



Client Information

<i>Client Name</i>	Timothy Test
<i>Date of birth (age)</i>	3 October 1969 (50)

Assessment Information

<i>Assessment</i>	Social Avoidance and Distress Scale (SADS)
<i>Date administered</i>	7 May 2020
<i>Assessor</i>	Dr Test Account NovoPsych
<i>Time taken</i>	3 minutes 38 seconds

Results

	Value
Total Score	16
Percentile	72.6

Interpretive Text

High Range. This individual is likely to engage in social avoidance due to distress. High scorers on the SADS are likely to have low self confidence, low need for social affiliation, low need for dominance and a high need for deference.

Scoring and Interpretation Information

Scores consist of total raw score (from 0 to 28) and a percentile rank based on Watson and Friend's validation sample. The overall mean for this sample was 9.11 and the standard deviation 8.01, although it should be noted that there was a strong positive skew in results. This, combined with the fact that the sample were university students, means that percentiles should be interpreted with caution. Watson & Friend divided their sample into high, average and low scorers as follows:

- Low 0 or 1.
- Average 2 to 11.
- High 12 and up.

Generally the lower scores on the SAD are considered to be most adaptive because they are associated with self-esteem and social engagement, however, individuals who score very low on the SAD have been shown to have a higher need for social control and dominance (Geist & Borecki, 1982). Thus, very low scorers may be resistant to prosocial activities. Higher scorers on the SADS have lower self confidence, lower need for social affiliation, low need for dominance and a high need for deference.



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Client Responses

		True	False
1	I feel relaxed even in unfamiliar social situations	0	1
2	I try to avoid situations, which force me to be very sociable	1	0
3	It is easy for me to relax when I am with strangers	0	1
4	I have no particular desire to avoid people	0	1
5	I often find social occasions upsetting	1	0
6	I usually feel calm and comfortable at social occasions	0	1
7	I am usually at ease when talking to someone of the opposite sex	0	1
8	I try to avoid talking to people unless I know them well	1	0
9	If the chance comes to meet new people, I often take it	0	1
10	I often feel nervous or tense in casual get-togethers in which both sexes are present	1	0
11	I am usually nervous with people unless I know them well	1	0
12	I usually feel relaxed when I am with a group of people	0	1
13	I often want to get away from people	1	0
14	I usually feel uncomfortable when I am in a group of people I don't know	1	0
15	I usually feel relaxed when I meet someone for the first time	0	1
16	Being introduced to people makes me tense and nervous	1	0
17	Even though a room is full of strangers, I may enter it anyway	0	1
18	I would avoid walking up and joining a large group of people	1	0
19	When my superiors want to talk with me, I talk willingly	0	1
20	I often feel on edge when I am with a group of people	1	0



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Client Responses (cont.)

		True	False
21	I tend to withdraw from people	1	0
22	I don't mind talking to people at parties or social gatherings	0	1
23	I am seldom at ease in a large group of people	1	0
24	I often think of excuses in order to avoid social engagements	1	0
25	I sometimes take the responsibility for introducing people to each other	0	1
26	I try to avoid formal social occasions	1	0
27	I usually go to whatever social engagements I have	0	1
28	I find it easy to relax with other people	0	1