

# Hardiness Scale

Name: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

**Disclaimer:** The Hardiness Scale is based on the 15-item Dispositional Resilience Scale (DRS). It is not diagnostic but provides insight into personal hardiness. Respond to each statement using the scale provided below.

## Response options

- 0 = Not at all true
- 1 = A little true
- 2 = Quite true
- 3 = Completely true

**Note:** Items marked with an asterisk (\*) are reverse-scored.

Statement	Not at all true	A little true	Quite true	Completely true
1. Most of my life gets spent doing things that are meaningful. (CM)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
2. By working hard, you can nearly always achieve your goals. (CO)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
3. I don't like to make changes in my regular activities. (CH)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
4. I feel that my life is somewhat empty of meaning. (CM)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
5. Changes in routine are interesting to me. (CH)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
6. How things go in my life depends on my own actions. (CO)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
7. I really look forward to my daily activities. (CM)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
8. I don't think there's much I can do to influence my own future. (CO)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
9. I enjoy the challenge when I have to do more than one thing at a time. (CH)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
10. Most days, life is really interesting and exciting for me. (CM)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Statement	Not at all true	A little true	Quite true	Completely true
11. It bothers me when my daily routine gets interrupted. (CH)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
12. It is up to me to decide how the rest of my life will be. (CO)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
13. Life in general is boring for me. (CM)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
14. I like having a daily schedule that doesn't change very much. (CH)*	<input type="radio"/> 3	<input type="radio"/> 2	<input type="radio"/> 1	<input type="radio"/> 0
15. My choices make a real difference in how things turn out in the end. (CO)	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

**Total score:** \_\_\_\_\_

## Scoring and interpretation

### I. Scoring instructions

- Reverse-score items marked with an asterisk (\*).
  - For example, if a response is 0, change it to 3; if 1, change to 2; and so on.
- Calculate subscale scores:
  - Commitment (CM): Add scores for items 1, 4\*, 7, 10, and 13\*.
  - Control (CO): Add scores for items 2, 6, 8\*, 12, and 15.
  - Challenge (CH): Add scores for items 3\*, 5, 9, 11\*, and 14\*.
- Total Hardiness score: Sum the subscale scores (CM + CO + CH).

### II. Interpretation

- Low hardiness: Total score  $\leq 20$ . May benefit from resilience-building strategies.
- Moderate hardiness: Total score 21–40. Indicates balanced adaptability and coping.
- High hardiness: Total score  $> 40$ . Reflects strong resilience and adaptability.

## Reference

Bartone, P. T. (2013). Cross-cultural adaptation of the DRS-15 Dispositional Resilience Scale: A short hardiness measure. *Final report on Fulbright Research Fellowship*.