

Injury Resilience Index

Since the Injury Occurred...

1. I am able to “bounce back” from challenging situations pretty well.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

2. I have it in me to get through difficult times.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

3. I think something positive will come out of this.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

4. I think positively about my future.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

5. I am optimistic about things to come.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

6. How I am affected by the injury will cause me to change in positive ways.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

7. How I am affected by the injury is an opportunity for growth.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

8. The things I have been through because of the injury will make me stronger.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

9. I am satisfied with the help I receive from others with my rehabilitation.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

10. I can rely on others to help me with my rehabilitation if I need assistance.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

11. I am satisfied with the help I receive with things like money or transportation.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

12. I am satisfied with the emotional support I receive from others.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

13. I can rely on others for things like money, transportation or assistance if need be.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

14. I can rely on others for emotional support if I need them.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

15. I am doing things that I know will help my recovery.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

16. I am trying to prevent as many additional problems as possible.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

17. I am making an effort to recover from this.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

18. My actions will determine how soon I will recover.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much

19. I think that because of my efforts, I will get better.

0=Not at all 1=A little bit 2=Somewhat 3=Quite a bit 4=Very much