



Client Information

<i>Client Name</i>	John Blogs
<i>Date of birth (age)</i>	16 December 1996 (25)

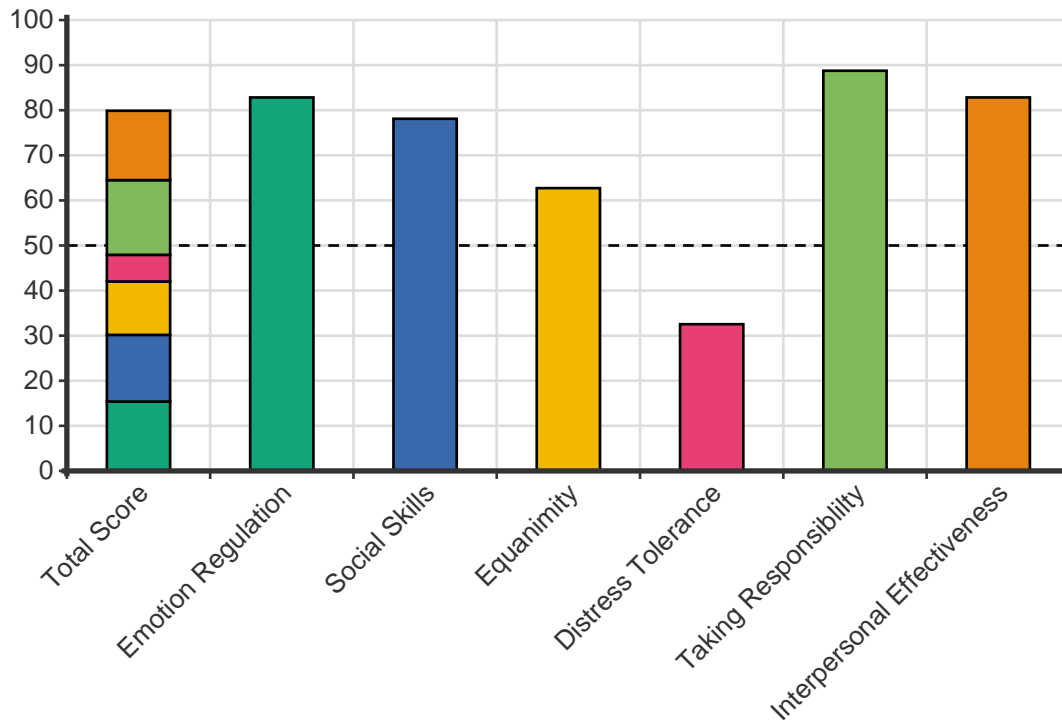
Assessment Information

<i>Assessment</i>	Mindfulness-Based Self Efficacy Scale - Revised (MSES-R)
<i>Date administered</i>	12 July 2022
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	2 minutes 19 seconds

Results

	Average Score	Normative Percentile
Total	3.18	82.2
Emotion Regulation	3.33	83.2
Social Skills	3.33	78.3
Equanimity	2.75	63.1
Distress Tolerance	2.33	33
Taking Responsibility	3.67	88.9
Interpersonal Effectiveness	3.67	83

Normative Percentiles





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Scoring and Interpretation Information

Scores are presented as Average Scores with a range between 0 and 4, where higher scores are indicative of higher self-efficacy with mindfulness skills.

A normative percentile is also calculated which compares the respondents score to a community sample. A percentile rank of 50 indicates an average level of self-efficacy with mindfulness skills in comparison to the normative comparison group. Interpretation using the percentile is useful because it contextualises responses in comparison to healthy peers.

There are 6 subscales for the MSES-R:

1. Emotion Regulation (items 1, 4, 6, 7, 12, 18): relates to an involuntary or subconscious emotional response that is well modulated.
2. Social Skills (items 2, 3, 20): social abilities in the broader sphere of interaction.
3. Equanimity (items 5, 10, 13, 19): the ability to normalise difficulties and prevent reactivity.
4. Distress Tolerance (items 8, 16, 17): inhibits avoidance of experiential intolerance or discomfort.
5. Taking Responsibility (items 11, 21, 22): clarity of interpersonal boundaries and locus of control.
6. Interpersonal Effectiveness (items 9, 14, 15): the ability to connect with others within the intimate sphere of relationships.

Client Responses

		Not at all	A little	Moderately	A lot	Completely
1	I get easily overwhelmed by my emotions	4	3	2	1	0
2	I find it difficult to make new friends	4	3	2	1	0
3	I try to avoid uncomfortable situations even when they are really important	4	3	2	1	0
4	When I feel very emotional, it takes a long time for it to pass	4	3	2	1	0
5	I feel comfortable saying sorry when I feel I am in the wrong	0	1	2	3	4



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Client Responses (cont.)

		Not at all	A little	Moderately	A lot	Completely
6	It is often too late when I realise I overreacted in a stressful situation	4	3	2	1	0
7	I get so caught up in my thoughts that I end up feeling very sad or anxious	4	3	2	1	0
8	When I have unpleasant feelings in my body, I prefer to push them away	4	3	2	1	0
9	I can resolve problems easily with my partner (or best friend if single)	0	1	2	3	4
10	I can face my thoughts, even if they are unpleasant	0	1	2	3	4
11	My actions are often controlled by other people or circumstances	4	3	2	1	0
12	I get caught up in unpleasant memories or anxious thoughts about the future	4	3	2	1	0
13	I can deal with physical discomfort	0	1	2	3	4
14	I feel I cannot love anyone	4	3	2	1	0
15	I am often in conflict with one (or more) family member	4	3	2	1	0
16	I avoid feeling my body when there is pain or other discomfort	4	3	2	1	0
17	I do things that make me feel good straightaway even if I will feel bad later	4	3	2	1	0
18	When I have a problem, I tend to believe it will ruin my whole life	4	3	2	1	0
19	When I feel physical discomfort, I relax because I know it will pass	0	1	2	3	4
20	I can feel comfortable around people	0	1	2	3	4
21	Seeing or hearing someone with strong emotions is unbearable to me	4	3	2	1	0
22	If I get angry or anxious, it is generally because of others	4	3	2	1	0