

Assessing Resilience In People With Dementia In Greece: Evidence From The Bangor Dementia Resilience Scale

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INTRODUCTION	METHODS	RESULTS	RESULTS 2	CONCLUSIONS
Resilience may help people with dementia (PwD) adapt to cognitive decline and maintain psychological well-being despite disease-related challenges. The present study aimed to identify which factors predicted resilience in Greek PwD and evaluate the psychometric properties of the Greek version of the Bangor Dementia Resilience Scale (BDRS)	N = 104 Mean age 77.8 SD 6.8 Sex (%m/f) 29.8 / 70.2 Participants completed the Brief Resilience Scale Big Five Personality Traits inventory, the 6-Item Lubben Social Network Scale, the Emotional and Social Loneliness, Religiosity self reported questionnaire, and the Quality of Life in AD	Gr BDRS Psychometric Properties Cronbach's α = .85 Significant convergent validity ($r = .378$, $p < .001$) KMO = .761 Bartlett’s Test of Sphericity: $p < .001$ Two-factor structure explaining 38.7% of total variance	Predictors of Resilience Quality of life positively predicted resilience Loneliness negatively predicted resilience Religious activities negatively predicted resilience Final model explained 33.8% of variance (Adjusted $R^2 = .314$, $p < .001$)	The Greek BDRS is a reliable and valid measure of resilience in people with dementia. Higher quality of life predicts greater resilience, whereas loneliness emerges as the strongest negative correlate of resilience. CONTACT  Dr Marianna Tsatali Psychologist, postdoctoral researcher mtsatali@yahoo.gr ALZHEIMER'S ASSOCIATION 