



## Healthy Adult Assessment Pre-course Results

### Developing the Healthy Self Nov 2025

Taken on: Pre-course: 1st Nov 2025 | Post-course: Not yet taken | Follow-up: Not yet taken

#### 1. Social Safeness and Pleasure scale

This scale was developed to measure the extent to which people experience their social worlds as safe, warm, and soothing.

Source: [Social Safeness and Pleasure Scale](#)

↑ A higher score is better

You scored **3** out of 5 which indicates a low degree of social safeness, related to insecure attachment.

#### 2. Types of positive affect scale

The scale was developed to measure the degree to which people experience different positive emotions. We are only using the items related to safeness. A high score is associated with a likelihood of having secure attachment.

Source: [Types of Positive Affect Scale](#)

↑ A higher score is better

You scored **3** out of 4 which indicates you are likely to have insecure attachment.

#### 3. Experience in Close Relationship Scale (ECR-S)

Results consist of two scores for two separate factors; attachment anxiety and attachment avoidance.

- Attachment avoidance is defined as involving fear of dependence and interpersonal intimacy, an excessive need for self-reliance, and reluctance to self-disclose.
- Attachment anxiety involves a fear of interpersonal rejection or abandonment, an excessive need for approval from others, and distress when one's partner is unavailable or unresponsive.

People who score high on either or both dimensions are assumed to have an insecure adult attachment orientation (Brennan et al., 1998). In addition, higher scores are significantly and positively related to depression, anxiety, interpersonal distress, or loneliness.

Source: [Experience in Close Relationship Scale – Short Form \(ECR-S\) – NovoPsych](#)

↓ A lower score is better

- On the avoidant scale:

You scored **20** which indicates you are more likely to have the avoidant style attachment.

- On the anxious scale:

You scored **17** which indicates you are more likely to have the preoccupied style attachment.

## 4. Patient Health Questionnaire: Anxiety and Depression

Source: [PHQ-4: The Four-Item Patient Health Questionnaire For Anxiety And Depression](#)

⚡ A lower score is better

• Total score for the first 2 questions:

You scored **3** which suggests anxiety.

• Total score for the last 2 questions:

You scored **3** which suggests depression.

## 5. Self-Reassuring Scale

This scale measures your ability to self-reassure (I am able to remind myself of positive things about myself).

Source: [The Forms of Self-Criticising/Attacking & Self-Reassuring Scale \(FSCRS\)](#)

⚡ A higher score is better

You scored **2** out of 4 which indicates a low ability to self-reassure.

## 6. Rosenberg self-esteem scale

This scale measures your global self-worth by measuring both positive and negative feelings about yourself. A high score indicates higher self-esteem.

Source: [Rosenberg Self-esteem Scale](#)

⚡ A higher score is better

You scored **26** out of 40 which indicates you are more likely to have high self-esteem.

## 7. Locus of Control scale

Locus of control refers to the extent to which individuals believe that they can control events and outcomes in their own lives (Rotter, 1966). Individuals with an internal locus of control believe that events in their life are a result of their own actions. In contrast, those with an external locus of control believe that the events in their life are primarily a result of outside forces (e.g. other people, fate, chance) acting upon them.

Source: [The Locus of Control Scale](#)

⚡ A higher score is better

You scored **14** out of 24 which indicates an internal locus.