

SO
BC | Science
Of
Behavior
Change

Title: Brief Risk-Resilience Index for Screening (BRISC)

Directions: We would like to ask you some questions about your feelings and behaviors. When answering these questions, please consider how you have felt in general, over the past four weeks.

118) I was often stressed and on edge

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

119) I lost hope and felt like giving up when something went wrong

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

120) I tended to over-react to situations

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

121) I felt down and sad

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

122) I felt like I'm not worth anything

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

123) I felt good about the way I looked and acted

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

124) I responded best when I got positive feedback

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

125) If I got negative feedback, I still found the positive in those comments

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

126) Sometimes people couldn't rely on me as much as they should've been able to

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

127) I was always successful at completing my tasks, even if I had more to do than others

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

128) I could sense the emotions of others and found a way to respond, even if they were unspoken

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

129) Others told me that I am a sensitive and understanding person

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

130) I usually took the lead in introducing myself to new people rather than waiting on others to make the introduction

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

131) I tried to build close relationships with people

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

132) I enjoyed socializing and chatting to other people

☐ Strongly Disagree ☐ Disagree ☐ Neither ☐ Agree ☐ Strongly Agree

133) Negativity Bias _____

134) Emotional Resilience _____

135) Social Skills _____