

RELIABILITY AND VALIDITY OF THE BRIEF RESILIENCE SCALE (BRS)
FILIPINO VERSION

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ABSTRACT

Resilience is defined as the ability to bounce back from a difficult event. Among the existing resilience measures, the Brief Resilience Scale (BRS) is distinct in assessing resilience as an individual's ability to bounce back rather than the resources that contribute to their resilience. However, the BRS' cultural consideration was also found to be limited. Hence, the purpose of this study was to translate the BRS into Filipino and evaluate the reliability and validity of its scores. The psychometric properties of the scale were evaluated in a heterogeneous sample of 561 Filipino adults. Cronbach's Alpha was measured to provide evidence of the score's internal consistency. While confirmatory factor analysis was done to provide evidence of structural validity. Moreover, to provide support of convergent, divergent, and discriminant validity in relation to other resilience measures (Brief Resilience Scale, and Connor Davidson Resilience Scale-10) and to variables such as emotions (Life Orientation Test – Revised), perceived social support (Interpersonal Support Evaluation List-12), anxiety, and depression (Hospital Anxiety and Depression Scale), correlation analysis and discriminant functional analysis was conducted. The BRS-F scores showed adequate reliability ($\alpha = 0.753$). Confirmatory factor analysis showed that the BRS Filipino version is mono factorial ($\chi^2/df = 0.004$; CFI = 0.969 > 0.95; goodness of fit index = 0.998 > .90). Correlation analysis showed adequate evidence of convergent validity while providing new insights on divergent and discriminant validity. Thus, the Filipino version of the BRS is a valid and reliable means to assess resilience as the ability to bounce back among a Filipino population.

Keywords: *resilience, scale, translation, reliability, validity, Filipino*