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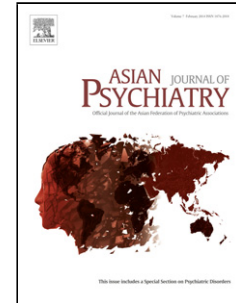
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Using the Kannada version of the Connor Davidson Resilience Scale to assess resilience and its relationship with psychological distress among adolescent girls in Bangalore, India

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Highlights

- Psychometric properties of Kannada version of CD-RISC was established in a sample of adolescent girls from low-income settings
- Factor analysis revealed a four-factor structure: Hardiness, Optimism, Resourcefulness and Purpose.
- Resilience and psychological distress show a significant negative relationship
- CD-RISC is a valuable measure to assess resilience among adolescents in low-income settings

Abstract

A widely used and accepted scale for assessing resilience is the Connor-Davidson Resilience Scale (CD-RISC). The aim of the present study was to establish the psychometric properties of the Kannada version of the scale and assess the relationship between resilience and psychological distress in a sample of adolescent girls living in low-income settings. Data was obtained from a sample of 606 adolescent girls studying in a college meant for women from a socio-economically disadvantaged setting. The CD-RISC (25 item) was used to assess resilience and Kessler Psychological Distress Scale (K10) was used to assess psychological distress. Exploratory factor analysis yielded four stable factors instead of the original five factors. Similar results have been obtained in

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