

RPFC

RESILIENCE PROTECTIVE FACTORS CHECKLIST (RPFC)

***RPFC-CLIN -CLINICAL VERSION**

***RPFC-YOUTH -YOUTH VERSION**

***RPFC-PAR -PARENT/CAREGIVER VERSION**

***RPFC-ADULT -ADULT VERSION**

***RPFC-COLLEGE RSCH -COLLEGE RESEARCH VERSION**

***RPFC-FAM -FAMILY VERSION**

USER'S MANUAL

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NOTE: There is no cost to utilize the RPFC. Copies of all the RPFC versions can be requested from Kevin M. Powell, Ph.D. at kevinpowellphd@gmail.com or thru his website www.kevinpowellphd.com

Section 1: INTRODUCTION

General Description of the RPFC:

The **Resilience Protective Factors Checklist (RPFC)** is a questionnaire that aides in the identification of protective factors empirically linked to resilience and positive outcomes. Six versions of the RPFC are described in this manual, which can be administered to people across the life span and who have different life roles. All six versions include similar content regarding the protective factors being measured; however, there are a few protective factors that are only included on certain RPFC version due to their relevance for a particular age group (e.g., the inclusion of vocational questions on the *RPFC-Adult*, but not included on the *RPFC-Youth* version).

The original RPFC was the clinical version (*RPFC-Clin*) and utilizes a checklist response. This version was developed for clinical use to facilitate open communication and education about a myriad of different protective factors linked to resilience.

The other five versions of the RPFC utilize a more quantitative scoring system with the use of a Likert-type rating scale. The *RPFC-Youth*, *RPFC-Par*, *RPFC-Adult*, & *RPFC-College Rsch* utilizes a 4-point Likert-Type rating scale, while the *RPFC-Fam* uses a 3-point Likert-Type rating scale. Refer to Section 4 for details about each version of the RPFC.

Development of the RPFC:

The field of mental health and criminal justice has historically placed a strong emphasis on the identification and treatment of problems and risk factors. However, there is growing awareness and empirical support for adopting a strengths-based orientation (Edwards, et al., 2017; Powell, 2015). This orientation places an emphasis on strengths and protective factors that can bolster resilience and healthy, prosocial development.

The *RPFC* is a strengths-based questionnaire that was developed and utilized as a clinical tool during two decades of work in a maximum-security detention center serving adolescents, young adults, and their families. The clinical utility of the RPFC has been evident over the years regarding its capacity to positively engage at-risk (at-promise) clients and their families in treatment services. Rather than focusing on what is *wrong* with clients or their families, the RPFC provides opportunities to look at what is *right* with them by identifying, developing, and strengthening protective factors linked to resilient positive outcomes.

Defining ‘Resilience’ and ‘Protective Factors’:

The term *resilience* and the interrelated *protective factors* are a multidimensional, dynamic process, which has made it challenging to operationally define. Windle (2011) defines these two constructs as follows:

Resilience is the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma

Protective Factors are the assets and resources within the individual, their life, and environment that facilitate the capacity for adaptation and bouncing back in the face of adversity

Types of Protective Factors- Individual, Family, & Community:

An ecologically-based exploration of protective factors is required due to the heterogeneity of protections that include both external resources (from the person's family and community) and internal attributes within the person.

The RPFC items are organized into three categories of protection - Individual, Family, and Community Protective Factors. *Individual protective factors* are traits and actions within an individual that can enhance resilience when faced with hard times. *Family protective factors* are dynamics within the family that can augment a resilient response to adversity. *Community protective factors* are influences within the social environment (e.g., peer group, school, neighborhood) that can heighten a person's resilience. Refer to Table 1 (in Section 3) for a list of the individual, family, and community protective factors.

Positive Effects of Protective Factors- Protective, Preventive, and Promotive:

Many of the factors included in the RPFC are not only *protective* (help buffer life adversity) but are also *preventive* (help reduce future life adversity) and *promotive* (help lead a psychologically healthier life). For example, the RPFC item -- *I have a positive family member who gives me support in good and bad times*-- assesses the protective factor of having a close, supportive relationship with a prosocial, stable family member. This factor can have protective, preventative, and promotive effects. A *positive, stable familial relationship* can buffer the negative impact of life stressors through support and encouragement to cope and adjust well (Protective Effects); it can reduce exposure to future life adversity (e.g., reduced risk of interpersonal abuse; reduced risk of gravitating toward delinquent peers; and reduced risk of depressive symptoms) (Preventive Effects); and this healthy familial relationship can enhance a person's prosocial development and quality of life (Promotive Effects).

