



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	14 December 1980 (42)

Assessment Information

<i>Assessment</i>	Session Reactions Scale - 3 - Brief (SRS-3-B)
<i>Date administered</i>	9 October 2023
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	1 minutes 31 seconds

Results

	Raw Score	Average Score (1-5)
Helpful Reactions	40	4
Hindering Reactions	6	1.5

Interpretive Text

None available

Scoring and Interpretation Information

The SRS-3-B can be meaningfully used both at the item level (yielding clients' scores for specific reactions) and at the subscale level (yielding clients' global evaluation of the session) with a higher score being indicative of more alignment with the question or subscale - therefore, a positive experience are typically indicated by higher Helpful Reactions score and a lower Hindering Reactions score.

It is important to note that higher scores on the Hinder Reactions subscale or lower scores on the Helpful Reactions subscale should be interpreted in light of a therapists knowledge of the therapeutic relationship. For example, this pattern of responding could be indicative of your client's honesty with you due to their experience of unconditional positive regard. It is the process of using the SRS-3-B that is of greatest clinical use as opposed to just a simple interpretation of the score.

Raw scores and an average score (between 1 and 5) are presented. An average score for each subscale is presented so that the two can be compared (as there are a different number of items in each scale). The two subscales measured are:

1. Helpful Reactions (Items 1, 2, 3, 4, 6, 7, 9, 11, 13, 14) - measuring reactions such as the client gaining a new perspective, feeling more empowered, hopeful or positive, and having clear goals to work on.
2. Hindering Reactions (Items 5, 8, 10, 12) - measuring reactions



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Scoring and Interpretation Information (cont.)

such as the client feeling stuck, feeling uncomfortable about what the therapist is suggesting, and feeling there is a lack of direction or guidance from the therapist.

For clinical utility, if there is significant variation/inconsistency within a subscale's scores (defined as a standard deviation greater than or equal to 0.85), then a note is made in Interpretive Text that it might be better to be looking at the results of the SRS-3-B at an item level to gain better insight into the client's view of the session.

A plot is presented after multiple administrations of the SRS-3-B so that you can track helpful and hindering reactions over time. When administered repeatedly, variations in patterns of responding are key to interpreting the results rather than absolute scores.

Client Responses

		Not at all	Slightly	Somewhat	Quite a bit	Very much
1	I realised something new about myself or other people.	1	2	3	4	5
2	I feel understood, supported, or reassured by my therapist.	1	2	3	4	5
3	I feel more distanced from certain feelings, thoughts, or memories.	1	2	3	4	5
4	I feel more empowered, hopeful, or positive about myself.	1	2	3	4	5
5	I feel stuck, blocked, or unable to progress in therapy.	1	2	3	4	5
6	I feel more positively or hopeful about another person(s).	1	2	3	4	5
7	I have become clearer about the problems or goals for me to work on.	1	2	3	4	5
8	I feel uncomfortable doing what my therapist is suggesting for me to do.	1	2	3	4	5
9	I feel I have improved my skills or learned new strategies to cope with my problems.	1	2	3	4	5
10	Now I feel worse than when I started the session (for example, scared, overwhelmed, depressed, anxious, sad, or embarrassed).	1	2	3	4	5
11	I feel personally invested in what I need to do in therapy to achieve my goals.	1	2	3	4	5
12	I feel a lack of direction or guidance from my therapist.	1	2	3	4	5



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Client Responses (cont.)

		Not at all	Slightly	Somewhat	Quite a bit	Very much
13	I feel emotionally relieved or less burdened.	1	2	3	4	5
14	I have accepted some aspects of myself or my situation more than before.	1	2	3	4	5
15	Please describe and rate any other reactions you might have had to this session:					
	Nothing more to add					