



Client Information

<i>Client Name</i>	John Blogs
<i>Date of birth (age)</i>	16 December 1996 (24)

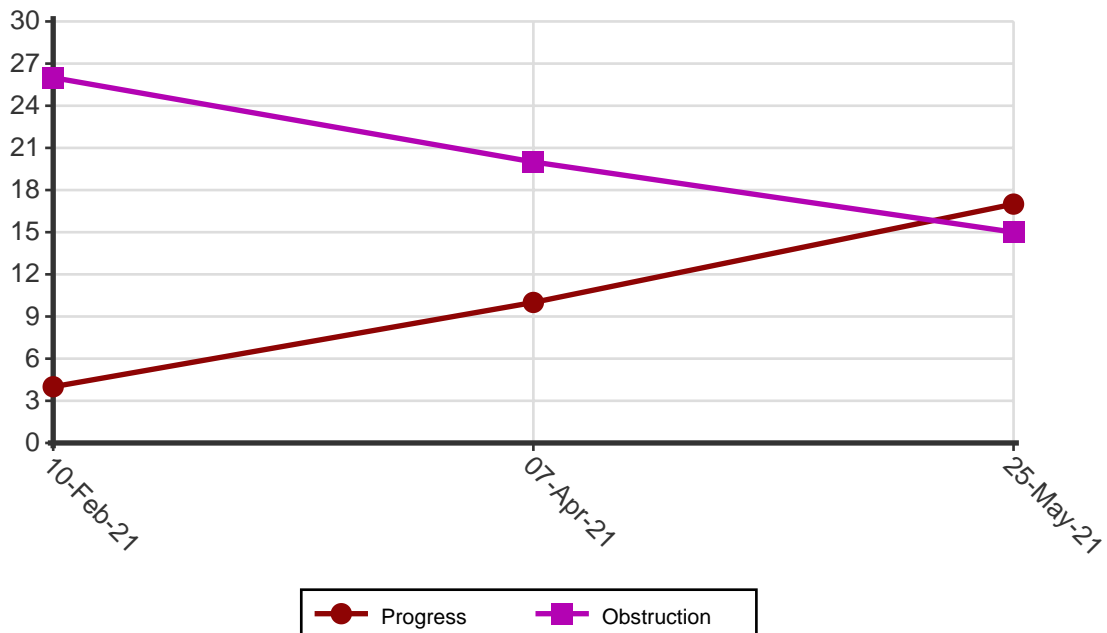
Assessment Information

<i>Assessment</i>	Valuing Questionnaire (VQ)
<i>Date administered</i>	25 May 2021
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	0 minutes 19 seconds

Results

	Raw Score	Clinical Percentile	Normative Undergraduate Percentile
Progress	17	70.2	48.8
Obstruction	15	27.4	66.3

