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Exploring the construct of resilience through self-report measures

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There is considerable disparity in the way resilience is operationalized (e.g. trait, process, outcome) which has highlighted the need for clarity with respect to definition and measurement and prompted calls for a critical review of resilience measures. This study addresses these concerns by examining the following research question, “how resilience is currently conceptualised and operationalized?” Two studies are presented in this paper. The aim of Study 1 was to update findings (beyond 2008) from previous systematic reviews and perform a content and methodological review of identified measures. Based on findings from Study 1, the aim of Study 2 was to identify what dimensions of resilience are currently represented by existing measures, and to what extent these dimensions are the same or differ across measures.

Biography

Dr. Antonio Pangallo is a lecturer in organisational psychology at City University London and is a Chartered Occupational Psychologist in the UK. He has worked predominately in the learning and development domain in a wide range of roles across private and public sectors. Antonio has spent considerable time working on a number of projects for International Non-Governmental Organisations including the United Nations Office on Drugs and Crime, Medical Emergency Relief International, and Catholic Agency for Overseas Development. Antonio is a reviewer for the journal Psychological Assessment and has research interests in the field of psychometrics and employee resilience. In particular, Antonio has explored new approaches to the measurement of resilience in human service workers. His most recent research in the palliative care sector resulted in a novel measure of resilience designed to identify those at risk of burnout and stress related illness.

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