

Endurance
Hamby, Taylor, Smith, & Blount, 2018
Partially adapted from Hamby, Banyard, & Grych, 2013

Endurance is an important regulatory strength during times of adversity. This scale measures psychological (not physical) endurance with items that are designed to assess an individual's tendencies to be a source of strength to others in times of need and to persist diligently when presented with difficulty. As with other Life Paths scales, it is designed to be suitable for community samples with a range of reading ability. This questionnaire has been validated to be used in youth populations.

Development and validation of measure: To establish reliability and validity for new and adapted items, we conducted a study with 440 youth from rural areas of the southeast, recruited through a local email classifieds list and word-of-mouth. We conducted domain-level factor analyses for all measures of regulatory strengths. Five of the original eight items used in the survey loaded onto the same factor. Internal consistency (coefficient alpha) was .69. Validity was established in our sample with moderate to strong correlations with other measures of regulatory strengths, such as Recovering Positive Affect ($r=.47$) and Impulse Control ($r=.39$), and Self-reliance ($r=.35$).

Scoring: Each answer category was assigned a value from 4 to 1. Participant's raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating higher levels of endurance.

Citation: Hamby, S., Taylor, E., Smith, A., & Blount, Z. (2018). *Resilience Portfolio Questionnaire manual: Scales for youth*. Sewanee, TN: Life Paths Research Center. doi: 10.13140/RG.2.2.27296.74243

Partially adapted from: Hamby, S., Grych, J., & Banyard, V. (2013). *Life Paths Research measurement packet*. Sewanee, TN: Life Paths Research Program

1. I find it comforting to stick to my routine when I am facing tough times.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
2. I believe that what does not kill you makes you stronger.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
3. I finish the projects I have started even if they are much harder than I thought.
Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1
4. When hard times come around, I face them head-on.
Mostly true about me 4

Youth only

Somewhat true about me 3
A little true about me 2
Not true about me 1

5. When something is close to being done, I will work until it is finished even if I start feeling tired or hungry.

Mostly true about me 4
Somewhat true about me 3
A little true about me 2
Not true about me 1