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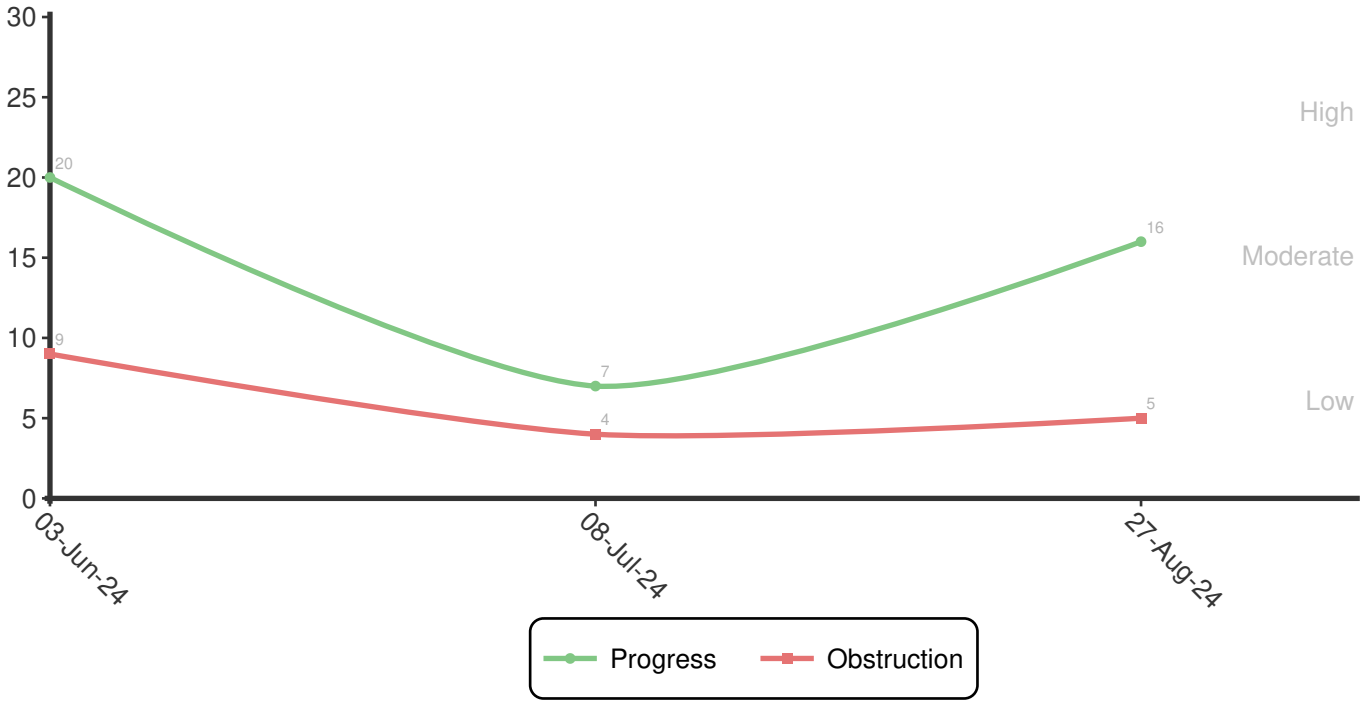
Valuing Questionnaire (VQ)

Client Name	Generic Client	*Date administered*	27 Aug 2024
Date of birth (age)	1 Jan 2000 (24)	*Time taken*	35s
Assessor	Dr David Hegarty		

Results

	Raw Score	Community Percentile	Descriptor
Progress	16	43	Moderate values engagement
Obstruction	5	15	Low fusion & avoidance

Valuing Questionnaire



Interpretation

The Valuing Questionnaire (VQ) measures two aspects of valued living:

1. Progress: The client scored in the moderate range, indicating typical enactment and perseverance in living consistently with their values. The client engages in an average (and healthy) amount of intentional and value driven activities. The client's Progress score is at the 43rd percentile compared to a community sample.

