



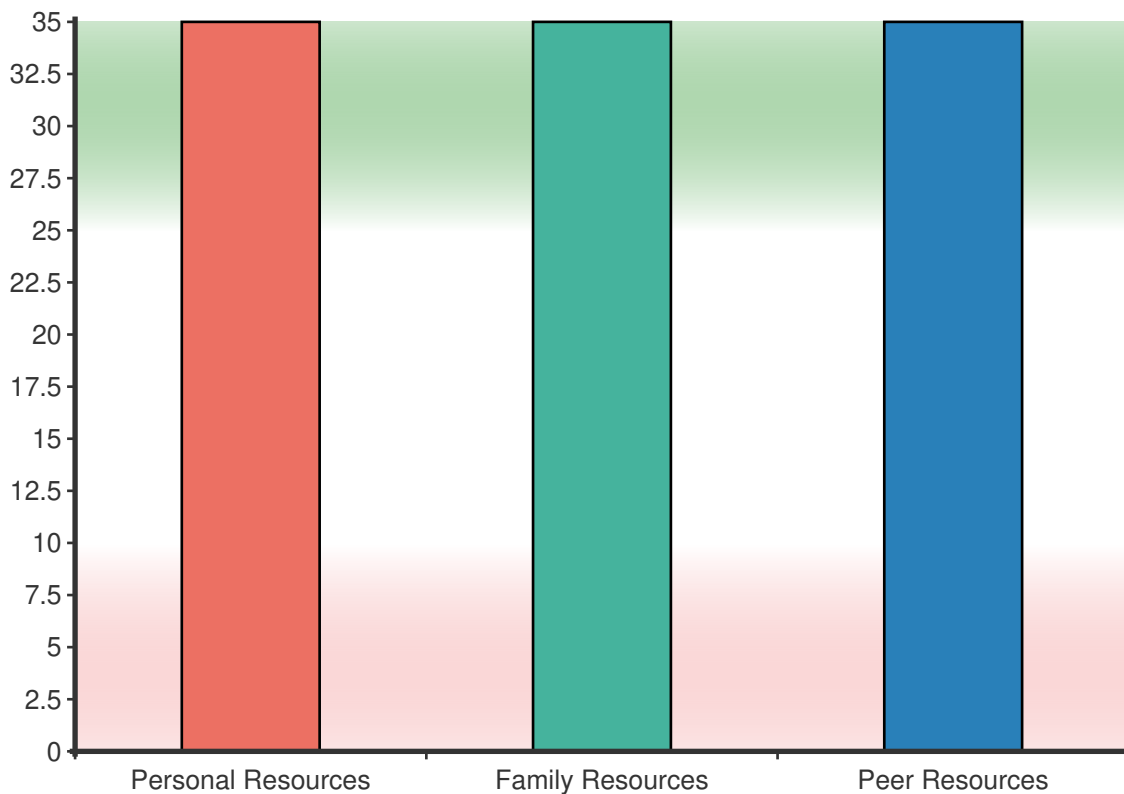
### Protective Factors of Resilience Scale (PFRS)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	1 Aug 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	29s
<i>Assessor</i>	Dr Emerson Bartholomew		

### Results

	Raw Score	Percentile
Total Score	105	95
Personal resources	35	-
Family resources	35	-
Peer resources	35	-

### Protective Factors Scores



### Scoring and Interpretation Information

For comprehensive information on the PFRS, [see here](#).

A total score is given ranging from 15 to 105, with higher scores indicating greater protective resources for resilience. Three subscale scores are calculated each ranging from 5-35:



**Client Name** | Generic Client

- Personal Resources (5 items: 1, 2, 5, 6, 17): psychological strengths including self-efficacy, self-belief, positive future orientation, and the ability to achieve goals and manage challenges.
- Family Resources (5 items: 4, 8, 12, 16, 20): quality and availability of family support, including feelings of acceptance, safety, and comfort within the family unit, as well as confidence in receiving help when needed.
- Peer Resources (5 items: 3, 7, 11, 15, 19): strength and supportiveness of friendships and peer relationships, assessing feelings of belonging, fair treatment, and reliable support from friends.

Based on the normative sample (M = 78.90, SD = 15.98), percentile rankings can be calculated to contextualise individual scores. A score at the 50th percentile (approximately 79) represents typical protective resources in the general adult population.

The PFRS is particularly valuable when integrated with comprehensive clinical assessment, providing a strengths-based perspective to complement traditional symptom-focused measures. High scores should not be interpreted as immunity to psychological difficulties but rather as indicating available resources that can be mobilised during treatment. Conversely, low scores highlight specific areas where building protective resources might enhance treatment outcomes and long-term resilience.

On first administration a bar graph of the three subscales is shown with green and red gradients around the top and bottom 30% areas indicating greater or lesser resources for resilience. On multiple administrations, the same bar graph is produced alongside a line graph of the total percentile to track changes over time.

## Client Responses

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
1	I can deal with whatever challenges come my way	1	2	3	4	5	6	7
2	I achieve what I set out to do	1	2	3	4	5	6	7
3	I feel that I belong with my friends	1	2	3	4	5	6	7
4	My family are a source of strength for me	1	2	3	4	5	6	7
5	I believe in myself	1	2	3	4	5	6	7
6	I follow through on plans to achieve my goals	1	2	3	4	5	6	7
7	My friends treat me fairly	1	2	3	4	5	6	7
8	I feel accepted by my family	1	2	3	4	5	6	7



**Client Name** | Generic Client

### Client Responses (cont.)

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
9	My friends look after me	1	2	3	4	5	6	7
10	I know that my family would help me if I needed help	1	2	3	4	5	6	7
11	My friends are a great source of support	1	2	3	4	5	6	7
12	I feel comfortable around my family	1	2	3	4	5	6	7
13	When I think about my future, I feel positive	1	2	3	4	5	6	7
14	I can rely on my friends for help if I needed it	1	2	3	4	5	6	7
15	I feel safe within my family	1	2	3	4	5	6	7