Assessment powered by NovoPsych

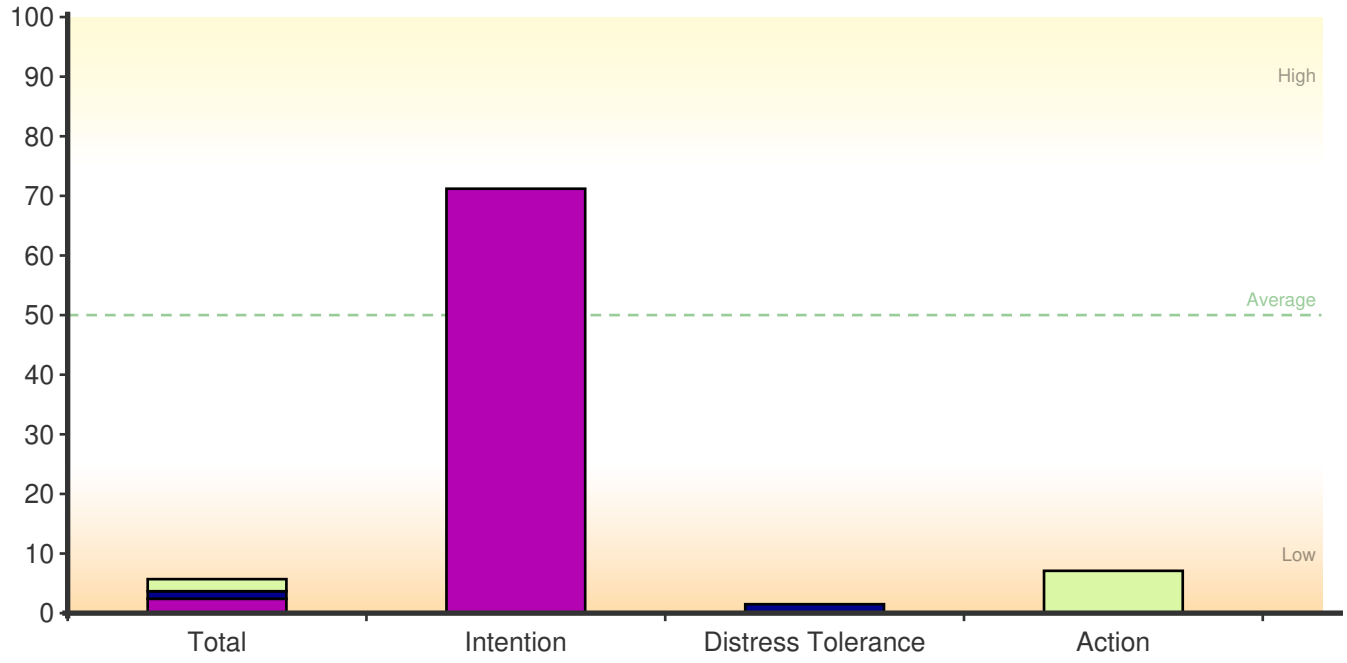
Compassion Motivation and Action Scales - Compassion (CMAS-other)

Client Name	Generic Client	*Date administered*	15 Oct 2024
Date of birth (age)	1 Jan 2000 (24)	*Time taken*	47s
Assessor	Dr David Hegarty		

Results

	Score	Normative Percentile
Total Score (12-84)	45	5.7
Intention (3-21)	19	71.2
Distress Tolerance (3-21)	10	1.5
Action (6-42)	16	7.1

CMAS-other Percentiles



Scoring and Interpretation Information

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

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

1. Compassion Intention (items 1, 2, 3) - measuring the intent to be compassionate towards others

2. Compassion Distress Tolerance (items 4, 5, 6) - measuring the ability to tolerate distress when others are experiencing suffering

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

3. Compassionate Action (items 7, 8, 9, 10, 11, 12) - measuring compassionate actions and behaviours

A normative percentile for the total score and subscales are calculated based on a normative sample (Steindl et al., 2021), indicating how the respondent scored in relation to a typical pattern of responding for adults. For example, a percentile of 83 or less indicates the individual has more self-compassion than 83 percent of the normal population.

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

Client Responses

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
1	I want to be kinder and more caring towards people I don't know	1	2	3	4	5	6	**7**
2	I plan to take action and be more helpful to others	1	2	3	4	5	**6**	7
3	I am going to show more care and concern when I see people hurting	1	2	3	4	5	**6**	7
4	I am able to cope with my feelings in response to another person's suffering	1	2	3	**4**	5	6	7
5	I feel confident that I can cope with the distress that another person might be experiencing	1	2	3	**4**	5	6	7
6	I am able to be with someone who is struggling in their life	1	**2**	3	4	5	6	7
7	Compared to usual, I have acted more compassionately towards others over the past week	1	2	**3**	4	5	6	7
8	Over the past week I have been more helpful than usual	1	2	**3**	4	5	6	7
9	The past week has seen me take more action in relieving another's suffering	1	2	**3**	4	5	6	7
10	I have been actively more kind this past week to others in my life who are struggling	1	2	**3**	4	5	6	7
11	I have offered support to people in need more than usual over the past week	1	**2**	3	4	5	6	7
12	Compared to usual, this past week I have been more compassionate to people who are struggling	1	**2**	3	4	5	6	7