Translation

Soer, R., Dijkstra, M. W. S., Bieleman, H. J., Stewart, R. E., Reneman, M. F., Oosterveld, F. G., & Schreurs, K. M. (2019). Measurement properties and implications of the Brief Resilience Scale in healthy workers. *Journal of occupational health, 61*(3), 242-250. <https://doi.org/10.1002/1348-9585.12041>

1. Na een moeilijke periode veer ik meestal gemakkelijk weer terug
(Original English: I tend to bounce back quickly after hard times).
2. Ik vind het moeilijk om me door stressvolle gebeurtenissen heen te slaan. (R)
(Original English: I have a hard time making it through stressful events.)
3. Het kost me weinig tijd om te herstellen van een stressvolle gebeurtenis
(Original English: It does not take me long to recover from a stressful event).
4. Ik vind het moeilijk om het snel van me af te schudden als er iets ergs is gebeurd. (R)
(Original English: It is hard for me to snap back when something bad happens).
5. Ik sla me meestal redelijk probleemloos door moeilijke periodes heen.
(Original English: I usually come through difficult times with little trouble).
6. Het kost me meestal veel tijd om over tegenslagen in mijn leven heen te komen. (R)
(Original English: I tend to take a long time to get over set-backs in my life).

Items can be scored on a 5-point Likert scale:

1 = strongly disagree; 2 = disagree; 3 = neutral; 4 = agree; 5 = strongly agree

(R)= Reverse Items (5 = 1, 4 = 2, 3 = 3, 2 = 4, 1 = 5)

Another article that used a Dutch translation:

Leontjevas, R., de Beek, W. O., Lataster, J., & Jacobs, N. (2014). Resilience to affective disorders: A comparative validation of two resilience scales. *Journal of Affective Disorders, 168*, 262–268.

BRS Portuguese (Brazil) Version 1

Nogueira-Neves, A., Barbosa, F. P., da Silva, M. P. S., Brandão, M. R. F., & Zanetti, M. C. (2018). Confirmatory factor analysis of the Brief Resilience Scale for Brazilian athletes. *Cuadernos de Psicología del Deporte*, 18(1), 103-110.

1. Eu costumo dar a volta por cima rapidamente depois de situações difíceis.
(Original English: I tend to bounce back quickly after hard times).
2. Eu tenho dificuldade de passar por situações estressantes. (R)
(Original English: I have a hard time making it through stressful events.)
3. Eu me recupero rápido de uma situação estressante.
(Original English: It does not take me long to recover from a stressful event).
4. É difícil para eu reagir quando alguma coisa ruim acontece. (R)
(Original English: It is hard for me to snap back when something bad happens).
5. Geralmente, eu passo pelas dificuldades sem grandes problemas.
(Original English: I usually come through difficult times with little trouble).
6. Eu costumo demorar bastante tempo para me recuperar dos contratempos da minha vida. (R)
(Original English: I tend to take a long time to get over set-backs in my life).

Note: (R) = reversed score item.

BRS Portuguese (Brazil) Version 2

da Silva-Sauer, L., de la Torre-Luque, A., Smith, B.W., Lins, M.C.M.C., Andrade, S., & Fernández-Calvo, B. (2020). Brief Resilience Scale (BRS) Portuguese version: Validity and metrics for the older adult population. *Aging & Mental Health*, DOI: 10.1080/13607863.2020.1753015

1. Tenho tendência a recuperar-me rapidamente após situações difíceis.
(Original English: I tend to bounce back quickly after hard times).
2. Tenho dificuldade para enfrentar situações estressantes. (R)
(Original English: I have a hard time making it through stressful events.)
3. Não levo muito tempo para me recuperar de uma situação estressante.
(Original English: It does not take me long to recover from a stressful event).
4. Tenho dificuldades em recuperar-me (centrar-me) rapidamente quando algo ruim acontece. (R)
(Original English: It is hard for me to snap back when something bad happens).
5. Geralmente, enfrento momentos difíceis sem grandes preocupações
(Original English: I usually come through difficult times with little trouble).
6. Tenho tendência a levar um longo tempo para superar problemas (reveses) em minha vida. (R)
(Original English: I tend to take a long time to get over set-backs in my life).