The term *protective factor* is used to describe all the RPFC items, but users of the RPFC are encouraged to also be cognizant of the *preventive* and *promotive* influences.

Research on the RPFC:

All the protective factors included in the *Resilience Protective Factors Checklist (RPFC)* have empirical support linking them to resilience and positive outcomes. The initial item selection and early revisions of the RPFC were based on protective factors (individual, family, and community influences) identified in the research literature (i.e., Masten & Coatsworth, 1998; Masten et al., 2009; Masten & Reed, 2002). Over the past two decades, additional items have been added to the RPFC based on contemporary

research, including a post-traumatic growth, “steeling effects” item (Collier, 2016; Holtge et al., 2018; Meyerson et al., 2011; Schaefer et al., 2018; Seery et al., 2013) a physical exercise item (e.g., Ahn & Fedewa, 2011; Emerson et al., 2009; Otto & Smits, 2011; Weir, 2011), an internal motivation item (Karver et al., 2006; Miller & Rollnick, 2002; Walters et al., 2007) and a psychological-mindedness, problem-solving item (Nyklicek et al., 2010; Roxas & Glenwick, 2014). The wording of the RPFC items were modified over time based on feedback from youth, as well as the mental health professionals administering the RPFC.

The research that has been conducted on the RPFC thus far (Powell, Rahm-Knigge, & Conner, 2021) has revealed good psychometric properties and the factor analysis supported the resilience structural model of three interrelated areas of protective factors - Individual, Family, and Community influences. The RPFC’s Individual, Family, and Community Protective Factors have all been found to be positively correlated with four domains of positive life outcomes (physical health, psychological health, social relationships, and a healthy [safe, supportive] environment), as well as negatively correlated with adverse childhood experiences. The RPFC’s “individual protective factors” positively predicted physical health and psychological health outcomes, while the “community protective factors” positively predicted environmental health outcomes. In addition, the RPFC’s “family protective factors” moderated the path between adverse childhood experiences and social relationships. That is, for individuals who have experienced more adverse childhood experiences, those with higher levels of RPFC family protective factors had positive social relationship outcomes, while those with lower levels of family protective factors had negative social relationship outcomes. These findings lend support for the utilization of assessment measures for identifying and promoting protective factors that can buffer life adversity and heighten resilient positive outcomes.

Additional research is currently being conducted on new protective factor items. There is also research being conducted investigating the RPFC with a youth sample. Results of this research will be shared as it comes available.

Although each protective factor item included in the RPFC has empirical support linking it to resilience, research on the actual RPFC instrument is in the early stages of investigation. Therefore, users of the RPFC should utilize this instrument as a clinical tool for educating and promoting protective factors and resilience, and *not* as a predictor of risk or any other type of predictive assessment.

Benefits of the RPFC:

There are several benefits to utilizing the RPFC including:

*The *RPFC* helps *identify key protective factors* in the lives of youth, parents/ caregivers, and others. It helps people to be *well-informed* regarding individual, family, and community protective factors that can help them to lead resilient, positive lives.

- **RPFC* helps human service providers to *create strengths-based oriented services*, in which the focus is on *what is right with people* as opposed to what is wrong with them. This strengths-based emphasis can *help engage and motivate youth, parents/ caregivers, and others* in human service programs.
- *The *RPFC* can provide a *baseline measure of current protective factors*, which can help inform treatment/ service recommendations and progress.
- *The *RPFC* results can be used in the *identification of strengths-based goals and treatment plan objectives*.
- *The *RPFC* can assist in *evaluating treatment/service progress as it relates to the development and strengthening of protective factors*.
- *The *RPFC* can be *utilized in multiple settings* (i.e., mental health agencies, schools, detention centers, residential facilities, etc.) and *with all ages and life roles*.

