



Personal Multi-screening Inventory (PMSI)

The assessment was completed on Wednesday, 25
February 2026

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Summary Report - PMSI

Some Self-perception constructs may need attention.

Some Relationship constructs may need attention - this may indicate a lack of a healthy support system.

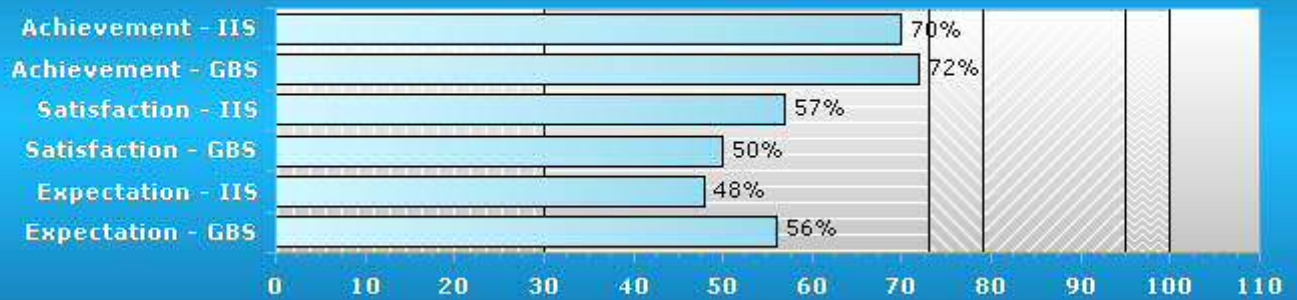
The respondent appears to be overworked and/or emotionally exhausted - he/she may suffer from symptoms of exhaustion.

Some Emotional functioning constructs may need attention.

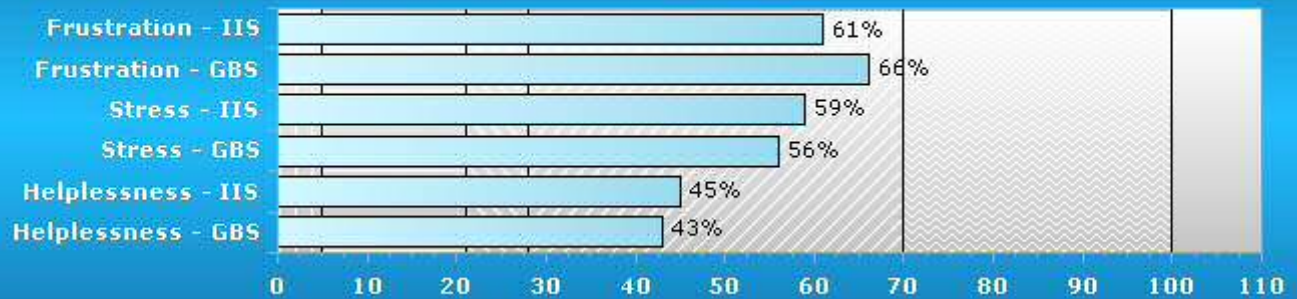
The respondent appears to have external locus of control - he/she allows the environment and/or circumstances to influence his/her effectivity.

Positive/Negative Psycho-social Functioning

Positive Psycho-social Functioning



Negative Psycho-social Functioning



IIS = Inner Interaction Scale
GBS = General Behaviour Scale

Positive Psycho-social Functioning:

0% - 30% : Under activated, unable to rationalize.
31% - 72% : Under activated, needs attention.
73% - 79% : Warning area.
80% - 95% : Optimally activated.
95% - 100% : Over activated, out of touch with reality.

Negative Psycho-social Functioning:

0% - 5% : Under activated, out of touch with reality.
6% - 21% : Optimally activated.
22% - 28% : Warning area.
29% - 70% : Over activated, needs attention.
71% - 100% : Over activated, unable to rationalize.

