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The Adversity Response Profile for Chinese University Students (ARP-CUS)

Imagine the following events as if they were happening right now. Then select the number that represents your answer to each of the statements.

	Not at all				Completely
To what extent can you influence this situation?	1	2	3	4	5
C1. You suffer an academic setback.					
C2. People don't like your idea during a discussion.					
C3. Your personal and study obligations are out of balance.					
C4. You have a conflict with your family.					
C5. Your computer crashed for the third time, wasting your time.					
	Not responsible at				Completely Responsible
To what extent do you feel responsible for improving the situation?	all 1	2	3	4	5
O1. You are overlooked for the opportunity of being given an excellent person award.					
O2. Someone you respect ignores your attempt to discuss an important issue.					
O3. One of your important friends did not show up on your birthday.					
O4. You fail to complete the work arranged by the teacher.					
O5. You fail a specific course.					
	Affect all aspects				Be limited this situation
The consequences of this situation will:	of my life 1	2	3	4	5
R1. You are criticized for a subject assignment.					
R2. The important activity you are taking on gets cancelled.					
R3. You go through a significant number of bad patches in one day.					

R4. You miss an important appointment.

R5. Your teacher adamantly disagrees with your idea.

The consequences of this situation will:	Last forever				Quickly pass
	1	2	3	4	5

E1. You accidentally delete an important message.

E2. You argue with someone and develop negative emotions.

E3. You leave some messages for a friend, but without any reply.

E4. You missed a flight or a train when you were travelling.

E5. You lost something important to you.

Do you agree with following items?	Strongly disagree				Strongly Agree
	1	2	3	4	5

T1. You believe that it is beneficial to tactically compromise when arguing with a friend.

T2. Even though you put in lots of effort, you still failed the exam. You believe this is a necessary step for success.

T3. You have no idea about how to complete work assigned by a teacher. You believe that it is not necessary to worry about it; it can be addressed eventually.

T4. You go through lots of bad patches during a period. You believe this is a good chance to strengthen your will.

Note: Control = C1-C5; Origin = O1-O3; Ownership = O4-O5; Reach = R1-R5; Endurance = E1-E5; Transcendence = T1-T4.