Utilization of the RPFC as a Pre and Post Measure:

The *RPFC*, especially the *RPFC* versions that use a Likert scoring system (i.e., the Youth, Parent/Caregiver, & Adult versions), can be utilized as a Pre and Post Measure regarding the development and/or strengthening of protective factors during the course of services. The *Professional Use* section (located near the top of each *RPFC* form) can be used to designate the approximate time in which the *RPFC* is being completed: Circle **PRE Services** if the subject is completing the *RPFC* at the beginning of services. Circle **MID Services** when a subject is completing the *RPFC* at a midpoint in services. Circle **POST Services** if the subject is completing the *RPFC* at the conclusion of services.

Scores on the PRE, MID, & POST administration can be compared, as a method of assessing progress, as it relates to the enhancement of protective factors within a client's life.

Section 2: ADMINISTRATION & SCORING

Age & Life Role Requirements:

All ages and life roles can benefit from the RPFC, which is why there are several versions:

RPFC-CLIN: For All Ages (with the assistance of parents/caregivers and human service providers)

RPFC-YOUTH: For Youth, 12-17 years old (*and some 18-20-year-old participants)

RPFC-PAR: For Parents/ Caregivers, 18 years or older

RPFC-ADULT: For Adults, 21 years old or older (*and some 18-20-year-old participants)

*Note: For participants who are 18-20 years old:

Decisions about which version of the RPFC (**RPFC-Youth** versus the **RPFC-Adult**) to administer to 18-20 year-old participants require the consideration of their living environment.

For 18-20 year-old participants who still live in a dependent environment (at home or a residential facility), the **RPFC-Youth** may be the most appropriate version.

For 18-20 year-old participants who are living independently, the **RPFC-Adult** is recommended.

RPFC-COLLEGE RSCH: For Adults, 18 years old or older (and some younger-aged college students)

RPFC-FAM: For Family members of all ages

Reading Level Requirements:

The RPFC is written with user-friendly language with limited psychological jargon. Based on the Text Readability Consensus Calculator (readabilityformulas.com), which uses a combination of seven popular readability formulas, the RPFC text requires participants to have a **Sixth Grade Reading Level**.

Administering the RPFC:

Prior to administering the RPFC, *ensure that participants read the instructions at the top of the page*. The instructions ask participants to rate how true each statement is as it relates to their life (or the life of their child). The instructions also remind participants that there are no right or wrong answers, just what is true as it relates to their life.

If preferred, more details about the concepts of *resilience* and *protective factors* can be provided to participants prior to completing the RPFC. Explain to participants that the results of the RPFC can assist

them in identifying factors that could help them lead a more positive, resilient life. Some of the information noted at the top of the *RPFC-Clin* version may be helpful in providing participants with more detail about *resilience* and *protective factors*:

Some people react to hard times (abuse; loss; or other stressors) by becoming chronically withdrawn, insecure, depressed, and even negative, non-caring, and sometimes abusive to self and/or others. These reactions can lead to lots of negative outcomes in life. However, others cope with life's struggles by becoming stronger and growing up to have well-adjusted lives. These people are called '**resilient**'. Researchers have discovered that we all have the capacity to be resilient if we have enough '**protective factors**'.

Protective factors are the assets and resources in our lives that help buffer the hard times and increase the likelihood of positive outcomes and healthy development. The *Resilience Protective Factor Checklist (RPFC)* describes protective factors (individual, family, & community factors) commonly linked to resilience in youth and adults (Masten & Coatsworth, 1998; Masten, Cutuli, Herbers, & Reed, 2009; Masten & Reed, 2002, as well as other studies cited below). Even having a couple of these factors can have a positive impact on your ability to cope and live a happy, well-adjusted life. **The purpose of the *RPFC-Clin* is to help facilitate open communication (between youth, parents/ caregivers & their human service providers) about key protective factors in life. It is a helpful tool for anybody who wants to learn more about their *Protective Factors* and their *Resilience*.**

Hand Scoring Instructions for the RPFC:

The *RPFC-Clin* utilizes a checklist response format. The *RPFC-Youth*, *RPFC-Par*, *RPFC-Adult*, *RPFC-College Rsch* utilize a 4-point Likert-type rating scale. The *RPFC-Fam* uses a 3-point Likert-type rating scale.

