This contains a bibliography of all research cited in my presentation, as well as some additional articles that might be useful.

**Definitions of Resilience - Concept**

Several papers provide excellent descriptions of the concept of resilience. The most informative were four comprehensive reviews of the concept of resilience in older adults,\(^1\)-\(^5\) reviews relevant to adults of all ages,\(^6,7\) and a historical review of the construct.\(^8\) Several less comprehensive papers also provided insights. These include one based on an NIA workshop on measures of physiologic resiliencies in older adults,\(^9,10\) a focus on eudaimonics,\(^11\) and one on resilience and healthy aging.\(^12\) Other definitions from the slides include Smith,\(^13\) Klohnen,\(^14\) Martin,\(^15\) Windle,\(^1\) and Masten.\(^16\) Definitions focusing on patterns of change in health included Ryff,\(^7\) Dyer,\(^17\) Carver,\(^18\) and Zautra.\(^19\) In addition, Deshields and Bonanno describe how resilience is defined as a temporal pattern of change.\(^20,21\) Types of resilience are described by several investigators.\(^4,9,10,22\)

**Measures of Resilience**

Systematic reviews of measures of resilience include one in adults of all ages\(^23\) and one of measures for older adults.\(^24\) In addition, the Stress Measurement Network reviewed measures for adults (https://stresscenter.ucsf.edu/measures/trait-resilience). The recommended and most commonly used measures in older adults include the Resilience Scale\(^25,27\) including tests in other studies;\(^28\) the Connor-Davidson Resilience Scale\(^29,30\) including studies of shorter versions\(^31\) and applications in other studies;\(^32\) the Brief Resilience Scale,\(^13\) the Resilience Scale for Adults,\(^33\) the Brief Resilient Coping Scale;\(^34\) and the Multidimensional Individual and Interpersonal Resilience Measure for Older Adults (MIIRM).\(^15\)

**Overall Conceptual Framework of Resilience**

There are very few conceptual frameworks of the entire process of resilience. The best was developed for adults with cancer and was the basis for my draft framework.\(^20\) Two others include the Reserve Capacity Model developed for Latinos/Hispanics\(^35,36\) and an example of a framework by Windle.\(^12\)

**Qualitative Research on Resilience in Minority Groups**

There were only a few qualitative studies in minority groups. These have been done in Black men,\(^37\) older African Americans,\(^38,39\) and Native American elders.\(^40,41\) There were other qualitative studies not mentioned in my presentation that reflect creative and innovative methods.\(^42,43\) There are two good qualitative papers on resilience in the oldest-old.\(^44,45\)

**Examples of Measures of Resilience in Secondary Datasets**

Given that resilience measures may not be labeled as such, it is important to look to summaries of measures of related constructs. A summary of psychosocial and lifestyle measures in the Health and Retirement Study (HRS) from 2006-2016 is provided in a 2017 report.\(^46\) A paper describes the HRS as a resource to investigators in stress and aging, including a review of publications examining the link between stress and health.\(^47\)

In the HRS, an interesting approach was taken that could be a model for others attempting to use secondary data not designed to study resilience. The authors created a measure derived from HRS
items to parallel Wagnild and colleagues’ Resilience Scale. They conducted extensive psychometric analyses of their new measure and it appeared to perform well in their study.48 I am aware of at least two specific measures of trait resilience included in MIDUS; these are the Positive Reappraisals Scale49 and the Ego Resilience Scale.50 In the Notre Dame Longitudinal Study of Aging, the Dispositional Resilience Scale by Bartone,51 a measure that also was reviewed by Windle.23

Studies of Resilience in Secondary Datasets - Examples

Three examples of analyses of the protective nature of various trait resilience characteristics presented in my talk included Manning,52 Brown,53 and Losada.54

References