Benevolent Childhood Experiences (BCEs)

Client Name	Generic Client	*Date administered*	20 Mar 2025
Date of birth (age)	14 Dec 1975 (49)	*Time taken*	42s
Assessor	Dr David Hegarty		

Results

	Raw Score	Percentile	Range
Benevolent Childhood Experiences (Total) (0-20)	17	61	Above Average
Common Protective Factors (0-10)	7	37	Average
Discriminating Protective Factors (0-10)	8	65	Above Average

Benevolent Childhood Experiences (BCEs) Percentiles
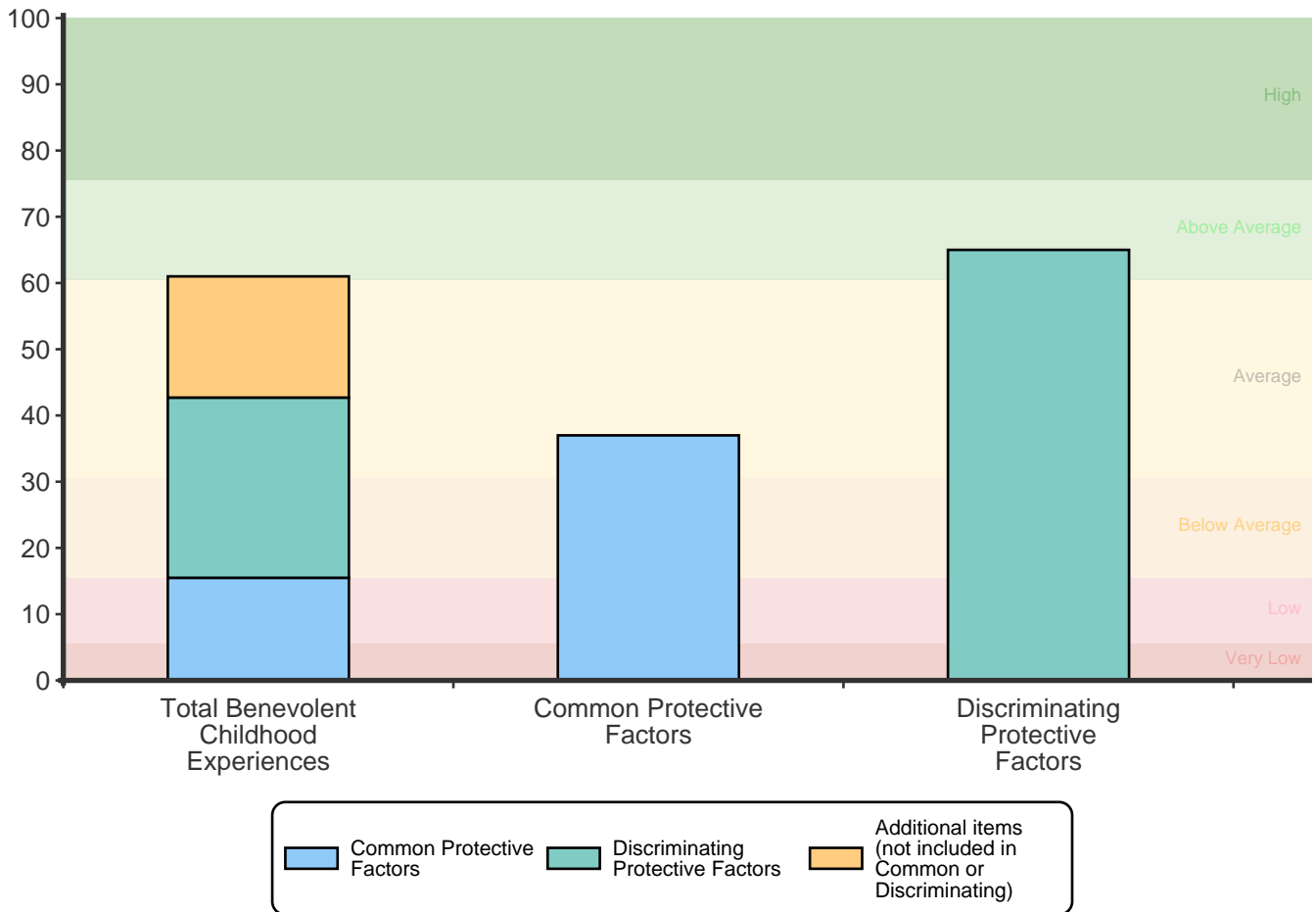
Interpretation

The client's total Benevolent Childhood Experiences (BCEs) score is in the above average range and they score higher than 61 percent of the comparative sample. This indicates an enhanced protective capacity against adversity. The client appears to have had access to numerous positive childhood experiences, which research suggests contributes to better mental health

Client Name	Generic Client

Interpretation (cont.)

outcomes and greater resilience when facing life challenges.

