Resilience Research Centre | DALHOUSIE UNIVERSITY

Student Name: _____
Administration Date: _____

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

CYRM-R (child)

Please choose one answer for each question.
There are no right or wrong answers.

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	Do you share with people around you?	☺	☺	☺	☺	☺
2	Is doing well in school important to you?	☺	☺	☺	☺	☺
3	Do you know how to behave/act in different situations (such as school, home, holy places)?	☺	☺	☺	☺	☺
4	Do you feel that your parent(s)/caregiver(s) know where you are and what you are doing all of the time?	☺	☺	☺	☺	☺
5	Do you feel that your parent(s)/caregiver(s) know a lot about you (for example, what makes you happy, what makes you scared)?	☺	☺	☺	☺	☺
6	Is there enough to eat in your home when you are hungry?	☺	☺	☺	☺	☺
7	Do other children like to play with you?	☺	☺	☺	☺	☺
8	Do you talk to your family/caregiver(s) about how you feel (for example when you are hurt or feeling scared)?	☺	☺	☺	☺	☺
9	Do you have friends that care about you?	☺	☺	☺	☺	☺
10	Do you feel you fit in with other children?	☺	☺	☺	☺	☺
11	Do you think your family/caregiver(s) cares about you when times are hard (for example, if you are sick or have done something wrong)?	☺	☺	☺	☺	☺
12	Do you think your friends care about you when times are hard (for example if you are sick or have done something wrong)?	☺	☺	☺	☺	☺
13	Are you treated fairly?	☺	☺	☺	☺	☺
14	Do you have chances to show others that you are growing up and can do things by yourself?	☺	☺	☺	☺	☺
15	Do you feel safe when you are with your family/caregiver(s)?	☺	☺	☺	☺	☺
16	Do you have chances to learn things that will be useful when you are older (like cooking, working, and helping others)?	☺	☺	☺	☺	☺
17	Do you like the way your family/caregiver(s) celebrates things (like holidays or learning about your culture)?	☺	☺	☺	☺	☺

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