

# Adult Resilience Measure-Revised Person Most Knowledgeable version (PMK-ARM-R)

## PMK-ARM-R

The questions below are designed to help us better understand how \_\_\_\_\_  
copes with daily life and what role the people around them play in dealing with daily challenges.

i. What is your relationship with the person above (mother, father, aunt, teacher, etc.)? \_\_\_\_\_

**To what extent do the following statements apply to the individual? There are no right or wrong answers.**

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	They get along with people around them	1	2	3	4	5
2	Getting and improving qualifications or skills is important to them	1	2	3	4	5
3	They know how to behave in different social situations (such as at work, home, or other public places)	1	2	3	4	5
4	Their family is supportive of them	1	2	3	4	5
5	Their family knows a lot about them (for example, who their friends are, what they like to do)	1	2	3	4	5
6	If they are hungry, they can usually get enough food to eat	1	2	3	4	5
7	People like to spend time with them	1	2	3	4	5
8	They talk to their family/partner about how they feel (for example, when they are sad or concerned)	1	2	3	4	5
9	They are usually supported by their friends	1	2	3	4	5
10	They feel that they belong in their community	1	2	3	4	5
11	Their family/partner stands by them when times are hard (for example, when they are ill or in trouble)	1	2	3	4	5
12	Their friends will stand by them when times are hard (for example, when they are ill or in trouble)	1	2	3	4	5
13	They are treated fairly in their community	1	2	3	4	5
14	They have opportunities to show others that they can act responsibly	1	2	3	4	5
15	They feel secure when they are with their family/partner	1	2	3	4	5
16	They have opportunities to apply their abilities in life (like using skills, working at a job, or caring for others)	1	2	3	4	5
17	They like their family's/partner's culture and the way their family celebrates things (like holidays or learning about their culture)	1	2	3	4	5

**For administration instructions and scoring, please refer to the accompanying manual.**

**When using the measure, please cite the following:**

Resilience Research Centre. (2018). CYRM and ARM user manual. Halifax, NS: Resilience Research Centre, Dalhousie University.

Retrieved from <http://www.resilienceresearch.org/>

Jefferies, P., McGarrigle, L., & Ungar, M. (2018). The CYRM-R: a Rasch-validated revision of the Child and Youth Resilience Measure.

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