Scoring for the RPFC-Clin: The *RPFC-Clin* utilizes a checklist response format that is used as a clinical guide for clients and their providers. The instructions ask participants to *Mark an X next to each 'protective factor' that you already have within yourself, your family, and/or community. Mark a P (Possible) next to each 'protective factor' you could have if you and your family work on it.* If desired, the *RPFC-Clin* can be quantitatively scored 1-point for each item that is checked with an X.

Scoring for the RPFC-Youth, RPFC-Par, RPFC-Adult, & RPFC-College Rsch: These four versions of the RPFC utilize a 4-point Likert-type scale in which participants select one of four responses as it relates to their life- *Not True, Sometimes True, Often True, or Almost Always True*. Responses are scored as follows:

Not True = 1 Sometimes True = 2 Often True = 3 Almost Always True = 4

The score for each item can be recorded along the right margin of the RPFC and totaled at the end of each section-- the Individual Protective Factor section, the Family Protective Factor section, and the Community Protective Factor section.

Scoring for the RPFC-Fam: The *RPFC-Fam* utilize a 3-point Likert-type scale in which participants select one of three responses as it relates to their life- *Not Important, Somewhat Important, or Very Important*.

Responses are scored as follows:

Not Important = 1 Somewhat Important = 2 Very Important = 3

Note: More details about the scoring for each version of the RPFC can be found in **Section 4**.

How to use the RPFC Results:

The results of RPFC should be shared and discussed with participants who complete it (except for research subjects who complete the RPFC anonymously). Possible topics to discuss include:

- 1) Which Protective Factors (individual, family, & community) are **ALREADY PROMINENT/ COMMON** in your current life (those items you rated as *Often True* or *Almost Always True* in your life)?

What can we do to keep these Protective Factors strong?

- 2) Which Protective Factors (individual, family, & community) are **LESS PROMINENT/ COMMON** in your current life (those items you rated as *Not True* or *Sometimes True* in your life)?

Which of these Less Prominent/ Common Protective Factors do you think are **IMPORTANT PROTECTIVE FACTORS** for helping you lead a better life (a more resilient, stable, and happy life)?

What can we do to make these Protective Factors more Prominent/ Common in your life?

- 3) What are your **TOP THREE PROTECTIVE FACTORS** that you would like to focus on (in treatment, at home, in school)?
- 4) Brainstorm about what **STRATEGIES/ SUPPORTS/ SERVICES** could help **DEVELOP** and/or **STRENGTHEN** your identified Protective Factors.
- 5) Utilize the RPFC results to **DEVELOP STRENGTHS-BASED GOALS AND TREATMENT PLAN OBJECTIVES**.

Section 3: CONTENT DESCRIPTION OF EACH RPFC ITEM

TABLE 1 lists the specific names of protective factors (PF) linked to each item (#1-24) on the *RPFC-Youth*, *RPFC-Par*, and *RPFC-College Rsch*. The items below also coincide with the clinical version of the RPFC (*RPFC-Clin*). The RPFC-Clin includes items #1-11 (just like in the other versions), and the items in parentheses from (#12-27).

TABLE 1: List of Protective Factors (PF) being measured for each RPFC item

Item #	Content Description
<u>Individual Protective Factors</u>	
1	PF= Problem solving skills; Psychological-mindedness
2	PF= Self-regulation skills for self-control of attention, arousal, and impulses
3	PF= Positive self-perception; Self-esteem
4	PF= Talents
5	PF= Self-efficacy; Hope; Internal locus of control
6	PF= Faith; Sense of meaning in life
7	PF= Positive outlook on life; Adaptive Humor (tolerant, accepting, self-supporting humor that helps manage stress and connect with others).
8	PF= Adaptable personality; General appeal or attractiveness to others
9	PF= Post-traumatic growth; Coped with/ overcome significant adversity, ±Steeling effectø
10	PF= Internal motivation
11	PF= Ties to prosocial organizations/ activities (sports; exercise; hobbies; music; jobs)
(RPFC-Clin)	
(12)	PF= Physical exercise
<u>Family Protective Factors</u>	
12 (13)	PF= Close relationship with a prosocial, stable, supportive caregiver/family member(s)
13 (14)	PF= Organized, predictable home; Positive family climate with low conflict
14 (15)	PF= Parent/Caregiver involved in their Childø Education/ School
15 (16)	PF= Parent/Caregiver who values education
16 (17)	PF= Authoritative (Democratic/Balanced) parenting style- moderate/high structure, limits and supervision
17 (18)	PF= Authoritative (Democratic/Balanced) parenting style- regular communication and provides explanation/rationale for rules & limits
18 (19)	PF= Authoritative (Democratic/Balanced) parenting style- believes in their child and has moderate to high expectations
19 (20)	PF= Home with Socioeconomic advantages
(21)	PF= Parent/Caregiver who possess individual protective factors (items 1-12)
<u>Community Protective Factors</u>	
(RPFC-Clin)	
20 (22)	PF= Close relationship with a prosocial, stable, supportive adult (s)- teacher, coach,

