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ARTICLE

The Psychometric of the Adult Resilience Doughnut Model, a Solution Focused, Ecological Model of Resilience

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Abstract

復原力甜甜圈是一種注重生態和解決方案的模型，顯示了在人的一生中建立復原力的資源之間的相互作用。本研究制定了含44個項目的量表（RDA），並對859名成人進行了測試。探索的可靠性顯示出了非常好的擬合 $\alpha = 0.92$ 並很好地代表了研究構造。RDA的所有七個資源強度呈現出其與抑鬱、焦慮和壓力量表（DASS）的每個子量表均呈負相關的聯系。雖然中度至重度抑鬱症狀人群的症狀報告低於三種資源強度，但是輕度至無抑鬱症狀人群的症狀報告均高於三種資源強度的平均值。研究結果支持基於強度的干預，這些干預側重於發展環環相扣和關係優勢，以作為影響心理健康結果的一種方式。

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