

VALIDATION OF THE CONNOR DAVIDSON RESILIENCE SCALE (CD-RISC) AS APPLIED WITHIN THE THAI CONTEXT

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Abstract: This study evaluated the psychometric properties of the Thai version of the Connor Davidson Resilience Scale (CD-RISC), a 25-item self-report questionnaire developed to measure resilience. This was achieved by testing the factor structure of the CD-RISC when applied to a non-clinical sample of Thai adults. Exploratory factor analysis identified three resilience factors: *personal competence/tolerance of negative affect*; *support resources*; and *self-efficacy*. Reliability analysis identified a number of items that were not internally consistent and these were deleted from the scale. The final Thai version of the CD-RISC consisted of 18 items, which is shorter than the original 25-item scale. The scale's convergent validity was tested by assessing the scale's relationship with three states of negative affect – depression, anxiety, stress – as measured by the 21-item Depression Anxiety and Stress Scale (DASS-21). Correlation analysis revealed that the three extracted resilience factors of *personal competence/tolerance of negative affect*; *support resources*; and *self-efficacy* are significantly and negatively correlated with the DASS-21 factors of depression, anxiety, and stress. The utility of the CD-RISC as applied within the Thai context is discussed.

Keywords: Resilience, Assessment, Cross-validation, Anxiety, Depression, Stress, Thailand.

Introduction

Adversity, in one form or another, is an inescapable fact of life. Whether it is the loss of a loved one, the horrors of war, the disappointment of having failed an exam, the stress of a thankless job, or the challenges of a financial crisis, we are all bound to encounter difficult situations at various points in our life. The concept of resilience encompasses the "ability to cope and adapt in the face of adversity and/or to bounce back and restore positive functioning when stressors become overwhelming" (Padesky & Mooney, 2012, p. 283). It also functions to facilitate both "reactive recovery" and "proactive learning and growth through conquering challenges" (Youseff & Luthans, 2007, p. 778). Since resilience leads to positive adaptation and

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