Assessment powered by NovoPsych

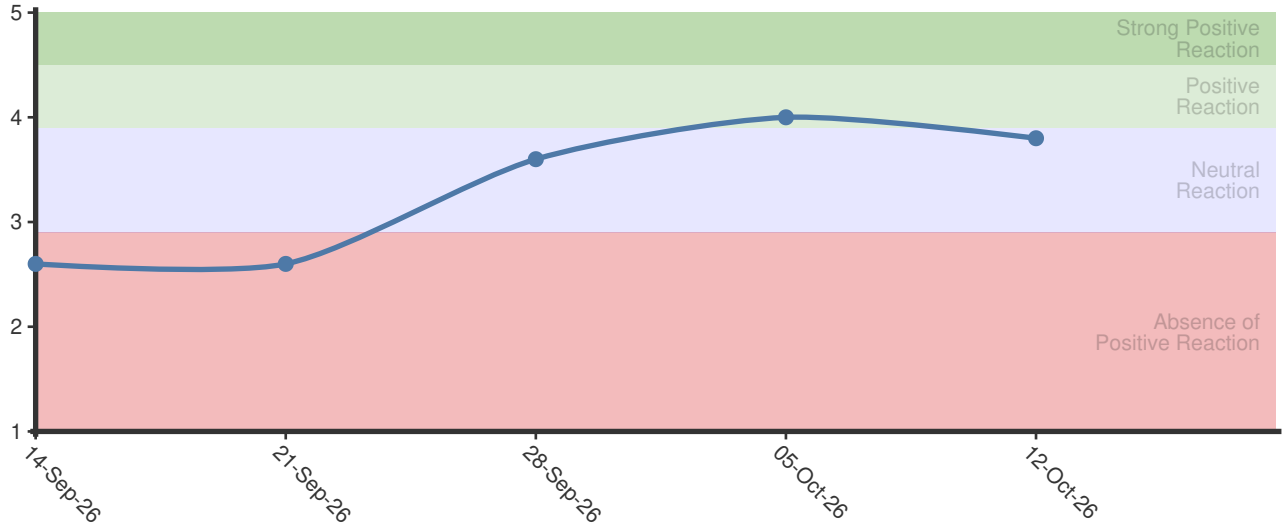
Session Reactions Scale-5 (SRS-5)

Client Name	SRS-5 Test	*Date administered*	12 Oct 2026
Date of birth (age)	1 Jan 2000 (26)	*Time taken*	18s
Assessor	Dr David Hegarty		

SRS-5 Results

	Raw Score (5-25)	Average (1-5)	Percentile	Descriptor
Total Score	19	3.8	66	Neutral Reaction

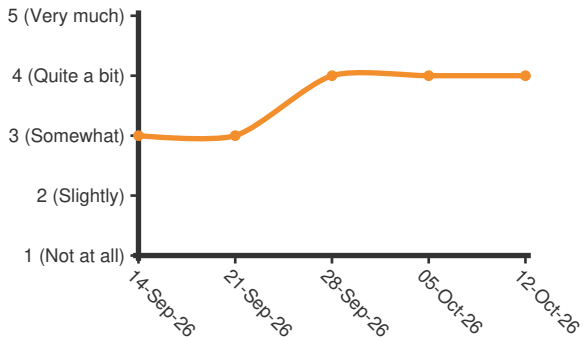
SRS-5 Session Reaction Average Score Over Time



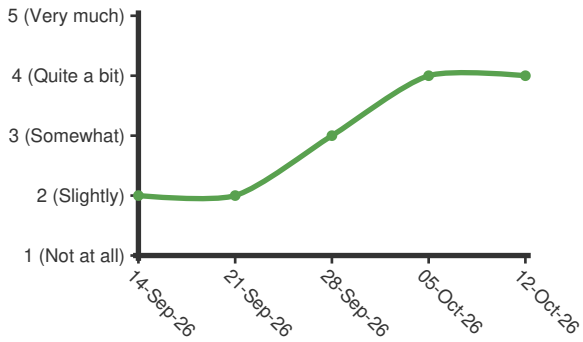
SRS-5 Reaction Domains Over Time

Each panel shows the response to one item, from 1 (Not at all) to 5 (Very much). The average of the five items is plotted above.

