Interpretation of Sociotropy Autonomy Scale Results

Client Name: John Doe

Date of Assessment: March 15, 2023

Assessment Conducted By: Dr. Jane Smith, Licensed Clinical Psychologist

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Sociotropy Score: 75

Autonomy Score: 45

Interpretation:

Sociotropy Dimension

John's score on the sociotropy dimension is 75. This suggests that John has a strong tendency towards sociotropy. This could mean that John may be particularly sensitive to social rejection and places high importance on maintaining positive relationships. He may often seek approval from others, which could potentially lead to feelings of anxiety in social situations.

Autonomy Dimension

John's score on the autonomy dimension is 45. This suggests that John has a mild tendency towards autonomy. This could mean that John values his independence and self-reliance but doesn't overly prioritize these aspects. He may be comfortable asking for help when needed, but also places importance on managing tasks on his own.

Next Steps:

Based on these results, it may be beneficial for our therapy sessions to focus on strategies for managing social anxiety. Additionally, enhancing John's communication skills could help him express his needs more effectively, thereby balancing his need for independence with his desire for social acceptance.

Please note: These interpretations are preliminary and should be integrated with other assessment data for a comprehensive understanding of John's mental health.