

Measuring resilience in the context of conflict-related sexual violence

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DOI:

[10.1177/08862605211028323](https://doi.org/10.1177/08862605211028323)

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Document Version

Peer reviewed version

Citation for published version (Harvard):

Clark, J, Jefferies, P, Foley, S & Ungar, M 2021, 'Measuring resilience in the context of conflict-related sexual violence: a novel application of the Adult Resilience Measure (ARM)', *Journal of Interpersonal Violence*.
<https://doi.org/10.1177/08862605211028323>

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Clark JN, Jefferies P, Foley S, Ungar M. Measuring Resilience in the Context of Conflict-Related Sexual Violence: A Novel Application of the Adult Resilience Measure (ARM). *Journal of Interpersonal Violence*. July 2021. Copyright © 2021 The Author(s).
doi:10.1177/08862605211028323

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Appendix C: Scales

1. Adult Resilience Measure (Resilience Research Centre, 2006)

| To what extent do each of the statements below describe you? | <i>Not at all</i> | <i>A little</i> | <i>Some what</i> | <i>Quite a bit</i> | <i>A lot</i> |
|--|-------------------|-----------------|------------------|--------------------|--------------|
| 1. I have people I can respect in my life | | | | | |
| 2. I cooperate with people around me | | | | | |
| 3. Getting and improving qualifications or skills is important to me | | | | | |
| 4. I know how to behave in different social situations | | | | | |
| 5. My family have usually supported me through life | | | | | |
| 6. My family know a lot about me | | | | | |
| 7. If I am hungry, I can get food to eat | | | | | |
| 8. I try to finish what I start | | | | | |
| 9. Spiritual beliefs are a source of strength for me | | | | | |
| 10. I am proud of my ethnic background | | | | | |
| 11. People think that I am fun to be with | | | | | |
| 12. I talk to my family/partner about how I feel | | | | | |
| 13. I can solve problems without harming myself or others | | | | | |
| 14. I feel supported by my friends | | | | | |
| 15. I know where to get help in my community | | | | | |
| 16. I feel I belong in my community | | | | | |
| 17. My family stands by me during difficult times | | | | | |
| 18. My friends stand by me during difficult times | | | | | |
| 19. I am treated fairly in my community | | | | | |
| 20. I have opportunities to show others that I can act responsibly | | | | | |

| | | | | | |
|--|--|--|--|--|--|
| 21. I am aware of my own strengths | | | | | |
| 22. I participate in organized religious activities | | | | | |
| 23. I think it is important to support my community | | | | | |
| 24. I feel secure when I am with my family | | | | | |
| 25. I have opportunities to apply my abilities in life (life skills, a job, caring for others) | | | | | |
| 26. I enjoy my family's/partner's cultural and family traditions | | | | | |
| 27. I enjoy my community's culture and traditions | | | | | |
| 28. I am proud to be a citizen of... | | | | | |

2. Traumatic Events Checklist

| Which of the following situations have you experienced during war/armed conflict in your country? | <i>No</i> | <i>Yes</i> | <i>Prefer not to say</i> |
|--|-----------|------------|--------------------------|
| 1. Been forcibly displaced from your home/community | | | |
| 2. Witnessed (i.e. seen) your home being destroyed | | | |
| 3. Lived in temporary accommodation for displaced persons | | | |
| 4. Been unable to feed yourself or your family | | | |
| 5. Been forcibly separated from your family | | | |
| 6. Been seriously injured/wounded | | | |
| 7. Been abducted/kidnapped | | | |
| 8. Been forcibly detained in a camp | | | |
| 9. Experienced the death of a child | | | |
| 10. Had members of your family 'disappear' (go missing) | | | |
| 11. Had members of your family killed | | | |
| 12. Witnessed (i.e. seen) people being beaten or tortured | | | |
| 13. Witnessed (i.e. seen) people being killed | | | |

| | | | |
|--|--|--|--|
| 14. Experienced torture (physical or psychological) | | | |
| 15. Experienced sexual violence (including rape, forced marriage, forced pregnancy, sexual enslavement, forced abortion, sexual torture or genital beatings) | | | |
| 16. Witnessed (i.e. seen) an act of rape or sexual violence | | | |
| 17. Been forcibly recruited into an armed group | | | |
| 18. Been forced to participate in a massacre, act of torture, abduction, rape, etc. | | | |
| 19. Been forced to participate in acts of looting/plunder | | | |
| 20. Been betrayed by a family member or neighbour during the war | | | |
| 21. If you answered YES to more than one of the items above, which is the one most distressing to you now? | | | |
| 22. How long ago did the most distressing event happen? | | | |

