



Child & Youth Resilience Measure-Revised Person Most Knowledgeable version (PMK-CYRM-R)

PMK-CYRM-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.

		No [1]	Sometimes [2]	Yes [3]
1	They get along with people around them	1	2	3
2	Getting an education or doing well is important to them	1	2	3
3	They know how to behave/act in different situations (like school, home or church)	1	2	3
4	Their parent(s)/caregiver(s) really look out for them	1	2	3
5	Their parent(s)/caregiver(s) know a lot about them (for example, what makes them happy, sad, scared)	1	2	3
6	There is enough to eat at home when they are hungry	1	2	3
7	People like to spend time with them	1	2	3
8	They talk to their family/caregiver(s) about how they feel (for example when I am hurt or sad)	1	2	3
9	They are usually supported by their friends	1	2	3
10	They feel that they belong at their school	1	2	3
11	Their family/caregiver(s) cares about them when times are hard (for example if they are sick or have done something wrong)	1	2	3
12	Their friends care about them when times are hard (for example if they are sick or have done something wrong)	1	2	3
13	They are treated fairly in their community	1	2	3
14	They are given chances to show others that they are growing up and can do things by themselves	1	2	3
15	They feel safe when they are with their family/caregiver(s)	1	2	3
16	They have chances to learn things that will be useful when they are older (like cooking, working and helping others)	1	2	3
17	They like the way their family/caregiver(s) celebrates things (like holidays or learning about their culture)	1	2	3

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. *Journal of Evidence-Informed Social Work*, 1-24. <https://doi.org/10.1080/23761407.2018.1548403>