



Protective Factors of Resilience Scale (PFRS)

Instructions:

To what extent do you agree or disagree with these statements.

		Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1	I can deal with whatever challenges come my way	1	2	3	4	5	6	7
2	I achieve what I set out to do	1	2	3	4	5	6	7
3	I feel that I belong with my friends	1	2	3	4	5	6	7
4	My family are a source of strength for me	1	2	3	4	5	6	7
5	I believe in myself	1	2	3	4	5	6	7
6	I follow through on plans to achieve my goals	1	2	3	4	5	6	7
7	My friends treat me fairly	1	2	3	4	5	6	7
8	I feel accepted by my family	1	2	3	4	5	6	7
9	My friends look after me	1	2	3	4	5	6	7
10	I know that my family would help me if I needed help	1	2	3	4	5	6	7
11	My friends are a great source of support	1	2	3	4	5	6	7
12	I feel comfortable around my family	1	2	3	4	5	6	7
13	When I think about my future, I feel positive	1	2	3	4	5	6	7
14	I can rely on my friends for help if I needed it	1	2	3	4	5	6	7
15	I feel safe within my family	1	2	3	4	5	6	7

Developer Reference:

Harms, C., Pooley, J., & Cohen, L. (2017). The protective factors for resilience scale (PFRS): Development of



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the scale. Cogent Psychology, Vol.4(1)

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