

Resiliency and Strengths

Posttraumatic Growth Inventory (PTGI): Perceived posttraumatic growth will be assessed by the Posttraumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 1996), a 21-item questionnaire with five subscales: Relating to Others, New Possibilities, Personal Strength, Spiritual Change, and Appreciation of Life. Items are rated on a 6-point scale (0 = *I did not experience this change as a result of my crisis* to 5 = *I experienced this change to a very great degree as a result of my crisis*), with total score ranging from 0 to 105. Internal consistency was excellent in the full scale ($\alpha = .90$), and good in the subscales (Relating to Others: $\alpha = .85$; New Possibilities: $\alpha = .84$; Personal Strength: $\alpha = .72$; Spiritual Change: $\alpha = .85$; Appreciation of Life: $\alpha = .67$; Tedeschi & Calhoun, 1996).

<http://cust-cf.apa.org/ptgi/>

21-items on measure include:

1. I changed my priorities as about what is important in life.
2. I have a greater appreciation for the value of my own life.
3. I developed new interests.
4. I have greater feelings of self-reliance.
5. I have a better understanding of spiritual matters.
6. I more clearly see that I can count on people in times of trouble.
7. I established a new path for my life.
8. I have a greater sense of closeness with others.
9. I am more willing to express my emotions.
10. I know better that I can handle difficulties.
11. I am able to do better things with my life.
12. I am better able to accept the way things work out.
13. I can better appreciate each day.
14. New opportunities are available which wouldn't have been otherwise.
15. I have more compassion for others.
16. I put more effort into my relationships.
17. I am more likely to try to change things which need changing.
18. I have a stronger religious faith.
19. I discovered that I'm stronger than I thought I was.
20. I learned a great deal about how wonderful people are.
21. I better accept needing others.

22.