

Connor-Davidson Resilience Scale (CD-RISC)

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Overview

The **Connor-Davidson Resilience Scale (CD-RISC)** is a psychometric tool developed by Kathryn M. Connor and Jonathan R.T. Davidson to assess resilience, defined as the ability to “thrive in the face of adversity.” It was created to address the lack of generalizable resilience measures and has since become widely used in clinical, research, and community settings. The scale measures resilience as a multidimensional construct, encompassing traits like adaptability, perseverance, stress tolerance, and recovery from hardship.

Versions of the CD-RISC

There are three authorized versions of the CD-RISC, each designed for specific contexts:

1. **CD-RISC-25 (25 items)**: The original scale, yielding a total score between 0 and 100. It assesses five factors:
 - Personal competence, tenacity, and high standards.
 - Trust in instincts and tolerance of negative affect.
 - Positive acceptance of change and secure relationships.

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- Control.
 - Spiritual influences.
2. **CD-RISC-10 (10 items)**: A shortened, unidimensional version developed to improve factor stability and practicality. Focuses on core resilience traits like adaptability, perseverance, and stress management.
 3. **CD-RISC-2 (2 items)**: An ultra-brief version often used for rapid assessment or tracking changes over time. Includes items related to adaptability and bouncing back from hardship.

Key Features of CD-RISC Versions

Version	Items	Score Range	Primary Use	Key Traits Measured
CD-RISC-25	25	0–100	Comprehensive assessment	Competence, trust, acceptance
CD-RISC-10	10	0–40	General research / screening	Adaptability, perseverance, stress management
CD-RISC-2	2	0–8	Brief assessment / monitoring	Adaptability and bouncing back

Scale Structure and Scoring

- **Response Format**: Items are rated on a **5-point Likert scale** ranging from 0 (“Not true at all”) to 4 (“True nearly all the time”).
- **Scoring**: Total scores are summed, with higher scores indicating greater resilience.
- **Factors**: The CD-RISC-25 includes five factors, while the CD-RISC-10 and CD-RISC-2 are unidimensional, focusing on overall resilience.

Psychometric Properties

The CD-RISC has demonstrated strong reliability and validity across diverse populations:

- **Reliability**:
 - High internal consistency (Cronbach’s α : 0.88–0.90 for CD-RISC-10).

- Test-retest reliability indicates stability over time.
- **Validity:**
 - **Convergent Validity:** Correlates positively with measures of hardiness and negatively with perceived stress and vulnerability.
 - **Predictive Validity:** Predicts treatment outcomes and mental health diagnoses (e.g., lower resilience scores are associated with higher attrition in military settings and greater severity of psychiatric symptoms).
 - **Construct Validity:** Supported by factor analyses and associations with related constructs like depression and life satisfaction.

Generalizability and Applications

The CD-RISC has been validated across various cultures (e.g., Korean, Chinese, German, Spanish) and populations, including:

- Clinical groups (e.g., PTSD, anxiety, depression, substance use disorders).
- Community and general populations.
- Specific contexts like chronic illness, trauma, and military settings.

It is used to:

- Assess resilience in research and clinical practice.
- Evaluate intervention effectiveness (e.g., therapy outcomes).
- Identify individuals at risk for stress-related disorders.

How to Access the Scale

The CD-RISC is **copyright-protected**. To obtain the official scale, instructions, and permissions for use, visit the official CD-RISC website.

Comparison with Other Scales

The **Brief Resilience Scale (BRS)** is another common tool but differs from the CD-RISC:

- The BRS focuses narrowly on the ability to “bounce back” from stress.
- The CD-RISC assesses broader resources and traits (e.g., adaptability, spirituality, social support).
- Studies show the CD-RISC and BRS are correlated but capture distinct aspects of resilience.

Conclusion

The CD-RISC is a robust, versatile tool for measuring resilience. Its strong psychometric properties and adaptability across cultures and contexts make it valuable for research and clinical use. Users should select the version (25-, 10-, or 2-item) based on their needs and ensure proper authorization from the official website.

For more details, refer to the official CD-RISC website or published studies.