2. Obstruction: The client scored in the low range, indicating minimal disruptions to living consistently with their values. The client experiences few obstacles to value driven activities. The client's Obstruction score is at the 15th percentile compared to a community sample.

From an Acceptance and Commitment Therapy (ACT) perspective the client reports moderate

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Interpretation (cont.)

Progress with low Obstruction. This suggests they are making moderate movement towards enacting their values with minimal perceived disruptions. From an ACT perspective, this could indicate good psychological flexibility but potential room for growth in committed action. Therapy might focus on identifying opportunities to increase value-consistent behaviour.

Compared to the initial assessment on 03 June 2024:
- Progress scores have decreased significantly
- Obstruction scores have decreased significantly

The changes in Progress and Obstruction scores since the initial assessment suggest a complex picture of the client's valued living. It may be helpful to explore with the client the specific areas where they've experienced changes and how these relate to their overall values and life circumstances.

Scoring and Interpretation Information

For comprehensive information on the VQ, see here.

Two subscale scores are presented, Progress and Obstruction, which typically have a negative correlation.

- Progress (items, 3, 4, 5, 7,9. Range = 0 to 30) defined as enactment and perseverance in living consistently with one's values. Higher scores represent a closer alignment between one's internal values and one's actions.

- Obstruction (items 1, 2, 6, 8, 10. Range = 0 to 30) represents the extent to which various disruptions got in the way of valued living. Higher scores represent more interference with living consistently with one's values.

Scores indicative of psychological health are high scores on the Progress scale accompanied by low scores on the Obstruction scale.

As well as raw scores being presented, percentile ranks compared to an undergraduate university (community) sample are presented. A percentile of 50 on the community sample on each subscale represents a typical score for people within this sample of undergraduate university students (mean age = 20.4, SD = 4.5). The percentiles ranks also determine the descriptions:
- 0 - 25th percentile: "Low values engagement" on the Progress subscale and "Low fusion & avoidance" on the Obstruction subscale
- 26th - 74th percentile: "Moderate values engagement" on the Progress subscale and "Moderate fusion & avoidance" on the Obstruction subscale
- 75th percentile and above: "High values engagement" on the Progress subscale and "High fusion and avoidance" on the Obstruction subscale

When used as a monitoring tool during a course of ACT, successful treatment is indicated by increasing Progress Scores and decreasing Obstruction Scores.

If administered more than once results are graphed over time, indicating progress in treatment. A helpful way to explain "success" to clients is when progress scores are higher than obstruction scores.

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Scoring and Interpretation Information (cont.)

A meaningful change (~ 0.5 SD) in score is defined as an increase or decrease of at least 3 or more points for each subscale. This criterion is based on the Minimally Important Difference (MID) calculation. Such changes indicate meaningful improvement or deterioration in Progress or Obstruction, while a change of less than the specified points suggests no meaningful change in Progress or Obstruction between assessments.

Client Responses

		Not at all true	1	2	3	4	5	Completely True
1	I spent a lot of time thinking about the past or future, rather than being engaged in activities that mattered to me	0	**1**	2	3	4	5	6
2	I was basically on “auto-pilot” most of the time	0	1	**2**	3	4	5	6
3	I worked toward my goals even if I didn’t feel motivated to	0	1	2	3	**4**	5	6
4	I was proud about how I lived my life	0	1	2	**3**	4	5	6
5	I made progress in the areas of my life I care most about	0	1	2	**3**	4	5	6
6	Difficult thoughts, feelings or memories got in the way of what I really wanted to do	0	**1**	2	3	4	5	6
7	I continued to get better at being the kind of person I want to be	0	1	2	**3**	4	5	6
8	When things didn’t go according to plan, I gave up easily	**0**	1	2	3	4	5	6
9	I felt like I had a purpose in life	0	1	2	**3**	4	5	6
10	It seemed like I was just ‘going through the motions’, rather than focusing on what was important to me	0	**1**	2	3	4	5	6