



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	8 February 2001 (20)

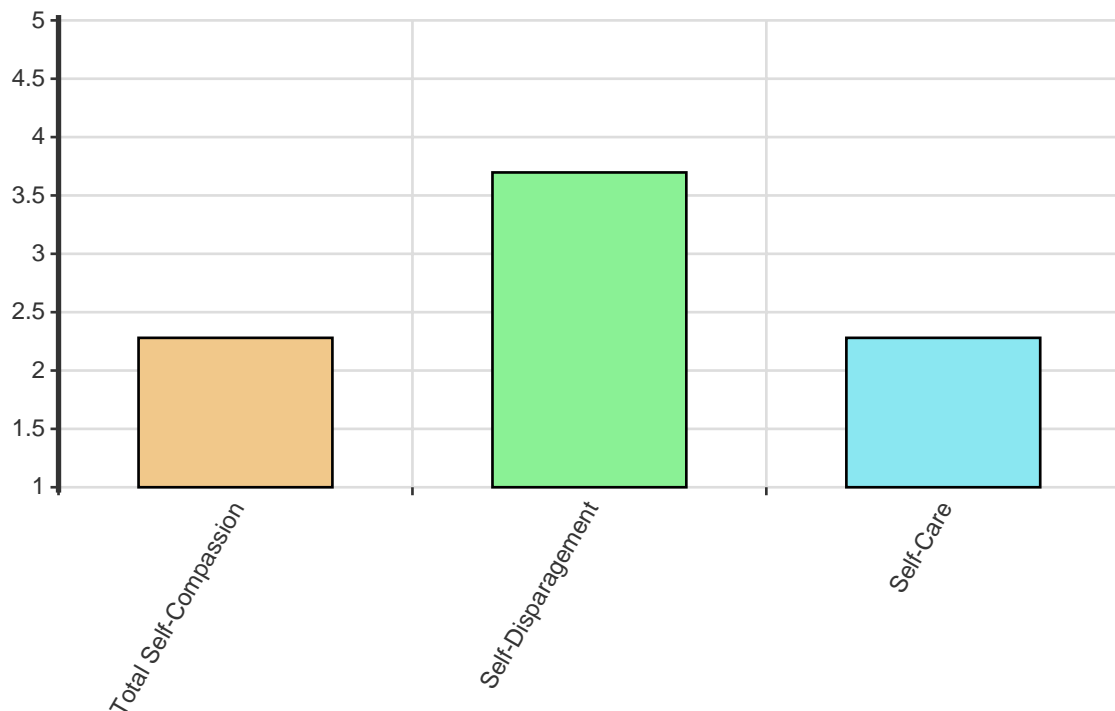
Assessment Information

<i>Assessment</i>	Self-Compassion Scale - Short Form (SCS-SF)
<i>Date administered</i>	20 November 2021
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	0 minutes 56 seconds

Results

	Average Score (1-5)	Clinical Percentile
Total Self-Compassion	2.3	18.7
Self-Disparagement	3.7	67.9
Self-Care	2.3	14.3

Average Scores



Scoring and Interpretation Information

“Average Scores” are presented, which is the sum of all items divided by the number of items. The total score is an overall indication of self-compassion, with a higher score indicating more



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Scoring and Interpretation Information (cont.)

self-compassion.

Two subscales are presented:

- Self-Disparagement (Items 1, 4, 8, 9, 11, 12): an indication of how the client views themselves with regard to patience, connection, approval, and judgment toward oneself. A higher score indicates more self-disparagement and self-criticism.

- Self-Care (Items 2, 3, 5, 6, 7, 10): an indication of compassion and how the client views themselves with regard to tenderness, patience, and empathy. A higher score indicates more self-care and self-compassion.

The total score is calculated by summing Self-Care and the inverse of the Self-Disparagement score. High levels of Total Self-Compassion are characterised by high Self-Care and low Self-Disparagement.

Norms are presented in comparisons to a clinical group with no previous suicidal ideation (Hayes et al., 2016). A percentile of 50 indicates an average level of self-compassion, self-disparagement, or self-care compared to people seeking psychotherapy.

Client Responses

		Almost Never	2	3	4	Almost Always
1	When I fail at something important to me I become consumed by feelings of inadequacy.	5	4	3	2	1
2	I try to be understanding and patient towards those aspects of my personality I don't like.	1	2	3	4	5
3	When something painful happens I try to take a balanced view of the situation.	1	2	3	4	5
4	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	5	4	3	2	1
5	I try to see my failings as part of the human condition.	1	2	3	4	5
6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	1	2	3	4	5
7	When something upsets me I try to keep my emotions in balance.	1	2	3	4	5
8	When I fail at something that's important to me, I tend to feel alone in my failure.	5	4	3	2	1
9	When I'm feeling down I tend to obsess and fixate on everything that's wrong.	5	4	3	2	1



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Client Responses (cont.)		Almost Never	2	3	4	Almost Always
10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	1	2	3	4	5
11	I'm disapproving and judgmental about my own flaws and inadequacies.	5	4	3	2	1
12	I'm intolerant and impatient towards those aspects of my personality I don't like.	5	4	3	2	1