

REVISED SENSE OF COHERENCE SCALE

Listed below are several statements about life. Please read each statement carefully and indicate how much it is typical of you.

		<i>not at all true</i>	<i>slightly true</i>	<i>somewhat true</i>	<i>quite true</i>	<i>very true</i>
		1	2	3	4	5
1	In spite of everything, I can learn from bad experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Evil also has its place in the world.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I know that I could suddenly experience something really horrible or shocking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I am convinced that a lot of negative feelings (e.g. rage) also have positive sides.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	In my thoughts and actions, I take into account that things often have two sides: good and bad ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Difficult situations overstrain me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	One can always find a way to cope with painful things in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Due to my experiences in life, I can handle new situations well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I can accept things that cannot be changed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	It is important for me to maintain a good overview of situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Normally I can consider a situation from various perspectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I always try to see things in context.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I put effort into considering different perspectives when I am exposed to problematic situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Subscales:

Manageability: Items 1, 6 (reversely poled), 7, 8, 9

Reflection: Items 10, 11, 12, 13

Balance: Items 2, 3, 4, 5

Original publication and validation:

Bachem, R., & Maercker, A. (2016). Development and psychometric evaluation of a revised Sense of Coherence Scale. *European Journal of Psychological Assessment, 34*(3), 206-215.

<https://doi.org/10.1027/1015-5759/a000323>

Further references:

Mc Gee, S. L., Hölzge, J., Maercker, A., & Thoma, M. V. (2018). Evaluation of the revised Sense of Coherence scale in a sample of older adults: A means to assess resilience aspects. *Aging and Mental Health, 22*(11), 1438–1447. <https://doi.org/10.1080/13607863.2017.1364348>

Thoma, M. V., Mc Gee, S. L., Fegert, J. M., Glaesmer, H., Brähler, E., & Maercker, A. (2018). Evaluation of the revised sense of coherence scale in a representative German sample. *PLoS ONE, 13*(12), e0209550. <https://doi.org/10.1371/journal.pone.0209550>

McGee, S. L., Hölzge, J., Maercker, A., & Thoma, M. V. (2018). Sense of coherence and stress-related resilience: Investigating the mediating and moderating mechanisms in the development of resilience following stress or adversity. *Frontiers in Psychiatry, 9*, 378. <https://doi.org/10.3389/fpsy.2018.00378>

Rohner, S. L., Bernays, F., Maercker, A., & Thoma, M. V. (2022). Salutary mechanisms in the relationship between stress and health: The mediating and moderating roles of Sense of Coherence—Revised. *Stress and Health, 38*(2), 388–401. <https://doi.org/10.1002/smi.3093>

Xiu, D., Mc Gee, S. L., & Maercker, A. (2018). Sense of coherence and posttraumatic growth: The moderating role of value orientation in Chinese and Swiss bereaved parents. *Journal of Loss and Trauma, 23*(3), 259–270. <https://doi.org/10.1080/15325024.2018.1436120>