# The Individual Self-Evaluated Resilience Measure (iSERS)

## Tool Summary

December 2025

REVEALING RESILIENCE

## Background

Growing evidence has highlighted the gender differentiated experiences of climate change on individuals, even within the same households.

Understanding and tracking these differential experiences requires reliable tools which measure subjective resilience. Yet there are few validated tools that can operate across sectoral contexts.

The Individual Self-Evaluated Resilience Score (iSERS) was piloted during 2022 to measures individual climate resilience with reference to four climate events (floods, drought, landslides and severe storms).

In nearly all geographies, there were statistically different resilience scores between women and men and only low agreement between spousal-dyad pairs, demonstrating differentiated experiences across genders.

As development researchers and practitioners aim to understand the impact of their programs in the context of climate change, this scale offers a reliable option to measure the resilience at the individual rather than household level.

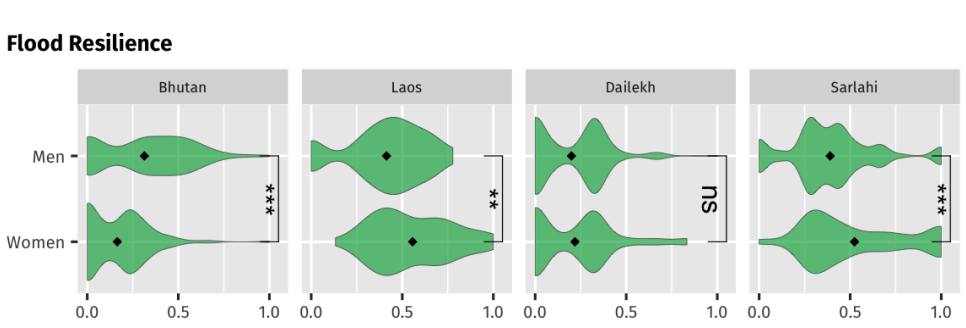
## Publications

- Household level measure Jones et al. 2018
- Individual level piloting UTS-ISF, 2022
- Individual level measure (coming soon)

### Climate Resilience Aspects:

- Capacity to prepare
- Capacity to recover
- Capacity to adapt
- Seriousness
- Early Warning

## Case Study: Bhutan, Laos PDR and Nepal (Dailekh and Sarlahi districts)




The iSERS was piloted in Bhutan, Lao PDR, and Nepal (n=2,406) and there was significant agreement between distress scores for flood, drought, landslide and severe storms.

In nearly all geographies, there were statistically significant differences in iSERS scores between women and men. However, in some cases women were more resilient and in other cases men were.

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