



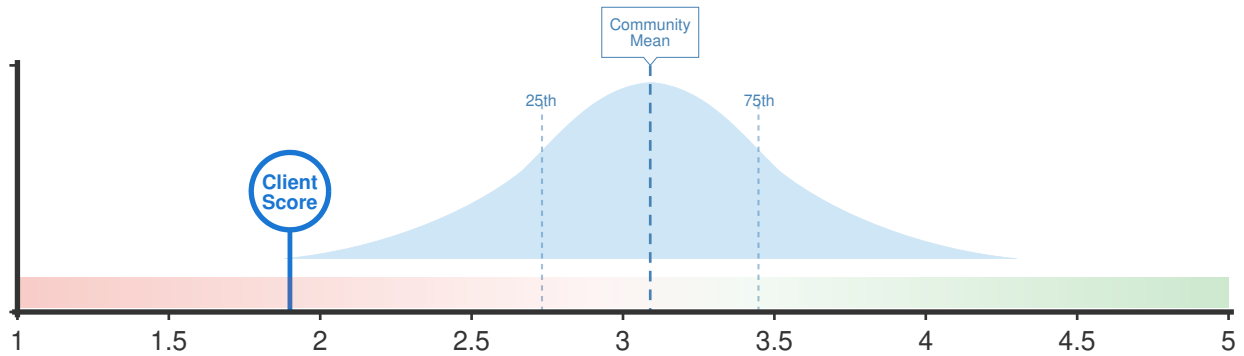
### Self-Compassion Scale - Short Form (SCS-SF)

<i>Client Name</i>	Homebrand Harry	<i>Date administered</i>	6 May 2026
<i>Date of birth (age)</i>	1 Jan 1600 (426)	<i>Time taken</i>	1 min 10s
<i>Assessor</i>	Joseph Phillips		

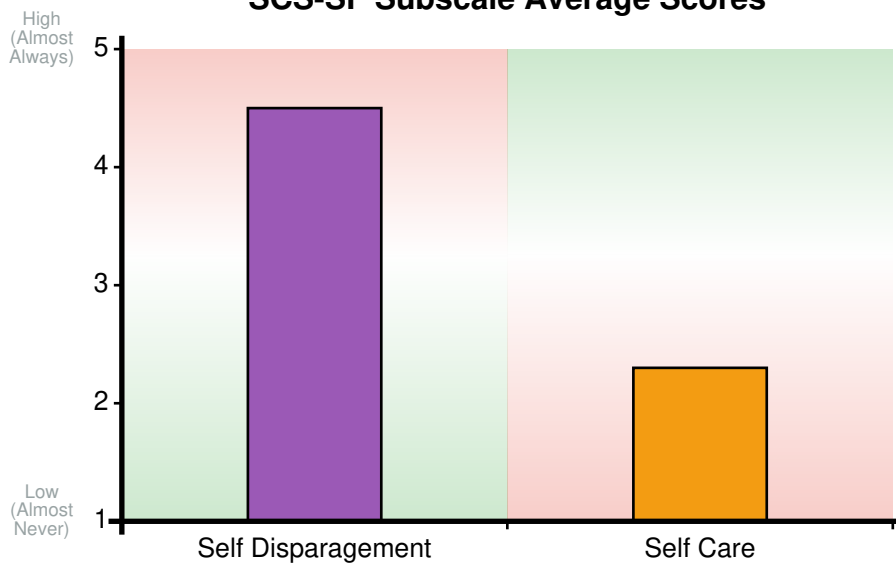
### SCS-SF Results

	Average Score (1-5)	Community Percentile
Self-Compassion Total	1.9	1
Self Disparagement	4.5	93
Self Care	2.3	14

### SCS-SF Total Average Score



### SCS-SF Subscale Average Scores





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## Interpretation

The Self-Compassion Scale – Short Form (SCS-SF) was administered on 06 May 2026. The respondent had an average total score of 1.9 on the 1-5 scale, at the 1st percentile compared to a community reference sample. This places them in the low range for self-compassion.

### **Self Disparagement**

The respondent had an average score of 4.5 out of 5 for Self Disparagement (at the 93rd percentile compared to the community sample). This is higher than most of the community sample, suggesting harsh self-criticism, isolation in difficult moments, and fixation on personal inadequacy may be relatively prominent for them.

Self-critical statements the respondent reported happening most often:

- 1. *When I fail at something important to me I become consumed by feelings of inadequacy.*  
(Almost Always 5/5)
- 4. *When I'm feeling down, I tend to feel like most other people are probably happier than I am.*  
(Almost Always 5/5)

### **Self Care**

The respondent had an average score of 2.3 out of 5 for Self Care (at the 14th percentile compared to the community sample). This is lower than most of the community sample, suggesting warmth, balance, and self-kindness in response to difficulty may be less accessible to them.

Self-care statements the respondent reported happening least often:

- 6. *When I'm going through a very hard time, I give myself the caring and tenderness I need.*  
(Almost Never 1/5)
- 2. *I try to be understanding and patient towards those aspects of my personality I don't like.*  
(2/5)

## Scoring and Interpretation Information

For comprehensive information on the SCS-SF, [see here](#).

