

# Disaster Adaptation and Resilience Scale (DARS)

Please indicate how much each of the following statements apply to you over the last month.

How true is this statement about you?	Not true at all 0	Rarely true 1	Sometimes true 2	Often true 3	True nearly all of the time 4
1. I have insurance to cover disaster-related damages.	0	1	2	3	4
2. I have enough food to eat.	0	1	2	3	4
3. I have stable or permanent housing.	0	1	2	3	4
4. My utilities are working (e.g., electricity, gas, water).	0	1	2	3	4
5. I have reliable transportation to get me where I need to go.	0	1	2	3	4
6. I have enough money to pay my rent or mortgage when it is due.	0	1	2	3	4
7. I have access to clean water.	0	1	2	3	4
8. I have access to medical professionals and services (e.g., doctors, hospital, pharmacy, etc.)	0	1	2	3	4
9. I have a plan for safety in the event of a disaster.	0	1	2	3	4
10. My friends are there for me during difficult times.	0	1	2	3	4
11. My family is there for me during difficult times.	0	1	2	3	4
12. I am treated fairly by people in my community.	0	1	2	3	4
13. I have people I can turn to and ask for help.	0	1	2	3	4
14. I get the support I need from my friends and family.	0	1	2	3	4
15. I feel like I belong in my community.	0	1	2	3	4
16. I appreciate my cultural and family traditions.	0	1	2	3	4

How true is this statement about you?	Not true at all 0	Rarely true 1	Sometimes true 2	Often true 3	True nearly all of the time 4
17. If I need help, I know where to go in my community.	0	1	2	3	4
18. I can talk with my family about my problems.	0	1	2	3	4
19. I can talk with my friends about my problems.	0	1	2	3	4
20. When I am faced with a problem, I think of possible solutions.	0	1	2	3	4
21. I am good at solving problems.	0	1	2	3	4
22. I look for information or resources to help deal with my problems.	0	1	2	3	4
23. When I have multiple problems, I prioritize which to problem to work on first.	0	1	2	3	4
24. I set achievable goals for my problems.	0	1	2	3	4
25. I brainstorm possible options to solve problems.	0	1	2	3	4
26. When I encounter a problem, I think about solutions that have worked for me in the past.	0	1	2	3	4
27. To resolve problems, I make a plan of action and follow it through.	0	1	2	3	4
28. When I feel upset, I pay attention to my feelings.	0	1	2	3	4
29. I am able to manage sad feelings.	0	1	2	3	4
30. When I am upset, I take time to figure out what I am feeling.	0	1	2	3	4
31. To decrease upsetting thoughts, I change the way I am thinking about the situation.	0	1	2	3	4
32. I am able to manage angry feelings.	0	1	2	3	4
33. I pay attention to bodily sensations of stress (e.g., heart pounding, fast breathing, sweating).	0	1	2	3	4
34. When I feel stressed, I do something to help me relax or feel less stressed.	0	1	2	3	4

How true is this statement about you?	Not true at all 0	Rarely true 1	Sometimes true 2	Often true 3	True nearly all of the time 4
35. If I have flashbacks or upsetting memories, I change my attention to the present moment.	0	1	2	3	4
36. I give myself time to recover from upsetting situations.	0	1	2	3	4
37. I believe I will make it through difficult times.	0	1	2	3	4
38. I am optimistic about my future.	0	1	2	3	4
39. When difficult things happen, I know things will get better with time.	0	1	2	3	4
40. I have important goals for my future.	0	1	2	3	4
41. I believe I can achieve my long-term goals.	0	1	2	3	4
42. My life has meaning and purpose.	0	1	2	3	4
43. After difficult situations happen, I tell myself things will get better with time.	0	1	2	3	4

Physical Resources Sub-Factor Items: **1-9**

Social Resources Sub-Factor Items: **10-19**

Problem Solving Sub-Factor Items: **20-27**

Distress Regulation Sub-Factor Items: **28-36**

Optimism Sub-Factor Items: **37-43**

**Scoring:** Each item is scored on a five-point scale ranging from 0 to 4, with 0 representing that the statement is not at all true and a score of 4 indicating that the statement is true nearly all the time. A total score can be obtained by adding up the 43 items. Higher scores suggest higher capacity for disaster resilience and lower scores suggest less capacity for disaster resilience.

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