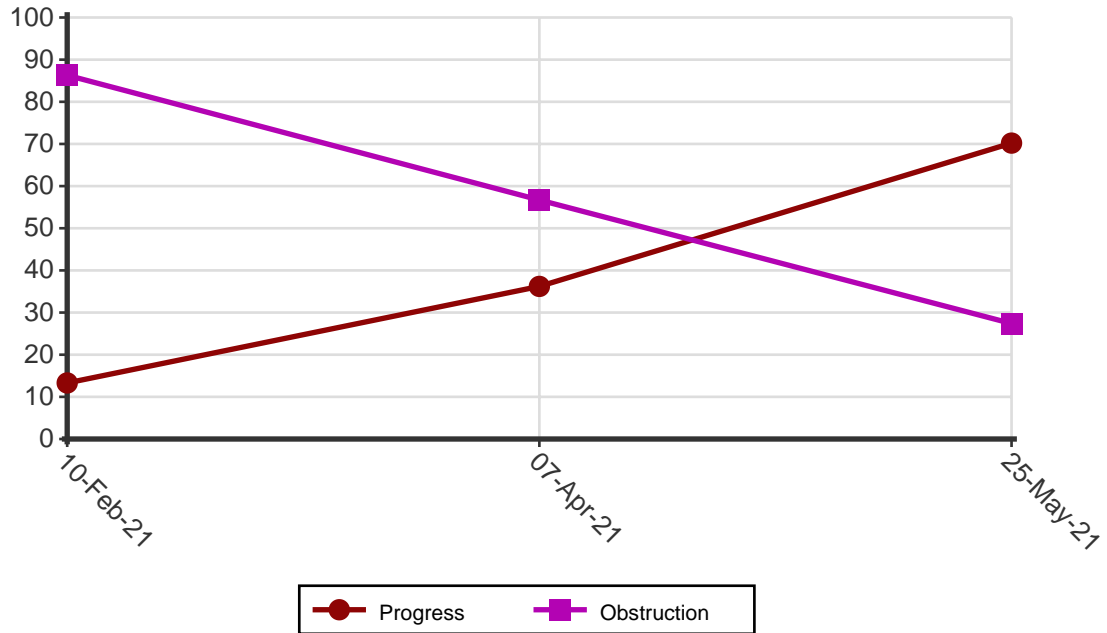
Raw Scores



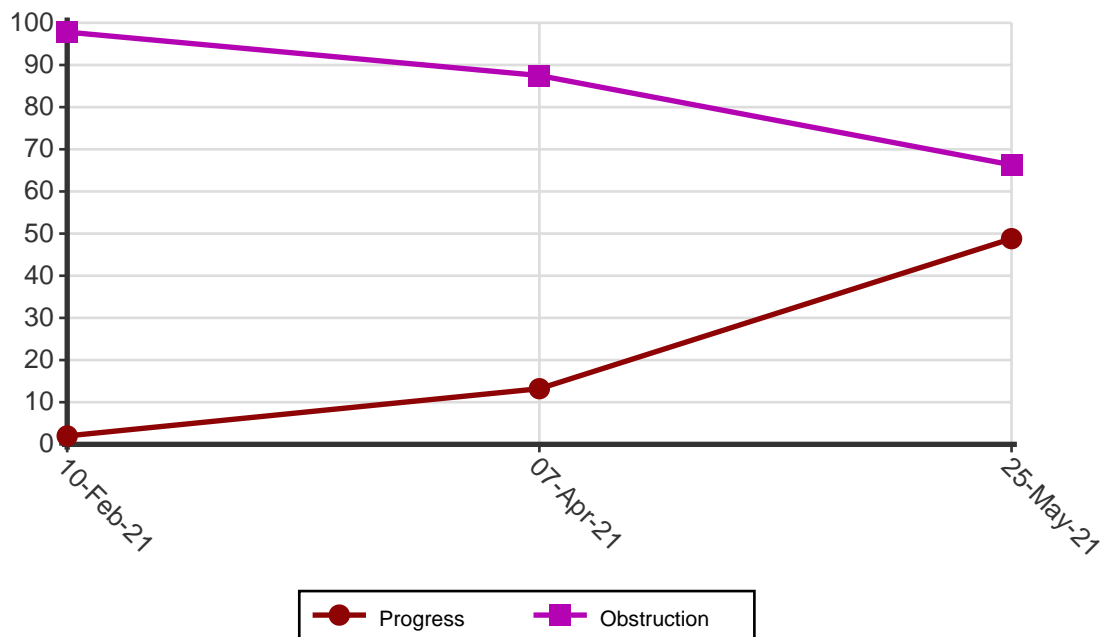


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Clinical Percentiles



Normative Sample Percentiles





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Scoring and Interpretation Information

Scoring and Interpretation

Two subscale scores are presented, Progress and Obstruction, which typically have a negative correlation.

-- Progress (items, 3, 4, 5, 7,9. Range = 0 to 30) defined as enactment and perseverance in living consistently with one's values. Higher scores represent a closer alignment between one's internal values and one's actions.

-- Obstruction (items 1, 2, 6, 8, 10. Range = 0 to 30) represents the extent to which various disruptions got in the way of valued living. Higher scores represent more interference with living consistently with one's values.

Scores indicative of psychological health are high scores on the Progress scale accompanied by low scores on the Obstruction scale.

As well as raw scores being presented, percentile ranks compared to an undergraduate university sample and a clinical sample are presented. A percentile of 50 on the clinical sample on each subscale represents a typical score for people presenting to outpatient psychology clinics.

When used as a monitoring tool during a course of ACT, successful treatment is indicated by increasing Progress Scores and decreasing Obstruction Scores.

Client Responses

		Not at all true	1	2	3	4	5	Completely True
1	I spent a lot of time thinking about the past or future, rather than being engaged in activities that mattered to me	0	1	2	3	4	5	6
2	I was basically on "auto-pilot" most of the time	0	1	2	3	4	5	6
3	I worked toward my goals even if I didn't feel motivated to	0	1	2	3	4	5	6
4	I was proud about how I lived my life	0	1	2	3	4	5	6
5	I made progress in the areas of my life I care most about	0	1	2	3	4	5	6
6	Difficult thoughts, feelings or memories got in the way of what I really wanted to do	0	1	2	3	4	5	6



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Client Responses (cont.)

		Not at all true	1	2	3	4	5	Completely True
7	I continued to get better at being the kind of person I want to be	0	1	2	3	4	5	6
8	When things didn't go according to plan, I gave up easily	0	1	2	3	4	5	6
9	I felt like I had a purpose in life	0	1	2	3	4	5	6
10	It seemed like I was just 'going through the motions', rather than focusing on what was important to me	0	1	2	3	4	5	6