

Systematic Review of Psychological Resilience Assessment Tools for Stroke Patients Based on the COSMIN Guidelines

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Abstract

Background: Stroke has become a major public health issue, and psychological resilience is a key protective factor for improving prognosis. However, numerous tools for assessing psychological resilience in stroke patients exist both domestically and internationally, exhibiting considerable variation in applicability. There remains a lack of systematic integration and standardised evaluation of the measurement characteristics of these assessment tools. **Objective:** To conduct a systematic review of the methodological and psychometric properties of self-reported psychological resilience measurement tools for stroke patients, based on the COSMIN guidelines, thereby providing evidence for healthcare professionals to select high-quality assessment tools. **Methods:** We searched 10 databases (CNKI, Wanfang, VIP, SinoMed, PubMed, Embase, Web of Science, CINAHL, Cochrane, APA's PsycINFO) for studies on psychological resilience assessment tools for stroke patients, with the search date set to 21 November 2025. Two researchers independently screened and cross-checked the results, evaluating included studies according to the COSMIN guidelines and generating recommendations. **Results:** A total of four studies were included, encompassing five assessment tools. Four tools failed to report content validity, one tool did not report construct validity, and two tools omitted reporting of hypothesis tests for construct validity. All studies reported internal consistency. Evidence indicates that RSA, CD-RISC-10, CD-RISC-20, and CD-RISC-25 possess Grade B recommendation strength and demonstrate potential for practical application. RQSR was rated as Level C evidence and is not recommended for use. **Conclusion:** Compared to the other four instruments, the CD-RISC-10 demonstrates the most balanced psychometric properties. It exhibits good structural validity and internal consistency, with a high quality of evidence. Its concise item design makes it suitable for use in stroke patients and it can be temporarily recommended. However, its methodological quality and psychometric properties still require further improvement.

Keywords

Stroke, Psychological Resilience, Measurement Properties, COSMIN Guidelines, Systematic Review