

# Measuring resilience in the context of conflict-related sexual violence

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## Appendix C: Scales

### 1. Adult Resilience Measure (Resilience Research Centre, 2006)

To what extent do each of the statements below describe you?	<i>Not at all</i>	<i>A little</i>	<i>Some what</i>	<i>Quite a bit</i>	<i>A lot</i>
1. I have people I can respect in my life					
2. I cooperate with people around me					
3. Getting and improving qualifications or skills is important to me					
4. I know how to behave in different social situations					
5. My family have usually supported me through life					
6. My family know a lot about me					
7. If I am hungry, I can get food to eat					
8. I try to finish what I start					
9. Spiritual beliefs are a source of strength for me					
10. I am proud of my ethnic background					
11. People think that I am fun to be with					
12. I talk to my family/partner about how I feel					
13. I can solve problems without harming myself or others					
14. I feel supported by my friends					
15. I know where to get help in my community					
16. I feel I belong in my community					
17. My family stands by me during difficult times					
18. My friends stand by me during difficult times					
19. I am treated fairly in my community					
20. I have opportunities to show others that I can act responsibly					

21. I am aware of my own strengths					
22. I participate in organized religious activities					
23. I think it is important to support my community					
24. I feel secure when I am with my family					
25. I have opportunities to apply my abilities in life (life skills, a job, caring for others)					
26. I enjoy my family's/partner's cultural and family traditions					
27. I enjoy my community's culture and traditions					
28. I am proud to be a citizen of...					

## 2. Traumatic Events Checklist

<b>Which of the following situations have you experienced during war/armed conflict in your country?</b>	<i>No</i>	<i>Yes</i>	<i>Prefer not to say</i>
1. Been forcibly displaced from your home/community			
2. Witnessed (i.e. seen) your home being destroyed			
3. Lived in temporary accommodation for displaced persons			
4. Been unable to feed yourself or your family			
5. Been forcibly separated from your family			
6. Been seriously injured/wounded			
7. Been abducted/kidnapped			
8. Been forcibly detained in a camp			
9. Experienced the death of a child			
10. Had members of your family 'disappear' (go missing)			
11. Had members of your family killed			
12. Witnessed (i.e. seen) people being beaten or tortured			
13. Witnessed (i.e. seen) people being killed			

14. Experienced torture (physical or psychological)			
15. Experienced sexual violence (including rape, forced marriage, forced pregnancy, sexual enslavement, forced abortion, sexual torture or genital beatings)			
16. Witnessed (i.e. seen) an act of rape or sexual violence			
17. Been forcibly recruited into an armed group			
18. Been forced to participate in a massacre, act of torture, abduction, rape, etc.			
19. Been forced to participate in acts of looting/plunder			
20. Been betrayed by a family member or neighbour during the war			
21. If you answered YES to more than one of the items above, which is the one most distressing to you now?			
22. How long ago did the most distressing event happen?			

### 3. Centrality of Event Scale (short version) (Berntsen & Rubin, 2006)

<b>Thinking specifically about the sexual violence that you experienced during the war/armed conflict in your country, to what extent do you disagree or agree with the following statements?</b>	<i>Totally disagree</i>	<i>Disagree</i>	<i>Neither agree nor disagree</i>	<i>Agree</i>	<i>Totally agree</i>
1. I feel that this event (i.e. sexual violence) has become part of my identity  <i>[Explanation: The sexual violence has become part of how I define myself as a person]</i>					
2. This event has become a reference point for the way I understand myself and the world  <i>[Explanation: To explain myself and the world around me, I always refer back to the sexual violence I experienced]</i>					

3. I feel that this event has become a central part of my life story  <i>[Explanation: If I were to tell the story of my life, my experience of sexual violence would be a central event]</i>					
4. This event has coloured the way I think and feel about other experiences  <i>[Explanation: My experience of sexual violence has affected how I think and feel about other things that happen in my life]</i>					
5. This event permanently changed my life  <i>[Explanation: The sexual violence has had a lasting impact on my life]</i>					
6. I often think about the effects this event will have on my future					
7. This event was a turning point in my life  <i>[Explanation: The sexual violence took my life in a new direction]</i>					

#### 4. Consequences of Sexual Violence Scale

What have been the main consequences of the sexual violence that you experienced during the war/armed conflict in your country?	No	Yes
1. Problems with body image		
2. Low self-esteem		
3. Altered sexual desire (e.g. loss of sexual desire, increased sexual desire, etc.)		
4. Difficulty trusting other people		
5. Sense of guilt/self-blame		
6. Child/children born of rape		
7. HIV/AIDS		
8. Other sexually transmitted infections (e.g. syphilis)		
9. Gynaecological problems		
10. Stigmatization (e.g. insults/abuse from the community, social exclusion, etc.)		
11. Rejection by family		

12. Broken relationships		
13. Other		

#### 4. Current Life Problems

What are the principal problems that you face today?	No	Yes
1. Physical health problems (e.g. high blood pressure, diabetes, chronic pain, heart conditions, cancer, etc.)		
2. Psychological problems (e.g. depression, anxiety, nightmares, insomnia, mood swings, etc.)		
3. Economic insecurity/poverty		
4. Unemployment		
5. Housing problems (e.g. unable to pay rent, poor living conditions, don't have own home)		
6. Land issues (e.g. lack of access to land, unable to return to own land, etc.)		
7. Living as an internally displaced person		
8. Difficulty in meeting basic everyday needs (e.g. water, food, electricity, sanitation, clothing)		
9. Lack of access to healthcare		
10. Lack of access to education (for self or children)		
11. Problems with partner		
12. Other family and relationship problems		
13. Abuse/bullying from community members		
14. Loneliness		
15. Addictions (e.g. alcoholism)		
16. Domestic violence		
17. Threats (e.g. death threats, threats against family members)		
18. Other (please specify)		

#### 5. Life Today

Do you feel safe in your community?				
1. Never	2. Occasionally	3. Sometimes	4. Most of the time	5. Always

Do you feel able to ask for help when you need it?				
1. Never	2. Occasionally	3. Sometimes	4. Most of the time	5. Always

In general, how would you rate your health?				
1. Poor	2. Fair	3. Good	4. Very good	5. Excellent

How would you rate your quality of life?				
1. Poor	2. Fair	3. Good	4. Very good	5. Excellent

## References

Berntsen, D., & Rubin, D.C. (2006). The centrality of event scale: A measure of integrating a trauma into one's identity and its relation to post-traumatic stress disorder symptoms. *Behaviour Research & Therapy*, 44(2), 219–231. <https://doi.org/10.1016/j.brat.2005.01.009>

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