



Resilience Scale (GBC-10)

(Altawil, 2016,2018, 2020)

The psychological resilience scale is used to examine the level of resilience mainly in young people and adults.

It is made up of 10 phrases, each phrase has four choices as described below:

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

In the last four weeks to this point, how much do you commit to the following characteristics:

No.	Statement	Level			
1	Having spiritual faith and performing regular worship?	3	2	1	0
2	Having a purpose and hope in life?	3	2	1	0
3	Getting support from family, friends or others?	3	2	1	0
4	There's one or two people I can talk to?	3	2	1	0
5	There's a balance in my level of self-care and care for others?	3	2	1	0
6	The ability to show smiles, sympathy and affection to others?	3	2	1	0
7	Dealing with challenges and problems without drowning in them and losing control?	3	2	1	0
8	I can balance dealing with positive and negative topics.	3	2	1	0
9	The ability to remember beautiful and positive things in life.	3	2	1	0
10	I believe that things will improve in the future?	3	2	1	0
Total score: (/ 30)					

Scoring levels:

Poor Resilience
Scores from 1-10



Imbalanced Resilience
Scores from 11-19



Good Resilience
Scores from 21-25



Great Resilience
Scores from 26-30

