

Mental Strength Scale (MSS-9)

Mark the box that best represents your behaviors over the past month.

- 1. Instead of dwelling on failures, I focus on learning from them and making improvements.**

☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly disagree

- 2. I recover quickly from adversity.**

☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly disagree

- 3. I have a strong capacity for bouncing back from adversity.**

☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly disagree

- 4. I am resilient and able to recover quickly from setbacks.**

☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly disagree

- 5. I tend to complete tasks regardless of how long they take.**

☐ Strongly agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly disagree

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6. I am persistent in completing tasks, even when I lack motivation.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

7. I am determined to achieve my goals and will not give up easily.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

8. When I don't succeed at something, I recover from failure quickly.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

9. When I face obstacles, I work hard to overcome them

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

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Scoring

For each question, assign the points below:

5 = Strongly agree

4 = Agree

3 = Neutral

2 = Disagree

1 = Strongly disagree

Add the points attributed for each question and divide by 9.

Higher scores represent higher mental strength.