1. Insight

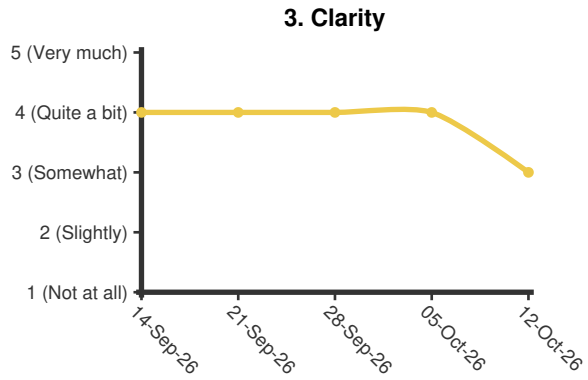


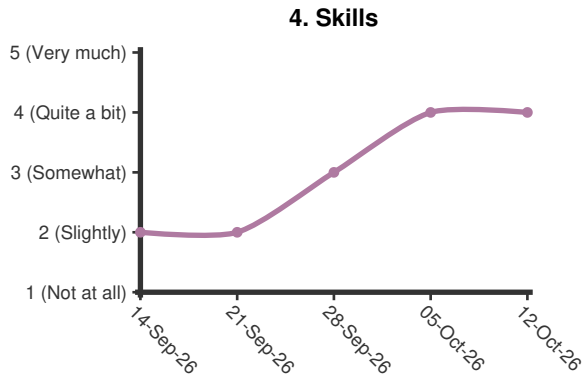
2. Empowerment

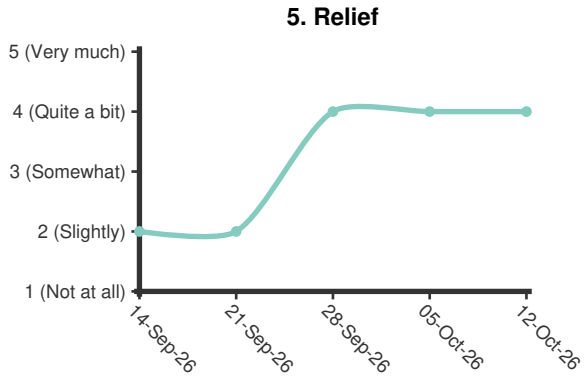


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Client Name	SRS-5 Test







Interpretation

The SRS-5 was completed on 12 October 2026, with a total score of 19 out of 25 (an average item score of 3.8), at the 66th percentile compared with sessions in a routine-care sample. This session was rated in the 'Neutral Reaction' range, indicating a typical level of helpful impact from this session. Since the previous administration on 05 October 2026 (7 days earlier), the total score has decreased by 1 point, indicating this session was experienced as less helpful than the previous one.

Scoring and Interpretation Information

For comprehensive information on the Session Reactions Scale-5 (SRS-5), see here.

SRS-5 Scoring
The SRS-5 total score is the sum of items 1 to 5 and ranges from 5 to 25, and is also reported as an average item score from 1 to 5. A higher score indicates a more helpful session as experienced by the client. The interpretive categories are defined on the average, which is what the report charts; change between sessions is reported in raw points.

SRS-5 Reaction Domain Items
Each of the five items covers one domain of helpful in-session impact, and the total is the primary output. The individual responses still carry clinical detail the total cannot, since they identify which kind of help was missing:

Client Name	SRS-5 Test

1. New insight ("Insight" on the report charts; item 1, "I realised something new about myself or other people"; score range 1 to 5). A low rating indicates the session produced no new understanding of the client's own situation or of the people in it.
2. Empowerment or hope ("Empowerment" on the report charts; item 2, "I feel more empowered, hopeful, or positive about myself"; score range 1 to 5). A low rating indicates the session left the client no more hopeful or capable than before.
3. Clarity about problems or goals ("Clarity" on the report charts; item 3, "I have become clearer about the problems or goals for me to work on"; score range 1 to 5). A low rating indicates the focus of the work is still unclear to the client.
4. Skills or coping strategies ("Skills" on the report charts; item 4, "I feel I have improved my skills or learned new strategies to cope with my problems"; score range 1 to 5). A low rating indicates the client took away nothing they can apply between sessions.
5. Emotional relief ("Relief" on the report charts; item 5, "I feel emotionally relieved or less burdened"; score range 1 to 5). A low rating indicates the session did not lighten how the client felt.