Pos./Neg. Psycho-social Functioning Descriptive

Negative Psycho-social Functioning

Frustration - GBS (66%)

Over Activated: you sometimes lose self-control when angry, sometimes end up in arguments and make others feel afraid to go against you. You need to develop skills to manage your anger more effectively.

Frustration - IIS (61%)

Over Activated: it seems that you sometimes experience feelings of frustration. You do not always manage the prevention of goal-directed activities as the result of problems in yourself and your environment and you sometimes allow it to prevent you from achieving your goals in life. You sometimes experience feelings like anger, frustration, irritation, impatience, bitterness and suspicion.

Helplessness - GBS (43%)

Over Activated: you sometimes own the following behavioral patterns: lack of goal-directed activities, stopped laughing, no motivation, do not take part in any activities, isolate from people, manage things from a negative point of view and create a depressive atmosphere around you.

Helplessness - IIS (45%)

Over Activated: you sometimes experience that whatever you do, does not matter, because there is no way in which you can control the environmental forces in life. Your inner experiences are sometimes negative. The following emotions sometimes form part of your inner feelings: rejection, downheartedness, uselessness, powerlessness, isolation and senselessness.

Stress - GBS (56%)

Over Activated: the following elements sometimes form part of your behaviour: you sometimes act in an uncertain, moody, panicky, anxious and nervous way. You sometimes experience physical symptoms like headaches and/or muscular pains and sleeplessness. You need to develop skills to manage your stress more effectively.

Stress - IIS (59%)

Over Activated: you sometimes experience stress and you do not always respond positively to the demands of your environment. Experiences like over-stress, nervousness, panic, overload, worry and fatigue are sometimes part of your experiences.

Positive Psycho-social Functioning

Achievement - GBS (72%)

Under Activated: your behaviour sometimes lacks the following elements: organization, thoroughness, diligence, self confidence and drive.

Achievement - IIS (70%)

Under Activated: you sometimes find it difficult to set goals for yourself and to motivate yourself. You sometimes lack the desire to grow and improve and do not always show perseverance to complete difficult or tedious tasks

Expectation - GBS (56%)

Under Activated: you sometimes find it difficult to help and encourage others to be successful. You seldom accept the risk of undertaking new ventures. You cannot always show others that you care and that you have faith in them. You sometimes fail to act calmly or to look beyond the harsh reality in dealing with your problems. You sometimes find it difficult to support others or to act in a protective way towards them.

Expectation - IIS (48%)

Under Activated: you sometimes lose hope and are sometimes pessimistic about your future. You sometimes find it difficult to keep calm and focus on the negative elements in your circumstances.

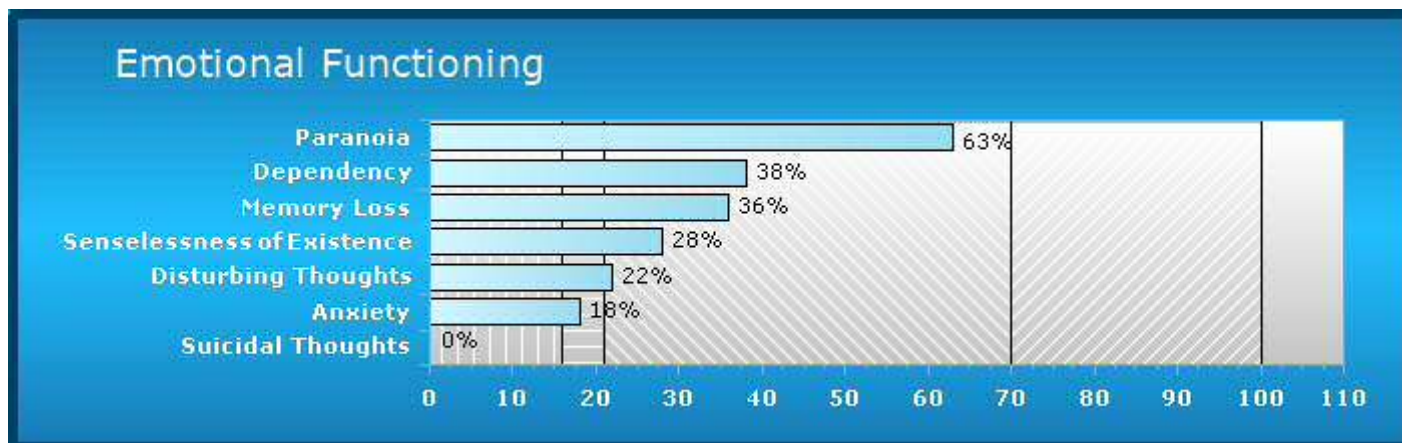
Satisfaction - GBS (50%)