Scoring and Interpretation Information

For comprehensive information on the BCEs scale, see here.

The BCEs uses a dichotomous (Yes/No) response format, with "Yes" responses summed to create total scores. The BCEs results in three scores:
1. Total Score: Sum of "Yes" responses to all 20 items. Scores range from 0-20. The total score represents the sum of all positive childhood experiences endorsed across multiple ecological domains, providing a comprehensive measure of protective factors that research links to enhanced resilience and better mental health outcomes even in the presence of childhood adversity.
2. Common Protective Factors: Sum of "Yes" responses to items 1-10. Scores range from 0-10. The common protective factors subscale assesses more frequently reported protective childhood experiences, capturing internal and relational safety and security (e.g., having at least one safe caregiver, a good friend, a supportive teacher) and a positive, predictable quality of life.
3. Discriminating Protective Factors: Sum of "Yes" responses to items 3, 4, 6, 7, 9, 10, 11, 13, 16, and 19. Scores range from 0-10. The discriminating protective factors subscale assesses experiences such as beliefs that provide comfort, positive self-image, fair treatment, and regular access to restorative factors (like good sleep and time outdoors), which may provide clinicians with insights into deeper, more nuanced aspects of a client's developmental resources. Note that 6 of the items for the discriminating protective factors are also used in the common protective factors subscale, so there is some cross-over between the two.

For each of these three dimensions, raw scores are converted to percentiles based on normative data derived from research with diverse populations. The percentiles provide a comparative framework for interpretation by indicating how an individual's score compares to the reference population. A percentile of 50 indicates typical childhood experiences.

Qualitative descriptors are assigned to BCEs scores according to the following percentile thresholds:
- Very Low: 5th percentile and below
- Low: 6th-15th percentile
- Below Average: 16th-35th percentile
- Average: 36th-60th percentile
- Above Average: 61st-75th percentile
- High: 76th percentile and above

These descriptors offer clinically meaningful categorisations that facilitate interpretation and communication of results. When interpreting BCE scores, consider the following clinical guidance:
1. Total Score: Provides a global index of protective childhood experiences. Lower scores indicate fewer positive experiences and potentially greater vulnerability to adverse outcomes, while higher scores suggest stronger protective resources.
2. Subscale Comparison: Comparing common protective factors and discriminating protective factors can offer insights into the pattern of protective experiences.
a. Consistent profile (similar levels on both subscales): Indicates uniformity in access to both

Scoring and Interpretation Information (cont.)

common and discriminating protective factors.
b. Discrepant profile with higher common than discriminating factors: Suggests access to commonly reported protective experiences but fewer less common protective experiences.
c. Discrepant profile with higher discriminating than common factors: Represents an unusual pattern that may indicate unique protective resources despite lacking common ones.
3. Individual Item Analysis: For clients with low scores (Very Low to Below Average), examining which specific protective experiences were absent can inform targeted intervention planning. Research indicates that each additional positive childhood experience is associated with incremental benefits to mental health and wellbeing.

Upon first administration a plot is displayed showing the BCEs total score (made up of the common and discriminant protective factors and the six additional items that aren't in either factor) and subscale percentiles. Qualitative descriptors are presented in the background of this plot for ease of translation. If administered on multiple occasions, an additional plot is presented showing the total score and subscale percentiles over time.

Client Responses

		Yes	No
1	Did you have at least one caregiver with whom you felt safe?	**1**	**0**
2	Did you have at least one good friend?	**1**	**0**
3	Did you have beliefs that gave you comfort?	**1**	**0**
4	Did you like school?	**1**	**0**
5	Did you have at least one teacher who cared about you?	1	**0**
6	Did you have good neighbours?	1	**0**
7	Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice?	1	**0**
8	Did you have opportunities to have a good time?	**1**	0
9	Did you like yourself or feel comfortable with yourself?	**1**	0
10	Did you have a predictable home routine, like regular meals and a regular bedtime?	**1**	0
11	Did you feel accepted for who you were?	**1**	0
12	Was there at least one adult who cared about your progress and achievements in school?	**1**	0

| **Client Name** | Generic Client |

Client Responses (cont.)

		Yes	No
13	Were you usually able to get a good night's sleep?	**1**	**0**
14	Did you have access to food that was healthy and nutritious?	**1**	**0**
15	Did you have access to adequate medical care when you needed it?	**1**	**0**
16	Did you feel that you were treated fairly (e.g., in your family and community)?	**1**	**0**
17	Did you have adequate law enforcement in your community that made you feel safe?	**1**	**0**
18	Did you have at least one person to teach you how to say 'No' to negative influences?	**1**	**0**
19	Did you regularly spend time outside in the sunshine or around nature?	**1**	**0**
20	Did you have something that you felt you were good at or that made you proud?	**1**	**0**