3. Centrality of Event Scale (short version) (Berntsen & Rubin, 2006)

| Thinking specifically about the sexual violence that you experienced during the war/armed conflict in your country, to what extent do you disagree or agree with the following statements? | <i>Totally disagree</i> | <i>Disagree</i> | <i>Neither agree nor disagree</i> | <i>Agree</i> | <i>Totally agree</i> |
|---|-------------------------|-----------------|-----------------------------------|--------------|----------------------|
| 1. I feel that this event (i.e. sexual violence) has become part of my identity <i>[Explanation: The sexual violence has become part of how I define myself as a person]</i> | | | | | |
| 2. This event has become a reference point for the way I understand myself and the world <i>[Explanation: To explain myself and the world around me, I always refer back to the sexual violence I experienced]</i> | | | | | |

| | | | | | |
|---|--|--|--|--|--|
| 3. I feel that this event has become a central part of my life story <i>[Explanation: If I were to tell the story of my life, my experience of sexual violence would be a central event]</i> | | | | | |
| 4. This event has coloured the way I think and feel about other experiences <i>[Explanation: My experience of sexual violence has affected how I think and feel about other things that happen in my life]</i> | | | | | |
| 5. This event permanently changed my life <i>[Explanation: The sexual violence has had a lasting impact on my life]</i> | | | | | |
| 6. I often think about the effects this event will have on my future | | | | | |
| 7. This event was a turning point in my life <i>[Explanation: The sexual violence took my life in a new direction]</i> | | | | | |

4. Consequences of Sexual Violence Scale

| What have been the main consequences of the sexual violence that you experienced during the war/armed conflict in your country? | <i>No</i> | <i>Yes</i> |
|--|-----------|------------|
| 1. Problems with body image | | |
| 2. Low self-esteem | | |
| 3. Altered sexual desire (e.g. loss of sexual desire, increased sexual desire, etc.) | | |
| 4. Difficulty trusting other people | | |
| 5. Sense of guilt/self-blame | | |
| 6. Child/children born of rape | | |
| 7. HIV/AIDS | | |
| 8. Other sexually transmitted infections (e.g. syphilis) | | |
| 9. Gynaecological problems | | |
| 10. Stigmatization (e.g. insults/abuse from the community, social exclusion, etc.) | | |
| 11. Rejection by family | | |

| | | |
|--------------------------|--|--|
| 12. Broken relationships | | |
| 13. Other | | |

4. Current Life Problems

| What are the principal problems that you face today? | <i>No</i> | <i>Yes</i> |
|--|-----------|------------|
| 1. Physical health problems (e.g. high blood pressure, diabetes, chronic pain, heart conditions, cancer, etc.) | | |
| 2. Psychological problems (e.g. depression, anxiety, nightmares, insomnia, mood swings, etc.) | | |
| 3. Economic insecurity/poverty | | |
| 4. Unemployment | | |
| 5. Housing problems (e.g. unable to pay rent, poor living conditions, don't have own home) | | |
| 6. Land issues (e.g. lack of access to land, unable to return to own land, etc.) | | |
| 7. Living as an internally displaced person | | |
| 8. Difficulty in meeting basic everyday needs (e.g. water, food, electricity, sanitation, clothing) | | |
| 9. Lack of access to healthcare | | |
| 10. Lack of access to education (for self or children) | | |
| 11. Problems with partner | | |
| 12. Other family and relationship problems | | |
| 13. Abuse/bullying from community members | | |
| 14. Loneliness | | |
| 15. Addictions (e.g. alcoholism) | | |
| 16. Domestic violence | | |
| 17. Threats (e.g. death threats, threats against family members) | | |
| 18. Other (please specify) | | |

5. Life Today

| Do you feel safe in your community? |
|---|
| 1. Never 2. Occasionally 3. Sometimes 4. Most of the time 5. Always |

| Do you feel able to ask for help when you need it? |
|---|
| 1. Never 2. Occasionally 3. Sometimes 4. Most of the time 5. Always |

| In general, how would you rate your health? |
|---|
| 1. Poor 2. Fair 3. Good 4. Very good 5. Excellent |

| | | | | |
|---|---------|---------|--------------|--------------|
| How would you rate your quality of life? | | | | |
| 1. Poor | 2. Fair | 3. Good | 4. Very good | 5. Excellent |

References

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