The SCS-SF total average score is an overall indicator of self-compassion. It is the average of all 12 items (range 1 to 5), made up of the six Self Care items and the six Self Disparagement items. The Self Disparagement items are reverse-scored first so that higher totals reflect more self-compassion. As a result, a high total reflects high Self Care together with low Self Disparagement.

### SCS-SF Subscale Interpretation

Subscale interpretation is provided only to support clinical conversation about the relative balance between Self Disparagement and Self Care dimensions of self-compassion. Both subscales are total averages using the same scale as the total score (1-5).

Self Disparagement (items 1, 4, 8, 9, 11, 12): captures harsh self-criticism, isolation in failure, and fixation on personal inadequacy. Unlike the total score, in which the Self Disparagement



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items are reverse scored, higher Self Disparagement scores on their own indicate more harsh, isolating self-responses (e.g., thoughts like "there's something wrong with me", withdrawal when distressed). Lower scores reflect fewer self-attacking responses, but higher total Self Compassion scores.

Self Care (items 2, 3, 5, 6, 7, 10): captures self-kindness, recognition of common humanity, and a balanced mindful stance. Higher Self Care scores indicate more warm, balanced self-responses. Respondents that score high on Self Care find thoughts such as "this is hard, and that's understandable" relatively accessible, and may seek comfort, support, or rest in response to distress. Lower may indicate individuals push through distress without acknowledgement or make limited use of self-soothing strategies.

#### SCS-SF Percentiles

A percentile is presented for the average total score and for each subscale, indicating how the respondent's score compares with the community reference sample (Adu et al., 2024, New Zealand subsample). A community percentile of 50 represents a typical score within the community reference sample.

Importantly, the subscales run in opposite directions, so a high percentile does not mean the same for each average score:

- For the Total Score and Self Care, a higher percentile suggests greater self-compassion, while a low percentile (e.g., 5, meaning lower than 95 percent of the community sample) flags low self-compassion and is a useful prompt for psychoeducation about self-compassion as a learnable skill.
- For Self Disparagement the direction is reversed: a higher percentile means more self-criticism, so a high percentile (rather than a low one) is clinically notable.

#### SCS-SF Results Table

The results table displays the average score (1 to 5), and community percentile for the Total Score and subscales scores.

#### SCS-SF Graphs

On the first administration, two bar charts are shown. The first graph plots the respondent's total average score against the community sample, so clinicians can quickly see where they sit relative to most adults. The second graph compares the two subscales, Self Disparagement and Self Care, with colour shading on each bar indicating how the scores sit relative to the community sample.

On repeat administrations, a multi-administration line plot replaces the single-administration graphs for the total score and subscales, plotting the average scores over time, so that change can be seen across administrations.

#### SCS-SF Change Score Interpretation

When SCS-SF scores are available from multiple administrations, changes in the total average score can indicate the effectiveness of treatment or shifts in self-compassion over time. In NovoPsych, change is interpreted against a Minimum Important Difference (MID) of half the community SD (Norman et al., 2003). When SCS-SF scores are available from multiple administrations, changes in the total score can indicate the effectiveness of treatment or shifts in self-compassion over time. In NovoPsych, change is interpreted against a Minimum Important Difference (MID; Norman et al., 2003) of 4 points on the raw 12–60 total score, equivalent to approximately half the community SD. Changes are presented as change in average score and



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	<p>are categorised as:</p> <ul style="list-style-type: none"> <li>- Meaningful improvement of self-compassion: average increase of 0.33 or more (equivalent to 4 or more raw points).</li> <li>- Meaningful decline of self-compassion: average decrease of 0.33 or more (equivalent to 4 or more raw points).</li> <li>- Minimal change of self-compassion: average change below 0.33 (equivalent to fewer than 4 raw points).</li> </ul>
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## Client Responses

### Self Disparagement

		1 Almost Never	2	3	4	5 Almost Always
1	When I fail at something important to me I become consumed by feelings of inadequacy.	5	4	3	2	1
4	When I'm feeling down, I tend to feel like most other people are probably happier than I am.	5	4	3	2	1
8	When I fail at something that's important to me, I tend to feel alone in my failure.	5	4	3	2	1
9	When I'm feeling down I tend to obsess and fixate on everything that's wrong.	5	4	3	2	1
11	I'm disapproving and judgmental about my own flaws and inadequacies.	5	4	3	2	1
12	I'm intolerant and impatient towards those aspects of my personality I don't like.	5	4	3	2	1

### Self Care

		1 Almost Never	2	3	4	5 Almost Always
2	I try to be understanding and patient towards those aspects of my personality I don't like.	1	2	3	4	5
3	When something painful happens I try to take a balanced view of the situation.	1	2	3	4	5
5	I try to see my failings as part of the human condition.	1	2	3	4	5
6	When I'm going through a very hard time, I give myself the caring and tenderness I need.	1	2	3	4	5
7	When something upsets me I try to keep my emotions in balance.	1	2	3	4	5
10	When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	1	2	3	4	5



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## Legacy Clinical Comparison

*Retained for cross-reference with earlier report versions. Percentiles in this table are anchored to the Hayes et al. (2016) clinical sample (n = 1,609 college counselling clients.)*

	Average Score (1-5)	Clinical Percentile
SCS-SF Total	1.9	7
Self Disparagement	4.5	90
Self Care	2.3	14