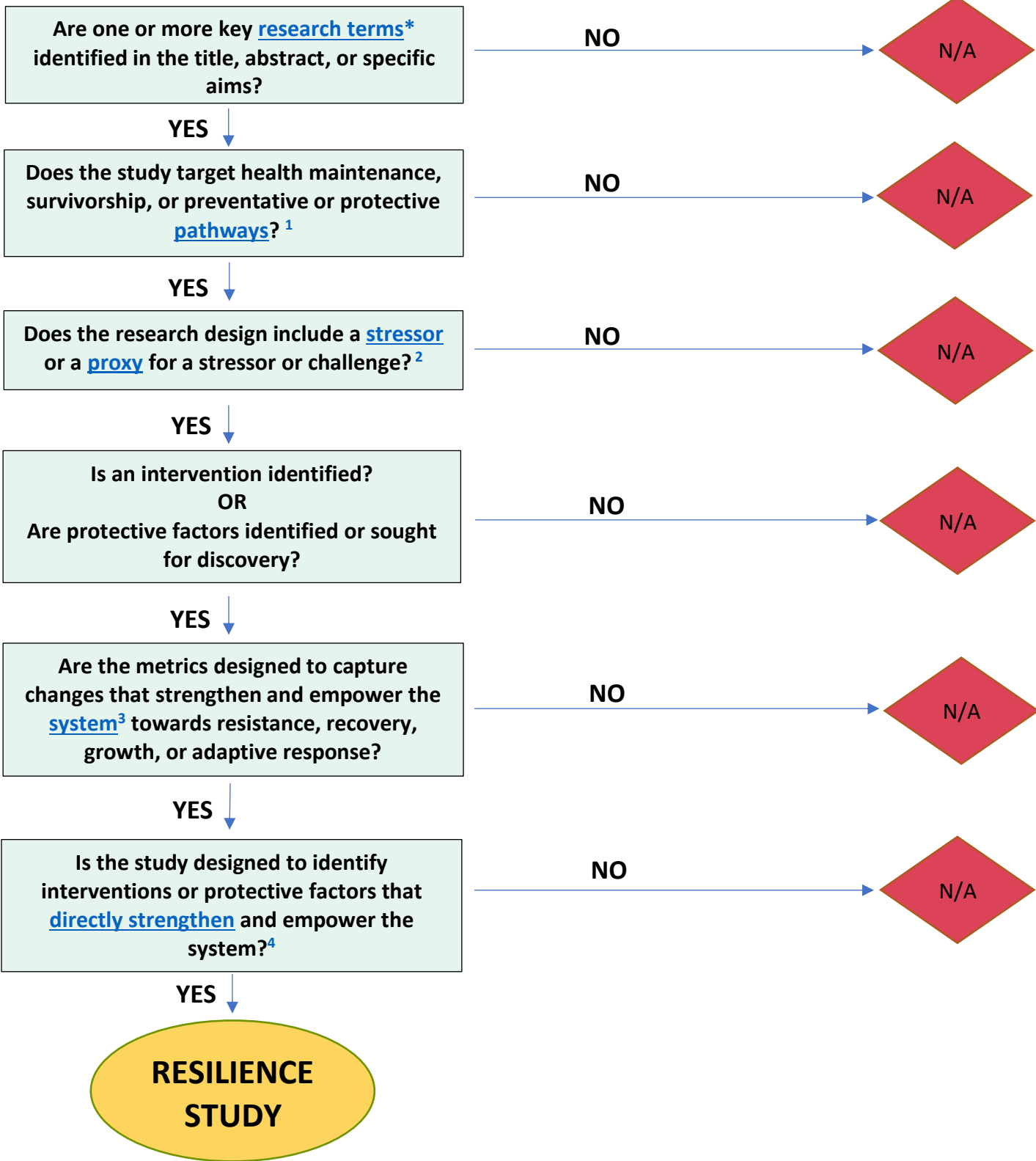


# RESILIENCE RESEARCH DESIGN TOOL AND KEY RESEARCH TERMS



KEY RESEARCH TERMS*						
adapt	growth	modifiable	preserve	reconstruction	repair	restore
adaptogen	homeostasis	mediators	protective	recovery	resilience	restructure
enhance	maintenance	modulate	recondition	regenerate	resist	reverse
	mitigate					

Notes:

1. Resilience studies are not designed to focus solely on disease or risk pathways.

2. Examples of stressors/challenges include but are not limited to:

- Natural disasters
- Bullying
- Crime
- Work Overload
- Viral infections
- Aging
- High amyloid plaque burden
- BRCA2 positive status

While most studies include specific stressors, there are some studies where proxies for stressors must be used to measure resilience. Examples of proxies for a stressor include but are not limited to: antibody load for viral infection; DEXA scan for bone integrity.

3. A system can be represented by various factors that impact human health, including environmental or community exposures as well as an individual's psychological, physiological, and molecular capacity.

4. If the intervention only facilitates another factor or process that strengthens and empowers the system, then the intervention is not directly resulting in resilience.

The illustrated example shows the different types of studies that may be used to identify best practices in healing a broken leg.

- The drug study determines if the analgesic has any impact on pain.
- The facilitation study determines if the analgesic reduces pain enough to facilitate an intervention (exercise) that might ultimately strengthen or empower the musculoskeletal system.
- The resilience study determines if the intervention strengthens or empowers the musculoskeletal system (resilience).

