# Hardiness Scale

**Name:** _____ **Date of assessment:** _____ dd / mm / yyyy

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.

Most of my life gets spent doing things that are meaningful. (CM)

◯ 0 ◯ 1 ◯ 2 ◯ 3

By working hard, you can nearly always achieve your goals. (CO)

◯ 0 ◯ 1 ◯ 2 ◯ 3

I don't like to make changes in my regular activities. (CH)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

I feel that my life is somewhat empty of meaning. (CM)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

Changes in routine are interesting to me. (CH)

◯ 0 ◯ 1 ◯ 2 ◯ 3

How things go in my life depends on my own actions. (CO)

◯ 0 ◯ 1 ◯ 2 ◯ 3

I really look forward to my daily activities. (CM)

◯ 0 ◯ 1 ◯ 2 ◯ 3

I don't think there's much I can do to influence my own future. (CO)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

I enjoy the challenge when I have to do more than one thing at a time. (CH)

◯ 0 ◯ 1 ◯ 2 ◯ 3

Most days, life is really interesting and exciting for me. (CM)

◯ 0 ◯ 1 ◯ 2 ◯ 3

It bothers me when my daily routine gets interrupted. (CH)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

It is up to me to decide how the rest of my life will be. (CO)

◯ 0 ◯ 1 ◯ 2 ◯ 3

Life in general is boring for me. (CM)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

I like having a daily schedule that doesn't change very much. (CH)*

◯ 0 ◯ 1 ◯ 2 ◯ 3

My choices make a real difference in how things turn out in the end. (CO)

◯ 0 ◯ 1 ◯ 2 ◯ 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 ≤ 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.