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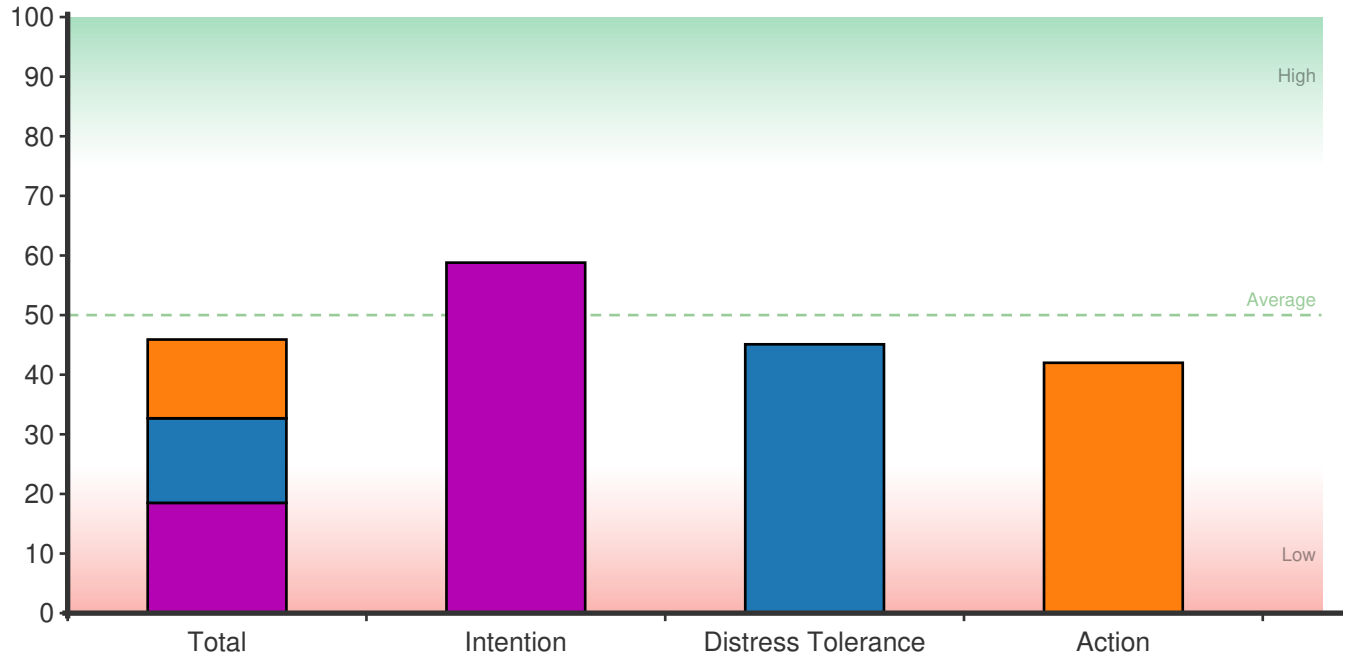
Compassion Motivation and Action Scales - Self-Compassion (CMAS-self)

Client Name	John Down	*Date administered*	22 Oct 2024
Date of birth (age)	14 Dec 2019 (4)	*Time taken*	22s
Assessor	Dr Ben Buchanan'		

Results

	Score	Normative Percentile
Total Score (18-126)	89	45.9
Intention (5-35)	32	58.8
Distress Tolerance (7-49)	33	45.1
Action (6-42)	24	42

CMAS-self Percentiles



Scoring and Interpretation Information

For comprehensive information on the CMAS-self, see here.

All items are summed to provide an overall score, with higher scores indicative of more self-compassion. Subscale scores are also provided to enable a comparison between subscales:

1. Self-Compassion Intention (items 1, 2, 3, 4, 5) - the intent to and value one places on being supportive, accepting and compassionate towards oneself.

2. Self-Compassion Distress Tolerance (items 6, 7, 8, 9, 10, 11, 12) - the ability to and confidence in to tolerating distress by oneself when experiencing suffering.

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Scoring and Interpretation Information (cont.)

3. Self-Compassionate Action (items 13, 14, 15, 16, 17, 18) - the frequency of self-compassionate actions and behaviours over the past week compared to normal.

A normative percentile for the total score and subscales are calculated based on a sample from Australia, USA, UK, and New Zealand (Steindl et al., 2021), indicating how the respondent scored in relation to a typical pattern of responding for adults. For example, a percentile of 50 indicates typical (and healthy) patterns of self-compassion, whereas a percentile of 5 indicates very low levels of self-compassion.

Results are presented in a graph, which indicates the percentile for total self-compassion and sub-scales compared to a normative sample, with a dotted line at 50 indicating average self-compassion.

Client Responses

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
1	I wish to be kind and caring towards myself when faced with difficulties	1	2	3	4	5	6	**7**
2	I want to be supportive towards myself when I face disappointments in my life	1	2	3	4	5	6	**7**
3	Being compassionate towards myself will improve my overall wellbeing	1	2	3	4	**5**	6	7
4	Being accepting of myself will help improve my quality of life	1	2	3	4	5	**6**	7
5	There are lots of reasons to be more self-compassionate	1	2	3	4	5	6	**7**
6	I am confident that I can be kind and caring towards myself when struggling with problems	1	2	3	4	**5**	6	7
7	I am able to be loving towards myself when I feel emotional pain	1	2	3	4	**5**	6	7
8	I can show tolerance towards myself in times of hardship	1	2	3	4	**5**	6	7
9	I have the ability to be supportive of myself when I feel like I have failed	1	2	3	**4**	5	6	7
10	I am able to be kind to myself, even when it feels uncomfortable to do so	1	2	3	**4**	5	6	7
11	I am able to cope with facing my own struggles in order to be kind to myself	1	2	3	**4**	5	6	7
12	I can cope with the difficult feelings that come with attending to my own needs	1	2	3	4	5	**6**	7
13	Compared to usual, I have acted more self-compassionately over the past week	1	2	3	**4**	5	6	7

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Client Responses (cont.)

		Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
14	Over the past week I have been more kind and caring towards myself than usual	1	2	3	4	5	6	7
15	I have been taking steps over the past week to show myself more self-compassion	1	2	3	4	5	6	7
16	I have been treating myself in a more gentle and caring way over the past week	1	2	3	4	5	6	7
17	The past week has seen me be more forgiving even when I have made mistakes	1	2	3	4	5	6	7
18	Compared to usual, this week I have been more accepting of myself	1	2	3	4	5	6	7