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Session Reactions Scale-5 (SRS-5)

SRS-5 · SELF-REPORT

RESPONDENT NAME _____ DATE _____ CLINICIAN _____

Take a moment to think back over the most recent therapy session and what you got from it. Please compare your sense of this session to each of the following descriptions.

As a result of my most recent session:

1	I realised something new about myself or other people.	1 NOT AT ALL	2 SLIGHTLY	3 SOMEWHAT	4 QUITE A BIT	5 VERY MUCH
2	I feel more empowered, hopeful, or positive about myself.	1 NOT AT ALL	2 SLIGHTLY	3 SOMEWHAT	4 QUITE A BIT	5 VERY MUCH
3	I have become clearer about the problems or goals for me to work on.	1 NOT AT ALL	2 SLIGHTLY	3 SOMEWHAT	4 QUITE A BIT	5 VERY MUCH
4	I feel I have improved my skills or learned new strategies to cope with my problems.	1 NOT AT ALL	2 SLIGHTLY	3 SOMEWHAT	4 QUITE A BIT	5 VERY MUCH
5	I feel emotionally relieved or less burdened.	1 NOT AT ALL	2 SLIGHTLY	3 SOMEWHAT	4 QUITE A BIT	5 VERY MUCH

Developer Reference:

Buchanan, B., Hegarty, D., & Řiháček, T. (2026). Development and initial validation of the Session Reactions Scale-5 (SRS-5): A brief client-report measure of in-session impact for feedback-informed treatment. NovoPsych.

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