Under Activated: your behaviour sometimes lacks the following elements: meaningful use of free time, interaction with others, responsible and well-considered enjoyment of life.

Satisfaction - IIS (57%)

Under Activated: you sometimes lack the following: satisfaction, happiness, friendliness and peace of mind.

Emotional Functioning



Emotional Functioning:

0% - 16% : Optimally activated.

17% - 21% : Warning area.

22% - 70% : Over activated, needs attention.

71% - 100% : Over activated, unable to rationalize.

Emotional Functioning Descriptive

Emotional Functioning

Paranoia (63%)

Over Activated: you sometimes think people talk about you behind your back or that they are out to get you. You sometimes think people are plotting against you or that people are trying to hurt you. People around you do sometimes resent your ability and talent and they are trying to make you look foolish.

Dependency (38%)

Over Activated: you sometimes need something to help you to cope with life and to support you to handle problems. You sometimes find it hard to manage life without the support of something else. You sometimes find life difficult to handle on your own and then you like it when something helps you to handle pressure and supports you when things go wrong.

Memory Loss (36%)

Over Activated: you sometimes forget where you put objects that you use daily. You sometimes forget important dates, addresses, or phone numbers that you should remember. You sometimes forget multiple directions easily.

Senselessness of Existence (28%)

Over Activated: you sometimes have no purpose in life and then feel you cannot help to make the world a better place. You do not always learn from your experiences and do not always overcome obstacles in your life. You sometimes give up your dream for your life and then you are not able to help others to be happy.

Disturbing Thoughts (22%)

Over Activated: you sometimes have ideas and thoughts that disturb you. You then think about ugly or horrible things. Disturbing ideas sometimes come to you.

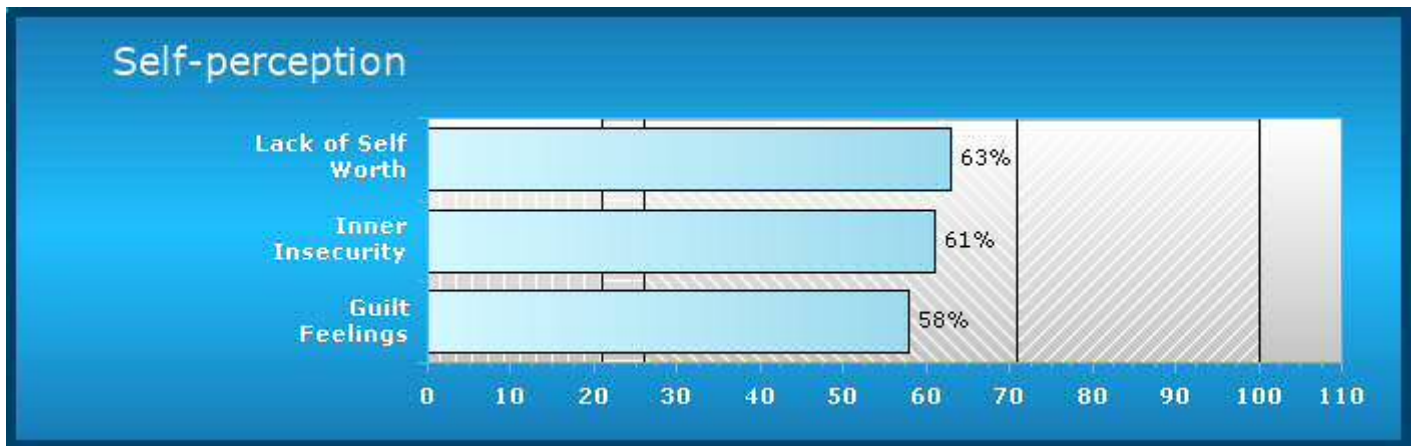
Anxiety (18%)

