Resilience Research Centre | DALHOUSIE UNIVERSITY

Child & Youth Resilience Measure-Revised (CYRM-R)

CYRM-R

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

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	I get along with people around me	1	2	3	4	5
2	Getting an education is important to me	1	2	3	4	5
3	I know how to behave/act in different situations (such as school, home and church)	1	2	3	4	5
4	My parent(s)/caregiver(s) really look out for me	1	2	3	4	5
5	My parent(s)/caregiver(s) know a lot about me (for example, who my friends are, what I like to do)	1	2	3	4	5
6	If I am hungry, there is enough to eat	1	2	3	4	5
7	People like to spend time with me	1	2	3	4	5
8	I talk to my family/caregiver(s) about how I feel (for example when I am hurt or sad)	1	2	3	4	5
9	I feel supported by my friends	1	2	3	4	5
10	I feel that I belong/belonged at my school	1	2	3	4	5
11	My family/caregiver(s) care about me when times are hard (for example if I am sick or have done something wrong)	1	2	3	4	5
12	My friends care about me when times are hard (for example if I am sick or have done something wrong)	1	2	3	4	5
13	I am treated fairly in my community	1	2	3	4	5
14	I have chances to show others that I am growing up and can do things by myself	1	2	3	4	5
15	I feel safe when I am with my family/caregiver(s)	1	2	3	4	5
16	I have chances to learn things that will be useful when I am older (like cooking, working, and helping others)	1	2	3	4	5
17	I like the way my family/caregiver(s) celebrates things (like holidays or learning about my 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:

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