

The Resilience Scale

Dr Sakshi Seth Grover

Interpretive Report

VIVEK PATIL
13 Mar 2024



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Particulars

Name **VIVEK PATIL**

Age **22**

Gender **MALE**

ID **1234**

Reason for Referral **--**

Assessor **VIVEK PATIL**

Disclaimer

This profile arises from self-report questionnaires which may have alterations/variation due to individual's actual level of motivation, interests, experience, values, abilities, skills, mood state etc. than the analysis in the report captured basis the responses shared at the time of testing. The report must be interpreted in the light of corroborating evidence gained during the clinical interview. The findings of this report should be professionally interpreted in the light of other information about the individual. This report may include sensitive information that is likely to be misinterpreted by those without the required training. Authorization for use of this report is limited to the examinee and their designated consultants. Any further use requires the authorization of the examinee or their legal guardian.

Introduction

This report is based on the subject's responses to The Resilience Scale. The report is presented in 2 sections; the first section provides comprehensive information about the respondent's composite resilience and its interpretation. The second section includes the subject's detailed profile on each of the 4 dimensions/sub-facets of personality and score interpretation.

Overview of the test

The Resilience Scale is a 25-item self-report measure, it measures the capacity of individuals to cope effectively with the internal stresses of their vulnerabilities (labile patterns of autonomic reactivity, developmental imbalances, unusual sensitivities) and external stresses (illness, significant losses, and dissolution of the family). Dr Sakshi Seth Grover developed it in 2021. This scale has four subscales: Physis, Self-Awareness, Self-Reflection and Emotional Intelligence. This test purports to understand an individual's resilience in a systematic and quantified manner.

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Results

TOTAL SCORE	QUALITATIVE DESCRIPTOR
74	Low

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Resilience is the process and outcome of successfully adapting to complex or challenging life experiences, primarily through mental, emotional, and behavioural flexibility and adjustment to external and internal demands. People with remarkable resilience possess that those who surpass troublesome situations positively are known to be resilient, and those who fail to do so, lack resilience.

Total Score Interpretation

Low_18 - 26

The respondent has a score which corresponds to "Low" on the Resilience Scale. Generally, the person who falls in this category tends to indicate the individual inability to respond to life's challenges, which can turn into result in various problems: harmful risk behaviours, such as gambling, and alcohol use. The person finds difficulty handling stressful situations like separation from the parents' family, and economic independence. With dealing with a specific type of situation, the person usually panics when encounters a difficult situation. The individual doesn't know themselves anymore, what's personal interest in things. With issues in hand, the person doesn't feel anything with self and emotions.

Item Responses

1	5	2	4	3	5	4	5
5	4	6	4	7	4	8	2
9	5	10	3	11	1	12	1
13	3	14	2	15	1	16	5
17	4	18	3	19	1	20	1
21	2	22	1	23	3	24	1
25	4						

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Impressions / Suggestions

Assessor Suggestions for the Report

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