

Predictive Resilience Factor 6 (PR6) Assessment



9 out of 10 people can benefit from increasing resilience skills which protect against mental illness such as depression and anxiety. Throughout the pandemic, this need has only increased.

This is why we need to take a **preventative approach** to mental health. Rather than waiting until people need professional treatment, we can start developing our skills to build mental wellness proactively.

Learning about resilience is essential because it **empowers** us with the skills to overcome adversity, develop emotional strength, adaptability, and a positive mindset. This knowledge is not only a **key** to personal growth and realising our potential, but it's also a **critical tool** for suicide prevention. It provides hope and the ability to cope in tough times, ensuring that even in the darkest moments, there's a **path to recovery** and renewal, ultimately guiding us towards a brighter and more **hopeful future**.

It starts with taking an assessment

What does the PR6 Measure?

The assessment evaluates resilience across 6 Domains, providing a detailed overview of strengths in each area. By completing the PR6, individuals gain insight into their relative strengths across these domains.



Scores are generated for each domain, alongside an overall resilience quotient. Each domain represents an aspect that can be enhanced through focused effort. Therefore, your score serves as a starting point—a solid foundation upon which further growth and development can be built.

Target Participants

This is an all-round resilience measurement psychometric that has had participants from 14 years-old and upwards. Measurement is useful both at personal and professional levels.



This makes it a very versatile tool that can help people identify a path forward to build mental strength and grit. The assessment is ideal for groups or teams, as team-based reporting identifies group trends and fosters communication to uncover root causes and improve together.



Scientifically Validated

The PR6 is based on the core neurobiological foundations that underpin resilience. These are identified in research conducted by Hello Driven. Through this research the PR6 was scientifically validated as a psychometric scale with an alpha of 0.8398, indicating strong internal consistency.

The focus on neuroscience enables identification of more effective ways to build resilience, leading to comprehensive resilience microlearning training also available through the Driven platform.

Getting Started

Overall, the PR6 is an incredibly useful neuroscience-based resilience assessment that is already being used by top institutions and psychologists worldwide.



So, if you are wondering what is the best psychological assessment to determine resilience, then the PR6 is your answer.

Are you in an organisation and thinking about resilience assessment for your people? Then get in touch with us today and let's chat about resilience in your people.