

The Family Hardiness Index (FHI)

The Family Hardiness Index (FHI) was developed by Marilyn McCubbin, Hamilton McCubbin, and Anne Thompson (1986) to measure the characteristic of hardiness as a stress resistance and adaptation resource in families which would function as a buffer or mediating factor in mitigating the effects of stressors and demands, and a facilitation of family resiliency adjustment and adaptation over time. Family hardiness specifically refers to the internal strengths and durability of the family unit and is characterized by a sense of control over the outcomes of life events and hardships, a view of change as beneficial and growth producing, and an active rather than passive orientation in adjusting to and managing stressful situations.

Example Items: "In our Family..."

*Trouble results from mistakes we make

*We believe that things will work out for the better if we work together as a family

*We work together to solve problems

Available in: English, Slovenian, Xhosa, Afrikaans, Thai

