



Client Information

<i>Client Name</i>	Paul Smith
<i>Date of birth (age)</i>	1 January 2001 (21)

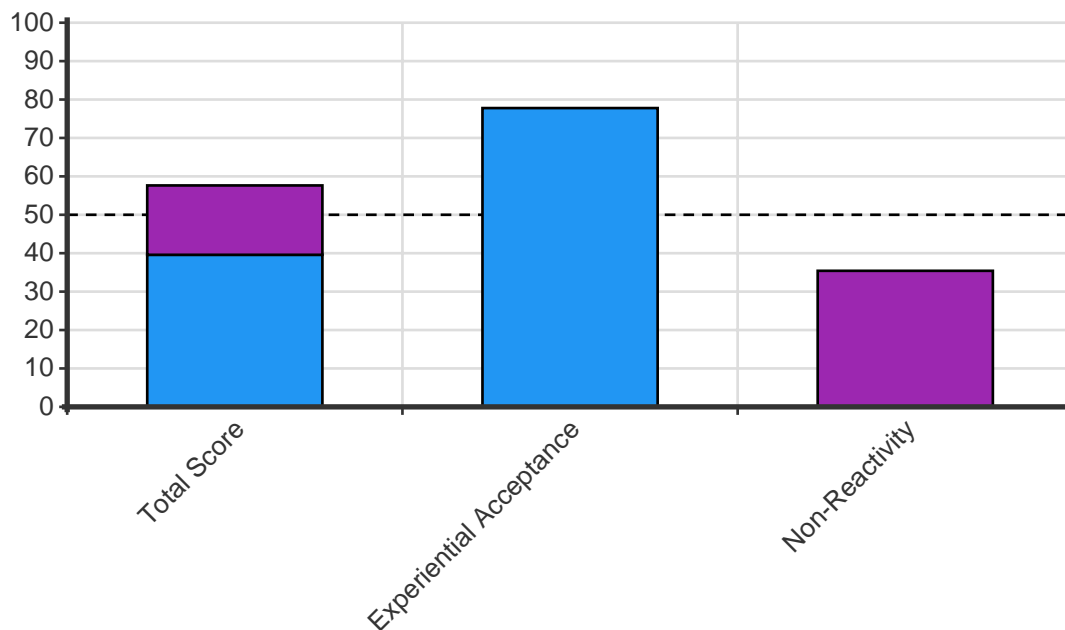
Assessment Information

<i>Assessment</i>	The Equanimity Scale - 16 (ES-16)
<i>Date administered</i>	12 July 2022
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	2 minutes 26 seconds

Results

	Score	Normative Percentile
Total Score (16-80)	61	58.6
Experiential Acceptance (8-40)	34	78
Non-Reactivity (8-40)	27	35.9

Normative Percentiles



Scoring and Interpretation Information

A total score is calculated along with two subscale scores for Experiential Acceptance and Non-Reactivity, where a higher score indicates higher levels of equanimity - indicating that a client is engaged in experiential acceptance and is non-emotionally



Client Name	Paul Smith
--------------------	------------

Scoring and Interpretation Information (cont.)

reactive.

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

The ES-16 consists of two subscales:

1. Experiential Acceptance (Items 1 - 8): where the client demonstrates an attitude which does not seek to resist or attach to the experience and involves acceptance of all internal experiences (thoughts, feelings, body sensations, etc.).

2. Non-Reactivity (Items 9 - 16): where the client demonstrates non-reactivity to experiences preventing attachment or aversion to these experiences (e.g. thoughts, feelings) or where they have the ability to inhibit a previously learned response to these experiences.

Client Responses

		Strongly Disagree	Mildly Disagree	Agree and Disagree Equally	Mildly Agree	Strongly Agree
1	When I have distressing thoughts or images, I am able just to notice them without reacting.	1	2	3	4	5
2	I approach each experience by trying to accept it, no matter whether it is pleasant or unpleasant.	1	2	3	4	5
3	When I experience distressing thoughts and images, I am able to accept the experience.	1	2	3	4	5
4	I can pay attention to what is happening in my body without disliking or wanting more of the feeling or sensation.	1	2	3	4	5
5	When I notice my feelings, I have to act on them immediately.	5	4	3	2	1
6	If I notice an unpleasant body sensation, I tend to worry about it.	5	4	3	2	1
7	When I feel physical discomfort, I can't relax because I am never sure it will pass.	5	4	3	2	1
8	I perceive my feelings and emotions without having to react to them.	1	2	3	4	5
9	I remain present with sensations and feelings even when they are unpleasant.	1	2	3	4	5



Client Name | Paul Smith

Client Responses (cont.)

		Strongly Disagree	Mildly Disagree	Agree and Disagree Equally	Mildly Agree	Strongly Agree
10	I notice that I need to react to whatever pops into my head.	5	4	3	2	1
11	When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.	1	2	3	4	5
12	I can't keep my mind calm and clear, especially when I feel upset or physically uncomfortable.	5	4	3	2	1
13	I endeavour to cultivate calm and peace within me, even when everything appears to be constantly changing.	1	2	3	4	5
14	I am impatient and can't stop my reactivity when faced with other people's emotions and actions.	5	4	3	2	1
15	I am not able to tolerate discomfort.	5	4	3	2	1
16	I am not able to prevent my reaction when someone is unpleasant.	5	4	3	2	1