Warning Area: you do not experience fear or become afraid very easily. You do not feel panic stricken and terrified. You do not wake up at night feeling afraid. (SOMETIMES YOU MAY EXPERIENCE YOURSELF LESS POSITIVELY)

Suicidal Thoughts (0%)

Optimally activated: you do not think that your life is over and about ending your life.

Self-Perception



Self-Perception:

0% - 20% : Optimally activated.

21% - 25% : Warning area.

26% - 70% : Over activated, needs attention.

71% - 100% : Over activated, unable to rationalize.

Self-Perception Descriptive

Self-perception

Lack of Self Worth (63%)

Over Activated: you are not always thankful for who you are and do not always experience yourself as someone important and special. You do not always feel good about yourself, feel loved, respected and needed.

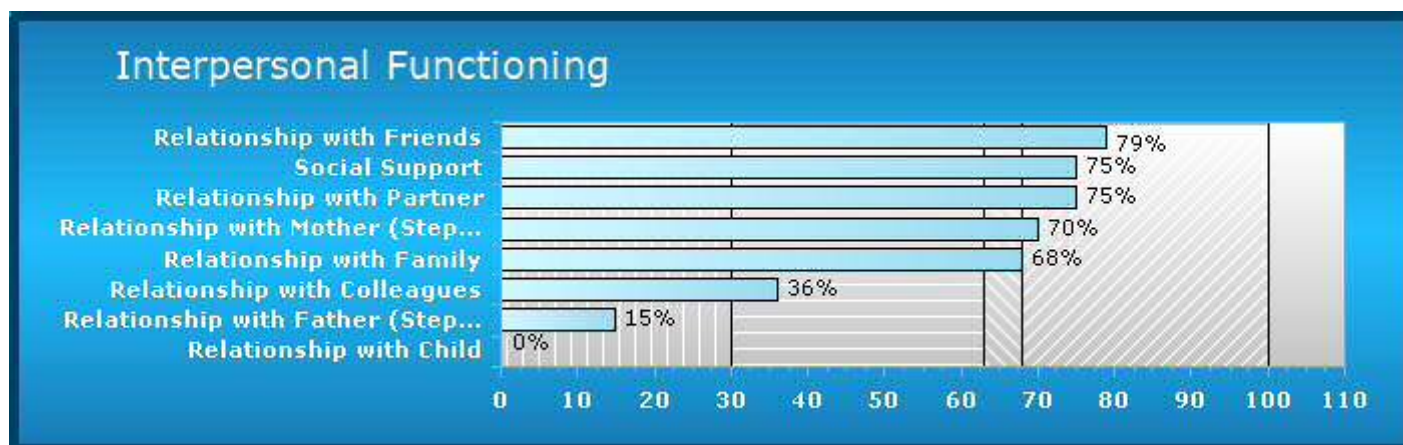
Inner Insecurity (61%)

Over Activated: you sometimes experience a lack of security in your relationships and are afraid that you will be hurt emotionally. You sometimes feel threatened by your circumstances and are afraid of the future. You are sometimes afraid of failure and rejection.

Guilt Feelings (58%)

Over Activated: you do not always manage yourself responsibly and sometimes accept blame for everything that goes wrong. You sometimes feel that you deserve punishment and sometimes allow guilt feelings to control your life.

Interpersonal Functioning



Interpersonal Functioning:

0% - 30% : Under activated, unable to rationalize

31% - 63% : Under activated, needs attention.