- counselor, family friend, etc.
- 21 (23) PF= Connection to prosocial, rule-abiding peers
(24) PF= Relationship with prosocial, well-adjusted partner (romantic partner/ boyfriend/ girlfriend/ spouse)
22 (25) PF= Attend effective, prosocial school- Safe school with supportive, well-trained teachers
23 (26) PF= Neighborhood with high collective efficacy- Neighbors look out for each other
24 (27) PF= High levels of public safety- Live in a safe neighborhood/ community

Note: The content above in Table 1, as well as the *RPFC-KEY* (in Appendix G) can be used to identify the specific protective factors associated with each item. These protective factors can be targeted in treatment, at home, or at school.

The *RPFC-KEY* provides a list of all 24 items/ statements included in the *RPFC-Youth*, *RPFC-Par*, & *RPFC-College Rsch* versions, along with the names of the corresponding protective factors being measured (PF=).

The *RPFC-CLIN* version also provides the names of the corresponding protective factors. And it includes a few additional protective factors that are exclusively included in the *RPFC-Adult* version (i.e., *physical exercise* [#12 above] and *positive partner* [#24 above]).

Refer to Appendix A for a copy of the *RPFC-CLIN*

Refer to Appendix G for a copy of the *RPFC-KEY*

Section 4: SIX VERSIONS OF THE RPFC

Everyone can benefit from learning about their protective factors and capacity to be resilient and psychologically healthy, which is why the RPFC has multiple versions available.

Six versions of the RPFC are described:

- 1) RPFC-CLIN (*Clinical* version)
- 2) RPFC-YOUTH (*Youth* version)
- 3) RPFC-PAR (*Parent/ Caregiver* version)
- 4) RPFC-ADULT (*Adult* version)
- 5) RPFC-COLLEGE RSCH (*College Research* version)
- 6) RPFC-FAM (*Family* version)

The main differences between the six versions of the RPFC is the *age range* and the *life role* for the participants completing the RPFC (e.g., youth vs. parent/caregiver vs. adult).

Another difference is the response format being utilized. The *RPFC-Clin* uses a checklist format. The *RPFC-Youth*, *RPFC-Par*, *RPFC-Adult*, and *RPFC-College Rsch* versions use a 4-point Likert-type rating scale. The *RPFC-Fam* uses a 3-point Likert-type rating scale.

1) **RPFC-CLIN (Clinical version)**

RPFC-Clin is a 27-item clinical tool that is designed to help facilitate open communication between youth, parents/ caregivers, and human service providers regarding the identification of protective factors linked to resilience and positive outcomes. The 27 items include individual, family and community protective factors.

Age Requirement: All Ages (with the assistance of parents/caregivers and human service providers)

Life Role Requirement: Youth and Parents/Caregivers (and others) who want to learn more about their *Protective Factors* and *Resilience*.

Instructions: With the help of your family (and counselor or other human service providers), please read each statement (protective factor) and decide which ones you already have in your life or could have if you worked on it. *Note:* The name for each Protective Factor (PF) is listed under each statement.

- Mark an **X** next to each 'protective factor' that you already have within yourself, your family, and/or community.
- Mark a **P** (Possible) next to each 'protective factor' you could have if you and your family worked on it.

Response Format: Checklist

Hand Scoring: The *RPFC-Clin* utilizes a checklist response format that is used as a clinical guide for clients and their providers. If desired, the *RPFC-Clin* can be quantitatively scored 1-point for each item that is checked with an X.

