



Professional Self Doubt Scale (PSD)

Instructions:

In relation to your work how often do you feel...

		Never	Rarely	Occasionally	Sometimes	Often	Very Often
1	Lacking in confidence that you might have a beneficial effect on a patient	0	1	2	3	4	5
2	Unsure how best to deal effectively with a patient	0	1	2	3	4	5
3	Distressed by powerlessness to affect a patient's tragic life situation	0	1	2	3	4	5
4	Disturbed that circumstances in your private life will interfere with your work	0	1	2	3	4	5
5	In danger of losing control of the therapeutic situation with a patient	0	1	2	3	4	5
6	Afraid that you are doing more harm than good in treating a client	0	1	2	3	4	5
7	Demoralised by your inability to find ways to help a patient	0	1	2	3	4	5
8	Unable to generate sufficient momentum	0	1	2	3	4	5
9	Unable to comprehend the essence of a patient's problems	0	1	2	3	4	5

Developer Reference:

Nissen-Lie, H. A., Monsen, J. T., & Rønnestad, M. H. (2010). Therapist predictors of early patient-rated working alliance: a multilevel approach. *Psychotherapy research : journal of the Society for Psychotherapy Research*, 20(6), 627–646. <https://doi.org/10.1080/10503307.2010.497633>

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