Note: (R) = reversed score item.

BRS Croatian Translation*

Molimo Vas da procijenite koliko se dolje navedene tvrdnje odnose na Vas koristeći se sljedećom skalom:

1 = Uopće se ne slažem

2 = Ne slažem se

3 = Niti se slažem niti se ne slažem

4 = Slažem se

5 = U potpunosti se slažem

- | | | | | | |
|--|---|---|---|---|---|
| 1. Obično se brzo oporavim nakon teških vremena. | 1 | 2 | 3 | 4 | 5 |
| (Original English: I tend to bounce back quickly after hard times). | | | | | |
| 2. Teško mi je prolaziti kroz stresne događaje. | 1 | 2 | 3 | 4 | 5 |
| (Original English: I have a hard time making it through stressful events.) | | | | | |
| 3. Ne treba mi puno da se oporavim od stresnog događaja. | 1 | 2 | 3 | 4 | 5 |
| (Original English: It does not take me long to recover from a stressful event). | | | | | |
| 4. Kroz teška vremena obično prolazim bez većih poteškoća. | 1 | 2 | 3 | 4 | 5 |
| (Original English: It is hard for me to snap back when something bad happens). | | | | | |
| 5. Teško mi je oporaviti se nakon što se dogodi nešto loše. | 1 | 2 | 3 | 4 | 5 |
| (Original English: I usually come through difficult times with little trouble). | | | | | |
| 6. Treba mi duže vremena da savladam prepreke u svom životu. | 1 | 2 | 3 | 4 | 5 |
| (Original English: I tend to take a long time to get over set-backs in my life). | | | | | |

Formiranje rezultata: Rezultat na skali otpornosti na stres dobiva se kao aritmetička sredina odgovora na svih šest čestica, pri čemu su čestice 2, 4 i 6 obrnuto bodovane.

*Note: We could not find a published article that has yet used this translation so it may not be formally tested for reliability and validity.

BRS Serbian Version*

Veljko Jovanovic j.veljko@yahoo.com

1. Nakon teških trenutaka, brzo se trgnem i vratim u normalu.
(Original English: I tend to bounce back quickly after hard times).
2. Imam poteškoća da prebrodim stresne događaje.
(Original English: I have a hard time making it through stressful events.)
3. Ne treba mi puno vremena da se oporavim od stresnog događaja.
(Original English: It does not take me long to recover from a stressful event).
4. Teško mi je da se trgnem i vratim u normalu nakon što se nešto loše desi.
(Original English: It is hard for me to snap back when something bad happens).
5. Kroz teške periode obično prolazim sa veoma malo poteškoća.
(Original English: I usually come through difficult times with little trouble).
6. Treba mi puno vremena da prebrodim zastoje u mom životu.
(Original English: I tend to take a long time to get over set-backs in my life).

*Note: We could not find a published article that has yet used this translation so it may not be formally tested for reliability and validity. Also, we could not tell if items 2, 4, and 6 should be reverse coded as they are in the original English translation, so please be sure to determine whether you should reverse code these items if you use this translation.

BRS Chinese (Taiwan) Translation*

非
常 非
不 不 無 常
同 同 意 同 同
意 意 見 意 意

1. 在經歷一件困難辛苦的時刻後，我能夠很容易的恢復
(Original English: I tend to bounce back quickly after hard times).
2. 在經歷壓力事件時，我感到很辛苦
(Original English: I have a hard time making it through stressful events.)
3. 我不需要很長的時間就可以從壓力事件中恢復
(Original English: It does not take me long to recover from a stressful event).
4. 當壞事發生時，我很難迅速的回復到原本 (發生前)的狀態
(Original English: It is hard for me to snap back when something bad happens).
5. 對於經歷與面對困難的時刻，我通常沒有問題
(Original English: I usually come through difficult times with little trouble).
6. 通常，克服生活中的挫折會花我很長的時間
(Original English: I tend to take a long time to get over set-backs in my life).