Specific Attributes of the *RPFC-Clin*:

- * The *RPFC-Clin* is a clinical tool with a simple checklist response format
- * The *RPFC-Clin* is a useful tool for helping people (youth, parents/caregivers, and their human service providers) to be well-informed about their personal protective factors and resilience. Compared to the other RPFC versions, the *RPFC-Clin* provides a more in-depth description of the construct of resilience and protective factors (refer to the grey box at the beginning of the form). In addition, listed underneath each RPFC item is the actual name of the protective factor (PF=) being measured.
- *The *RPFC-Clin* has 27 items (three more items than the 24-item RPFC-Youth or RPFC-Par). Item #12 & #24 (which explores physical exercise & having prosocial, well-adjusted partner) are not included in the Youth & Parent versions due to the initial results of the Exploratory Factor Analysis (Powell et al., 2021); however, they are included in the *RPFC-Clin* & *RPFC-Adult* versions since it is hypothesized that these two protective factor items are more relevant/prominent for adults. Also, Item #21 is not included in the RPFC Youth & Parent versions because it is eliciting information about adult caregivers' individual protective factors, which is most relevant for the *RPFC-Clin* & *RPFC-Adult* versions.

Refer to Appendix A for a copy of the *RPFC-Clin*

2) **RPFC-YOUTH (Youth version)**

RPFC-Youth is a 24-item questionnaire to assist *Youth* in identifying protective factors in their life that have been linked to resilience and positive outcomes. The 24 items include individual, family and community protective factors.

Age Requirement: 12-20 years old (or younger if Parents/ Caregivers elect to complete the *RPFC-Youth* together with their child)

Life Role Requirement: Any youth interested in learning about their *Protective Factors* and *Resilience*

Instructions for Youth: *Read each statement below and check the box that best describes HOW TRUE IT IS IN YOUR LIFE. There are no right or wrong answers, just what is true for you.*

Response Format: 4-point Likert Scale

Not True Sometimes True Often True Almost Always True

Scoring: Responses are given a numeric score based on their Likert scale responses:

Not True= 1 Sometimes True= 2 Often True= 3 Almost Always True= 4

Step 1: Record the score for each item in the blank space along the right margin

Step 2: Add the scores for #1-11 to get the Total INDIVIDUAL Protective Factor score.

Step 3: Add the scores for #12-19 to get the Total FAMILY Protective Factor score.

Step 4: Add the scores for #20-24 to get the Total COMMUNITY Protective Factor score.

Step 5: Add all three Totals (INDIVIDUAL, FAMILY, & COMMUNITY Totals) to get the TOTAL Protective Factor Score. The quantitative score range for the *RPFC-Youth* is 24-96.

Step 6: Utilize the *RPFC-KEY* to identify protective factors linked to each item

Step 7: Share and Discuss the results with participants

Specific Attributes of the *RPFC-Youth*:

* The *RPFC-Youth* is a useful tool for gathering information about a youth *from the youth's point of view*.

Refer to Appendix B for a copy of the *RPFC-Youth*

3) **RPFC-PAR (Parent/ Caregiver version)**

RPFC-Par is a 24-item questionnaire to assist *Parents/ Caregivers* in identifying protective factors (within the life of their child) that have been linked to resilience and positive outcomes. The 24 items include individual, family and community protective factors. The Family Protective Factor section requires parents/caregivers to self-report about their personal parenting style and specific conditions within their home, which can influence their child's resilience.

Age Requirement: 18 years old and up

Life Role Requirement: Any Parent/ Caregiver who is interested in learning about the *Protective Factors and Resilience* with their child and family.

Instructions for Parent/Caregiver: *Read each statement below and check the box that best describes HOW TRUE IT IS IN YOUR CHILD'S LIFE and/or FAMILY'S LIFE. There are no right or wrong answers, just what is true as it relates to your child and family*

Response Format: 4-point Likert Scale

Not True Sometimes True Often True Almost Always True

Scoring: Responses are given a numeric score based on their Likert scale responses:

Not True= 1 Sometimes True= 2 Often True= 3 Almost Always True= 4

Step 1: Record the score for each item in the blank space along the right margin

Step 2: Add the scores for #1-11 to get the Total INDIVIDUAL Protective Factor score.

Step 3: Add the scores for #12-19 to get the Total FAMILY Protective Factor score.

Step 4: Add the scores for #20-24 to get the Total COMMUNITY Protective Factor score.

