**Brief Risk-Resilience Index for Screening Scoring Procedure**

3 subscales (1 related to risk, 2 related to coping)

Negativity Bias (20 items)= \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotional Resilience (14 items)= \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social Skills (11 items)= \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scales are computed by adding the item scores of the following:

(-) indicates reverse-scored items

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| Negativity bias |
| I was often stressed, with my nerves on edge |
| I felt I have no value as a person |
| I often felt annoyed at the way people treated me |
| I lost hope and wanted to give up when something went wrong |
| I felt out of control of my life and needed others to help me |
| I was reliable and could be counted on to keep my word (–) |
| I found it hard to wind down |
| I was jumpy and agitated |
| I found it difficult to relax |
| I was intolerant of anything that kept me from getting on with things |
| I was rather touchy |
| I tended to over-react to situations |
| I felt that I had nothing to look forward to |
| I felt that life was meaningless |
| I felt down-hearted and blue |
| I felt I wasn't worth anything |
| I couldn't seem to experience any positive feeling at all |
| I found it difficult to work up the initiative to do things |
| I felt I close to panic |
| I was worried about situations in which I might panic and make a fool of myself |
| Emotional resilience |
| I felt very satisfied with the way I look and act |
| I responded best to positive feedback about myself |
| When receiving negative comments about myself, I looked for positive things to counter balance those comments |
| I was often irritable and argued with people around me (–) |
| I was able to plan ahead to meet deadlines |
| I was proud of myself and some people might have thought I was putting myself first (–) |
| I was conscientious about everything I was asked to do |
| I was organized and could work toward a goal in a step by step way |
| I usually dithered around before I getting down to focusing on a task (–) |
| I worked hard, and always tried to achieve my goals |
| There were times when people couldn't rely on me as much as they should have be able to (–) |
| I usually tried to consider other people's needs and feelings |
| I was always successful at completing my tasks, even if I had more tasks than others |
| I was always disorganized and in a mess (–) |
| Social skills |
| I could sense the mood of a group and discuss unspoken feelings |
| I always tried to put myself into the place of those I was talking with |
| I got feedback that I am a sensitive and understanding person |
| I usually took the initiative and introduced myself to strangers |
| I got enormous satisfaction by getting people to like me |
| I tried to build my close relationships with people |
| I took part in social groups |
| People reacted to me as if I would do whatever it takes to get ahead (–) |
| I enjoyed socializing and chatting to other people |
| I tried out exciting places and things to do |
| I was unable to become enthusiastic about anything (–) |