

Self-Reliance
Hamby, Taylor, Smith, & Blount, 2018

Self-reliance measures thoughts, feelings, and behaviors associated with interpersonal independency. Individuals that identify as self-reliant do not rely on others and maintain a sense of autonomy. 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 participants 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. Three of the original six items used in the survey loaded onto the same factor. Internal consistency (coefficient alpha) was .81. Validity was established in the main sample with moderate to strong correlations with other measures, such as Impulse Control ($r = .27$), Endurance ($r = .35$), and Recovering Positive Affect ($r = .27$).

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 better self-reliance.

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

1. I don't ask for help unless I really need it.

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

2. I like to solve problems on my own.

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

3. I try to figure things out before asking for help.

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