Step 5: Add all three Totals (INDIVIDUAL, FAMILY, & COMMUNITY Totals) to get the TOTAL Protective Factor Score. The quantitative score range for the *RPFC-Par* is 24-96.

Step 6: Utilize the *RPFC-KEY* to identify protective factors linked to each item

Step 7: Share and Discuss the results with participants

Specific Attributes of the *RPFC-Par*:

*The *RPFC-Par* is a useful tool for gathering information about a youth *from the perspective of their parent/caregiver*.

* The *RPFC-Par* is also a helpful resource when a child/youth is unable to complete the *RPFC-Youth* version on their own due to their young age, lower reading level, and/or resistance to participate.

Refer to Appendix C for a copy of the *RPFC-Par*

4) **RPFC-ADULT (Adult version)**

RPFC-Adult is a 24-item questionnaire to assist *Adult-age* participants in identifying protective factors in their life that have been linked to resilience and positive outcomes. The 24 items include individual, family and community protective factors.

Age Requirement: 18 years and up

Life Role Requirement: Any Adult interested in learning more about their *Protective Factors* and *Resilience*

Instructions for Adults: *Read each statement below and check the box that best describes HOW TRUE IT IS IN YOUR LIFE. There are no right or wrong answers, just what is true as it relates to you*

Response Format: 4-point Likert Scale

Not True Sometimes True Often True Almost Always True

Scoring: Responses are given a numeric score based on their Likert scale responses:

Not True= 1 Sometimes True= 2 Often True= 3 Almost Always True= 4

Step 1: Record the score for each item in the blank space along the right margin

Step 2: Add the scores for #1-12 to get the Total INDIVIDUAL Protective Factor score.

Step 3: Add the scores for #13-17 to get the Total FAMILY Protective Factor score.

Step 4: Add the scores for #18-24 to get the Total COMMUNITY Protective Factor score.

Step 5: Add all three Totals (INDIVIDUAL, FAMILY, & COMMUNITY Totals) to get the TOTAL Protective Factor Score. The quantitative score range for the *RPFC-Adult* is 24-96.

Step 6: Share and Discuss the results with participants

Specific Attributes of the *RPFC-Adult*:

*The *RPFC-Adult* is a version that can be utilized by adult-age individuals (including Parents/ Caregivers) who want to learn more about their own personal protective factors.

*The *RPFC-Adult* is a useful tool for gathering information about protective factors *from the perspective of adults*.

* The *RPFC-Adult* includes protective factors associated with vocational attributes (Items #23 & #24)

* The *RPFC-Adult* only includes questions about protective factors that are relevant in an adult's *current* life (e.g., there are no questions about how they were parented as children).

Refer to Appendix D for a copy of the *RPFC-Adult*

5) RPFC-COLLEGE RSCH (College Research version)

RPFC-College Rsch version is currently being utilized to assist in the validation of the RPFC. This version requires adult/college age participants to rate how true each protective factor is in their current adult life and/or retrospectively rating protective factors within their family and community during their childhood years (e.g., *Growing up I lived in a neighborhood where I felt safe*).

Refer to Appendix E for a copy of the *RPFC-College Rsch*

Note: There is also an expanded version of the *RPFC-College/ Rsch*, which is currently investigating additional protective factors. These new items include some of the original protective factor items that have been split up into two separate questions, when they included two related concepts in one question. For example, item #2 states “*I am good at calming myself down and thinking before I act*”, is broken down into two questions, “*I am good at calming myself down*” and “*I am good at thinking before I act*”.

6) RPFC-FAM (Family version)

The *RPFC-Fam Version* helps facilitate family communication about what protective factors they view as *Most Important* within their family. A 3-point Likert scale is utilized, in which families rate each protective factor as *Very Important*, *Somewhat Important*, or *Not Important*. RPFC-Fam can assist in the development of mutually agreed upon family goals and treatment planning.

Refer to Appendix F for a copy of the *RPFC-Fam*

Section 5: SUGGESTED INTERVENTIONS FOR DEVELOPING & STRENGTHENING PROTECTIVE FACTORS IDENTIFIED IN THE RPFC

(Work in Progress)

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APPENDIX A

APPENDIX B

APPENDIX C

APPENDIX D

APPENDIX E

APPENDIX F