64% - 68% : Warning area.

69% - 100% : Optimally activated.

Interpersonal Functioning Descriptive

Interpersonal Functioning

Relationship with Friends (79%)

Optimally Activated: my friends and I do things together. I can be honest with my friends and we share our secrets with one another. My friends bail me out when I am in trouble and we have fun together. I trust my friends.

Relationship with Partner (75%)

Optimally Activated: my partner and I do things together. I can be honest with my partner and we share our secrets with one another. We have fun together. I trust my partner.

Social Support (75%)

Optimally Activated: I can rely on a special person for support. There is a special person that respects me and that cares for me. I can count on a special person when things go wrong and he/she is around when I am in need. I can talk about my problems with a special person and he/she understands my problems. There is a special person who is always there for me and he/she is a real source of comfort to me.

Relationship with Mother (Stepmother) (70%)

Optimally Activated: my mother and I do things together. I can be honest with my mother and we share our secrets with one another. We have fun together. I trust my mother.

Relationship with Family (68%)

Warning Area: my family and I do things together. I can be honest with my family and we share our secrets with one another. I receive guidelines from my family members and we have fun together. I trust my family.
(SOMETIMES YOU MAY EXPERIENCE YOUR FAMILY LESS POSITIVELY)

Relationship with Colleagues (36%)

Under Activated: my colleagues sometimes criticize me and talk behind my back. They sometimes irritate and frustrate me. My colleagues sometimes let me down.

Relationship with Father (Stepfather) (15%)

Under Activated: my father and I do not do things together. I cannot be honest with my father and we cannot share our secrets with one another. We do not have fun together. I do not trust my father.

Relationship with Child (0%)

Under Activated: my child and I do not do things together. I cannot be honest with my child and we cannot share our secrets with one another. We do not have fun together. I do not trust my child.

Spiritual Functioning



Spiritual Functioning:

0% - 30% : Under activated, unable to rationalize

31% - 75% : Under activated, needs attention.

76% - 80% : Warning area.

81% - 100% : Optimally activated.

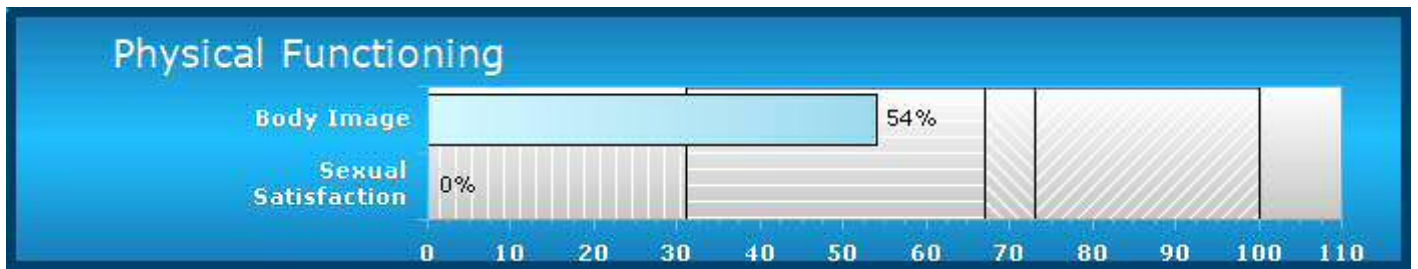
Spiritual Functioning Descriptive

Spiritual Functioning

Relationship with God (91%)

Optimally Activated: God is a reality to me and I acknowledge God's guidance in my life. I have a personal relationship with God and I am aware of God's guidance in my life. I trust in God and I allow God to change me. God makes a difference in my life and I feel safe with God.

Physical Functioning



Physical Functioning:

0% - 31% : Under activated, unable to rationalize

31% - 67% : Under activated, needs attention.

67% - 74% : Warning area.

74% - 100% : Optimally activated.

