

## THE BRIEF RESILIENCE SCALE (BRS) IN BULGARIAN: ASSESSING THE ABILITY TO BOUNCE BACK FROM ADVERSE EVENTS

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**Abstract.** *This article evaluates the psychometric properties of the Brief Resilience Scale (BRS) in Bulgarian. BRS is 6-item self-report scale used for assessing resilience (Smith, Dalen, Wiggins, Tooley, Christopher & Bernard 2008). The 'resilience' construct is seen as 'ability to bounce back' from adverse events. The study with 413 respondents in two samples is conducted and exploratory factor analysis revealed the evidences of single-factor structure in both samples. The internal consistency of the scale in two samples is satisfactory (Cronbach's alpha:  $\alpha=.856$  and  $\alpha=.865$ ).*

**Keywords:** resilience; Brief Resilience Scale; factor analysis; internal consistency.

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