*Note: We could not find a published article that has yet used this translation so it may not be formally tested for reliability and validity. Also, we could not tell if items 2, 4, and 6 should be reverse coded as they are in the original English translation, so please be sure to determine whether you should reverse code these three items if you use this translation.

BRS Japanese Version*

Yoga TOKUYOSHI

1. 私はつらい時があった後でも、素早く立ち直れる。

(Original English: I tend to bounce back quickly after hard times).

2. 私はストレスの多い出来事を乗り越えるのに苦労する。

(Original English: I have a hard time making it through stressful events.)

3. ストレスが多い出来事から立ち直るのに長くはかからない。

(Original English: It does not take me long to recover from a stressful event).

4. なにかしら不遇な出来事が起きた時に立ち直るのは難しい。

(Original English: It is hard for me to snap back when something bad happens).

5. さいな問題があっても、たいていやり過ごせる。

(Original English: I usually come through difficult times with little trouble).

6. 人生における遅れを取り戻すのに時間がかかる。

(Original English: I tend to take a long time to get over set-backs in my life).

*Note: We could not find a published article that has yet used this translation so it may not be formally tested for reliability and validity. Also, we could not tell if items 2, 4, and 6 should be reverse coded as they are in the original English translation, so please be sure to determine whether you should reverse code these three items if you use this translation.

Brief Resilience Scale-Japanese version (BRS-J) ブリーフ・レジリエンス尺度日本語版
(徳吉・森谷, 2015)

【指示文】：それぞれの示された質問文に対して、
どのくらい当てはまるか、数字に○をつけて下さい。

1 = まったくあてはまらない 2 = ややあてはまらない
3 = どちらともいえない 4 = ややあてはまる 5 = かなりあてはまる

Q1. 私はつらい時があった後でも、素早く立ち直れる。	1	2	3	4	5
Q2. 私はストレスの多い出来事を乗り越えるのに苦勞する。	1	2	3	4	5
Q3. ストレスが多い出来事から立ち直るのに長くはかからない。	1	2	3	4	5
Q4. なにかしら不遇な出来事が起きた時に立ち直るのは難しい。	1	2	3	4	5
Q5. ささいな問題があっても、たいていやり過ごせる。	1	2	3	4	5
Q6. 人生における遅れを取り戻すのに時間がかかる。	1	2	3	4	5

合計点 ()

BRS-Jの合計の平均値 16($SD=6$) ※ Q2, Q4, Q6 は逆転項目 (6得点で計算する)

かなり高い: 22 点以上,
高い: 19 点から 21 点
普通: 14 点から 18 点
低い: 11 点から 13 点
かなり低い: 10 点以下

文献

Smith, B., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15(3), 194-200.

徳吉・森谷 (2015) . ブリーフ・レジリエンス尺度日本語版 (BRS-J) の開発 . 日本心理学会第 79 回大会発表論文集, 354.

Other References for Translations

BRS French Version

Jacobs, I., & Horsch, A. (2019). Psychometric Properties of the French Brief Resilience Scale, *European Journal of Health Psychology*, 26, 1-9, 10.1027/2512-8442/a000022

BRS Greek Version

Kyriazos, T. A., Stalikas, A., Prassa, K., Galanakis, M., Yotsidi, V., & Lakioti, A. (2018). Psychometric Evidence of the Brief Resilience Scale (BRS) and Modeling Distinctiveness of Resilience from Depression and Stress. *Psychology*, 9, 1828-1857. <https://doi.org/10.4236/psych.2018.97107>

BRS Korean Version

Choi, N., Leach, S.M., Hart, M.J., & Woo, H. (2019). Further validation of the Brief Resilience Scale from a Korean college sample. *Journal of Asia Pacific Counseling*, 9 (2), 39-56. Doi : 10.18401/2019.9.2.3

BRS Spain Spanish Version

Rodríguez-Rey, R., Alonso-Tapia, J., & Hernansaiz-Garrido, H. (2015, October 26). Reliability and Validity of the Brief Resilience Scale (BRS) Spanish Version. *Psychological Assessment*. Advance online publication. <http://dx.doi.org/10.1037/pas0000191>