SRS-5 Interpretive Category Bands
The following categories are applied to the average item score, with the equivalent raw totals given alongside. They are derived from the response scale anchors, which run from "not at all" (1) to "very much" (5), so the bands describe the client's average level of helpful reaction rather than a position in the reference distribution.

- Absence of Positive Reaction (average below "somewhat"; total 5 to 14). Helpful reactions were endorsed below the midpoint of the scale, and the session was experienced as low in helpful impact. Up to around the 24th percentile.
- Neutral Reaction (average at least "somewhat"; total 15 to 19). Helpful reactions were endorsed at a moderate, typical level. This is the most common band in routine care. Around the 31st to 66th percentile.
- Positive Reaction (average at least "quite a bit"; total 20 to 22). The session was experienced as clearly helpful across the reaction domains. Around the 75th to 88th percentile.
- Strong Positive Reaction (average approaching "very much"; total 23 to 25). The session was experienced as highly helpful. Around the 92nd percentile and above (Buchanan et al., 2026).

A total of 23 is the lowest score whose average reaches the halfway point between "quite a bit" and "very much", which is where the top boundary sits.

SRS-5 Percentile Context
A percentile places the total score against the distribution of sessions in the NovoPsych routine-care sample (Buchanan et al., 2026). Because the reference group is other therapy sessions rather than the general population, it answers how helpful this session was compared with sessions in routine care, where the 50th percentile marks a typical session. A score of 18 sits at about the 57th percentile, while 22 sits near the 88th, more helpful than most (Buchanan et al., 2026).

SRS-5 Maximum Score Handling
Session and alliance measures attract a high proportion of maximum ratings, which limits their ability to distinguish between sessions. The SRS-5 addresses this in its design, by asking what the client took from the session rather than how they regard the therapist. A maximum total therefore indicates a session the client experienced as highly helpful in every domain.

SRS-5 Change Score Interpretation

Client Name	SRS-5 Test

Change between sessions is reported in raw points. Session impact varies legitimately from one session to the next, so a single change in either direction says more about that session than about the direction of therapy. The pattern carries the interpretive weight: a sustained decline, or a run of sessions in the lower bands, indicates the work is repeatedly landing with little impact for the client.

SRS-5 Graphs
On a first administration, two bar charts follow the results table. SRS-5 Session Reaction Average Score shows the average of the five item responses as a single bar on an axis numbered 1 to 5. The four interpretive category bands are shaded behind the bar and named at the right, because the categories are defined on the average item score. SRS-5 Reaction Domain Responses then shows the response to each of the five items, Insight, Empowerment, Clarity, Skills, and Relief, as one bar per item on an axis that labels each point with its response anchor, from "1 (Not at all)" to "5 (Very much)", each item in its own colour.

On a repeat administration these are replaced by a matching pair. SRS-5 Session Reaction Average Score Over Time plots the average item score at each administration date on the same numbered axis, with the four bands shaded across the plot and named to the right of the latest date. The points are joined by a curved line. The chart covers the 60 most recent administrations, split evenly across two plots, oldest first, when there are more than 30. The average is printed beside each point when a plot has two to four. Below it, SRS-5 Reaction Domains Over Time gives each item its own panel, tracking the response to that item across the same dates on the axis labelled with the response anchors, in the colour it takes on the first-administration chart.

Client Responses

		Not at all	Slightly	Somewhat	Quite a bit	Very much
1	I realised something new about myself or other people.	1	2	3	**4**	5
2	I feel more empowered, hopeful, or positive about myself.	1	2	3	**4**	5
3	I have become clearer about the problems or goals for me to work on.	1	2	**3**	4	5
4	I feel I have improved my skills or learned new strategies to cope with my problems.	1	2	3	**4**	5
5	I feel emotionally relieved or less burdened.	1	2	3	**4**	5