Developing resilience

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Which statement is true?
   a) The resilience of an individual should be considered a feature of their character or as a personality trait
   b) While the psychological characteristics of an individual contribute to their resilience, it is also influenced by various external and environmental factors
   c) Failure to cope with challenges should be considered a failure of the individual, since they have not developed sufficient resilience
   d) Healthcare organisations are solely responsible for developing resilience among their staff

2. Why is it important to develop resilience in nurses?
   a) To ensure the well-being of nurses
   b) To improve workforce sustainability
   c) To enhance quality of care
   d) All of the above

3. The Connor-Davidson Resilience Scale does not measure an individual's:
   a) Sense of control
   b) Self-esteem
   c) Adaptability
   d) Ability to recover from stress

4. Which of the following is not a component of burnout?
   a) Workforce sustainability
   b) Lack of personal accomplishment
   c) Emotional exhaustion
   d) Depersonalisation

5. Nurturing activities are those that:
   a) Nurses feel obligated to complete
   b) Are draining and deplete energy
   c) Bring enjoyment or satisfaction and restore energy
   d) Are not accompanied by a sense of well-being

6. Emotional intelligence is defined as:
   a) The denial of negative feelings or emotions
   b) The dissonance that arises from an individual having to continually act professionally, while containing their own emotions
   c) The financial, social and physical resources that an individual has to cope with a challenging situation
   d) The ability to identify, assess, manage and control self and reactions to others' emotions

7. Which statement is false?
   a) Practising mindfulness involves developing a willingness to be present with one's experience, even when that experience is unpleasant or challenging, and learning to respond skilfully to whatever is happening
   b) Mindfulness has been associated with decreased anxiety and depression
   c) Individuals have to commit to long mindfulness practices to benefit from them
   d) In mindfulness, benefits are experienced not by denying negative feelings or emotions, but through having a different relationship with them

8. According to Neff (2003), what are the three components of self-compassion?
   a) Mindfulness, self-kindness and common humanity
   b) Emotional intelligence, emotional labour and emotional resonance
   c) Resilience, hope and a sense of shared purpose
   d) The self, other people and the surrounding environment

9. Healthcare organisations can improve resilience by:
   a) Establishing a supportive workplace culture
   b) Providing opportunities for collective reflection
   c) Supporting staff to implement changes and to remain hopeful
   d) All of the above

10. What is one benefit of Schwartz Rounds?
    a) They focus on improving the practical and technical aspects of nursing
    b) They encourage emotional resonance so that individuals feel less isolated and more trusting of each other
    c) They enable effective problem solving
    d) They include mindfulness training as a component

How to complete this quiz

This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.

» You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.

» You might like to read the article before trying the questions.

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This multiple-choice quiz was compiled by Alex Bainbridge

The answers to this multiple-choice quiz are:

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent □ Good □ Satisfactory □ Unsatisfactory □ Poor □

As a result of this I intend to:__________________________________________________________