BRS Turkish Version

Haktanir, A, Lenz, A.S., Can, N., & Watson, J.C. (2016). Development and evaluation of Turkish language versions of three positive psychology assessments. *International Journal of Advanced Counseling*, 38, 286–297. DOI 10.1007/s10447-016-9272-9

BRS Chinese Versions

Lai, J. C. L., & Yue, X. (2014). Using the Brief Resilience Scale to assess Chinese people's ability to bounce back from stress. *SAGE Open*, 4(4), 215824401455438. <https://doi.org/10.1177/2158244014554386>

Fung, S. (2020). Validity of the brief resilience scale and brief resilient coping scale in a Chinese sample. *International Journal of Environmental Research and Public Health*, 17, 1265.

Comparison of BRS Items Across Different Languages

Item	Language	Translation
1	English	I tend to bounce back quickly after hard times.
1	German	Ich neige dazu, mich nach schwierigen Zeiten schnell zu erholen.
1	Dutch	Na een moeilijke periode veer ik meestal gemakkelijk weer terug
1	Portuguese 1	Eu costumo dar a volta por cima rapidamente depois de situações difíceis.
1	Portuguese 2	Tenho tendência a recuperar-me rapidamente após situações difíceis.
1	Croatian	Obično se brzo oporavim nakon teških vremena.
1	Serbian	Nakon teških trenutaka, brzo se trgnem i vratim u normalu.
1	Japanese	私はつらい時があった後でも、素早く立ち直れる。
1	Chinese	在經歷一件困難辛苦的時刻後，我能夠很容易的恢復
2	English	I have a hard time making it through stressful events.
2	German	Es fällt mir schwer, stressige Situationen durchzustehen.
2	Dutch	Ik vind het moeilijk om me door stressvolle gebeurtenissen heen te slaan.
2	Portuguese 1	Eu tenho dificuldade de passar por situações estressantes.
2	Portuguese 2	Tenho dificuldade para enfrentar situações estressantes.
2	Croatian	Teško mi je prolaziti kroz stresne događaje.
2	Serbian	Imam poteškoća da prebrodim stresne događaje.
2	Japanese	私はストレスの多い出来事を乗り越えるのに苦労する。
2	Chinese	在經歷壓力事件時，我感到很辛苦
3	English	It does not take me long to recover from a stressful event.
3	German	Ich brauche nicht viel Zeit, um mich von einem stressigen Ereignis zu erholen.
3	Dutch	Het kost me weinig tijd om te herstellen van een stressvolle gebeurtenis
3	Portuguese 1	Eu me recupero rápido de uma situação estressante.
3	Portuguese 2	Não levo muito tempo para me recuperar de uma situação estressante.
3	Croatian	Ne treba mi puno da se oporavim od stresnog događaja.
3	Serbian	Ne treba mi puno vremena da se oporavim od stresnog događaja.
3	Japanese	ストレスが多い出来事から立ち直るのに長くはかからない。
3	Chinese	我不需要很長的時間就可以從壓力事件中恢復