Physical Functioning Descriptive

Physical Functioning

Body Image (54%)

Under Activated: I am sometimes dissatisfied with the shape and size of my body. I sometimes hate the way my body looks and I sometimes feel overweight. I am sometimes dissatisfied with my body.

Sexual Satisfaction (0%)

Under Activated: my sex life is not exciting. Sex is not a normal function of my relationship with my partner. Sex with my partner is not wonderful and he/she is not sexually pleased with me.

Vertroulike Verslag: Kliënt 1

1. Oorsig van Kliënt 1 se PMSI-profiel

Kernbevindinge uit die Opsomming

Volgens die verslag:

- Daar is 'n eksterne lokus van beheer (hy voel omstandighede bepaal sy effektiwiteit).

2. Gedetailleerde Interpretasie

A. Negatiewe Psigo-sosiale Funksionering (oor-geactiveer)

Frustrasie (GBS 66% | IIS 61%)

Hy:

- Ervaar gereeld innerlike frustrasie
- Kan soms beheer verloor wanneer hy kwaad is
- Ervaar irritasie, bitterheid, agterdog

Praktiese betekenis:

Hy onderdruk moontlik frustrasie totdat dit uitbars. Dit kan konflik veroorsaak of mense laat terugdeins.

Hulpeloosheid (GBS 43% | IIS 45%)

Hy:

- Voel soms wat hy doen maak nie saak nie
- Ervaar magteloosheid en isolasie
- Kan homself onttrek of negatief raak

Dit bevestig die eksterne lokus van beheer – hy voel omstandighede beheer hom.

Stres (GBS 56% | IIS 59%)

Hy:

- Ervaar oorlading en moegheid
- Toon soms angstige gedrag
- Mag fisiese simptome hê (hoofpyne, slapeloosheid)

Duidelike emosionele uitputting.

B. Positiewe Psigo-sosiale Funksionering (onder-geaktiveer)

Prestasie (GBS 72% | IIS 70%)

Net onder kliniese afsnypunt.

- Sukkel soms met doelwitstelling
 - Gebrek aan volharding
 - Selfvertroue wissel
-

Verwagting / Hoop (GBS 56% | IIS 48%)

- Soms pessimisme oor toekoms
 - Moeilik om kalm te bly
 - Fokus maklik op negatiewe
-

Tevredenheid (GBS 50% | IIS 57%)

- Gebrek aan lewensvreugde
 - Minder innerlike vrede
 - Swakker balans werk/ontspanning
-

3. Emosionele Funksionering

Paranoia (63%) – Oorgeaktiveer

Hy:

- Dink soms mense praat agter sy rug
- Voel ander probeer hom ondermyn

Dit dui moontlik op:

- Vertrouenskweptes
 - Hoë waaksaamheid
-

Dependency (38%)

- Gebruik soms iets/iets om druk te hanteer
 - Sukkel om alleen druk te dra
-

Gevoel van sinloosheid (28%)

- Soms gebrek aan doel en betekenis
-

Self-persepsie

Gebrek aan selfwaarde (63%)

- Voel nie altyd belangrik of waardevol nie
- Ervaar nie altyd dat hy geliefd of gerespekteer is nie

Innerlike onsekerheid (61%)

- Vrees verwerping
- Bang vir mislukking
- Toekoms voel soms bedreigend

Skuldgevoelens (58%)

- Neem te veel verantwoordelikheid
- Moeilik om homself te vergewe

Kernprofiel Samevatting

Kliën 1 se profiel wys:

1. Hoë stres + frustrasie
2. Eksterne lokus van beheer
3. Swak selfwaarde
4. Innerlike onsekerheid
5. Wantroue teenoor ander
6. Emosionele uitputting
7. Gebrekkige hoop en tevredenheid

Hy funksioneer waarskynlik:

- Onder konstante druk
 - Met baie innerlike selfkritiek
 - Met 'n behoefte aan erkenning
 - Met onderdrukte emosies
 - Met lae energie en betekenis
-