

IMRF Research Summary Report:
An Examination of Developmentally Appropriate Measures of Resilience
for Use among Collegiate Emerging Adults

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Summary Report

The following report will surmise the activities of the *An Examination of Developmentally Appropriate Measures of Resilience for Use among Collegiate Emerging Adults* project, which was funded by an IMRF faculty research grant for the 2019-2020 academic year. The primary goal of the project was to explore if three different measures of resilience in emerging adulthood measured the same construct of trait resilience. Specifically, we proposed an examination of the internal consistency and factor structure of the Connor-Davidson Resilience Scale (CD-RISC), Resiliency Scale for Young Adults (RSYA), and Scale of Protective Factors (SPF). Additionally, we aimed to assess the quality of measurement properties of studies using such instruments, specifically by using the Consensus-Based Standards for the Selection of Health Status Measurement Instruments (COSMIN) checklist.

Our proposed procedures largely rested on scholars willingly sharing item level data and obtaining access to datasets that included the identified measures. Although we have had a few scholars respond and provide us with data, we have been delayed in receiving the full item level data needed, which has been further delayed due to the Covid-19 pandemic. Thus far, we have only obtained enough data to fully evaluate the work that has used the CD-RISC scale. In order to continue making progress within the proposed project period given the current constraints, we shifted the foci of our project to fit within the data available and have utilized the COSMIN checklist to evaluate the measurement properties of studies that used the CD-RISC scale. The CD-RISC was found to have an optimal unidimensional factor structure, good internal consistency, acceptable test-retest reliability, adequate criterion validity, and some variation in factor structure across cultures.

We would like to thank Dr. Ariel Aloe for the guidance he provided while conducting our analyses. We developed a manuscript and submitted it for publication in June of 2020. Although our conference proposal was accepted to our field's annual conference in November (see below), the organization chose to cancel all research presentations due to moving to an online format. We plan to resubmit the conference proposal during the next conference season. Although the first product is slightly different than originally proposed, we have worked within our means to complete the deliverables as close to the proposed timeline as possible.

Scholarly Products

Reed-Fitzke, K., Watters, E. R., Wojciak, A. S., & Hamilton, A. (under review). An examination of the measurement of resilience in emerging adulthood: A systematic review and multivariate meta-analysis.

Watters, E. R., Reed-Fitzke, K., Wojciak, A. S., & Hamilton, A. (2020, November). *Measuring resilience in emerging adulthood: A meta-analysis* [Paper Presentation]. American Association for Marriage and Family Therapy Conference – CANCELED due to COVID-19.