Item	Language	Translation
4	English	It is hard for me to snap back when something bad happens.
4	German	Es fällt mir schwer zur Normalität zurückzukehren, wenn etwas Schlimmes passiert ist.
4	Dutch	Ik vind het moeilijk om het snel van me af te schudden als er iets ergs is gebeurd.
4	Portuguese 1	É difícil para eu reagir quando alguma coisa ruim acontece.
4	Portuguese 2	Tenho dificuldades em recuperar-me (centrar-me) rapidamente quando algo ruim acontece.
4	Croatian	Kroz teška vremena obično prolazim bez većih poteškoća.
4	Serbian	Teško mi je da se trgnem i vratim u normalu nakon što se nešto loše desi.
4	Japanese	なにかしら不遇な出来事が起きた時に立ち直るのは難しい。
4	Chinese	當壞事發生時，我很難迅速的回復到原本（發生前）的狀態
5	English	I usually come through difficult times with little trouble.
5	German	Normalerweise überstehe ich schwierige Zeiten ohne größere Probleme.
5	Dutch	Ik sla me meestal redelijk probleemloos door moeilijke periodes heen.
5	Portuguese 1	Geralmente, eu passo pelas dificuldades sem grandes problemas.
5	Portuguese 2	Geralmente, enfrento momentos difíceis sem grandes preocupações
5	Croatian	Teško mi je oporaviti se nakon što se dogodi nešto loše.
5	Serbian	Kroz teške periode obično prolazim sa veoma malo poteškoća.
5	Japanese	さいな問題があっても、たいていやり過ごせる。
5	Chinese	對於經歷與面對困難的時刻，我通常沒有問題
6	English	I tend to take a long time to get over setbacks in my life.
6	German	Ich brauche tendenziell lange, um über Rückschläge in meinem Leben hinwegzukommen.
6	Dutch	Het kost me meestal veel tijd om over tegenslagen in mijn leven heen te komen.
6	Portuguese 1	Eu costumo demorar bastante tempo para me recuperar dos contratempos da minha vida.
6	Portuguese 2	Tenho tendência a levar um longo tempo para superar problemas (reveses) em minha vida.
6	Croatian	Treba mi duže vremena da savladam prepreke u svom životu.
6	Serbian	Treba mi puno vremena da prebrodim zastoje u mom životu.
6	Japanese	人生における遅れを取り戻すのに時間がかかる。
6	Chinese	通常，克服生活中的挫折會花我很長的時間

Guidelines for Developing a New Translation

Here is an article on developing a new translation that uses the Brief Resilience Scale as an example:

Lenz, A.S., Soler, I.G., Dell'Aquila, J. & Uribe, P.M. (2017). Translation and cross-cultural adaptation of assessments for use in counseling research. *Measurement and Evaluation in Counseling and Development*, 50, (4), 224-231, DOI: 10.1080/07481756.2017.1320947

Basic Steps:

1. **Developing the Translation** – it is common to do at least to a forward translation into the new language and then a backward translation into the original language to see if the back translation still reflects the meaning of the original items (see the above article). It is often beneficial to discuss the items with a focus group or group of individuals that represent the target language and culture and to pilot the articles on a smaller group of individuals to see if they understand the items.
2. **Select a Target Population** – this should represent the people who speak the language and the culture of those who will be given the new translation of the BRS. Often the best sample may be healthy adults who represent those who may be studied and/or a subgroup of people (e.g., with a specific problem, stressor, or age) if a specific subgroup will be the primary focus for the research.
3. **Determining the Sample Size** – the sample size for a validation study should be as at least 300-400 people with 500-800 being more favorable for more complex and analyses of longitudinal data.
4. **Other Measures to Include** – include other measures expected to show convergent validity in being correlated to the BRS (e.g., optimism, social support, mindfulness), those that might not expected to be correlated to show divergent validity (e.g., age, gender, ethnicity), and outcome variables the BRS should be correlated with (positively with positive emotions, life satisfaciton, psychological well-being and negatively with anxiety, depression, negative affect) to show concurrent validity (measured at the same time) or predictive validity (measured at a future time).
5. **Data Points** – usually it is enough to collect data at one time but collecting data at more than one time point is better because the BRS can be assessed more than once to assess test-retest reliability and predictive validity can be assessed by seeing if the BRS predicts future outcome scores.
6. **Statistical Analysis** – to assess different forms of reliability and validity.
 - a. Assessing Reliability - internal consistency with Cronbach's Alpha (above .80 is generally good) and test-retest by correlating the BRS with itself across time.
 - b. Assessing Construct Validity – Exploratory and Confirmatory Factor Analysis (generally the BRS is one factor but sometimes a two factor solution with the positively (items 1, 3, 5) and negatively worded items (items 2, 4, 6) as separate factors to control to response bias)
 - c. Assessing Convergent, Divergent, Concurrent, and Predictive Validity – Correlation Analysis (see #3 above). Generally correlations above .30-.50 are targets for convergent and concurrent validity, somewhat smaller for predictive validity depending on how apart the time points are, and small or non-significant correlations to show divergent validity for measures that should not be related.