



Crrescita score: 7.00 | The careful listeners

Name: Student User 2

Gender: Male

Occupation: -

Dob: 01-Jan-13

Education: 3rd

Test Details

Date: 08-11-2023

Start time: 08:51 PM

End Time: 08:55 PM

Finish state: Normal

Response style: Careless

The Diligent Doers (7.51 - 10.00): These individuals demonstrate exceptional commitment and diligence in managing their diabetes. They actively engage in self-care practices, adhere to treatment plans, and prioritize their overall well-being. Their proactive approach leads to positive health outcomes and improved quality of life.

The Careful Listeners (5.01 - 7.50): These individuals are attentive and receptive to diabetes management recommendations. They actively seek knowledge, listen to healthcare professionals, and make efforts to incorporate healthy habits into their lifestyle. With ongoing support and guidance, they have the potential to further enhance their diabetes management skills.

The Typecasts (2.51 - 5.00): These individuals may have room for improvement in their diabetes management practices. They may occasionally overlook certain aspects or struggle to consistently adhere to treatment plans. With targeted education and support, they can develop better strategies to effectively manage their diabetes and improve their overall well-being

The Easy Goers (0 - 2.50): These individuals may exhibit limited engagement or motivation in managing their diabetes. They may have difficulty adhering to treatment plans or lack awareness of essential self-care practices. Encouragement, education, and personalized support are crucial in helping them develop the necessary skills and mindset to take control of their diabetes and improve their health outcomes.

Disclaimer :EQ Ins , created by Crrescita for BeatO, provides information on diabetes management. However, it is not a substitute for professional medical advice. The assessment and its report are for informational purposes only and should be interpreted in consultation with a healthcare professional. Crrescita and BeatO do not assume liability for the accuracy or reliability of the assessment. Users should consult their healthcare provider before making any changes based on the assessment results. The assessment does not replace proper diagnosis or treatment. Crrescita and BeatO are not responsible for any adverse effects from using the assessment. Users release Crrescita and BeatO from any claims or damages arising from the assessment's use. Consult a healthcare provider for personalized advice. By using the assessment, you agree to this disclaimer. - © Crrescita

Guide On Using This Report

Introduction

The diabetes wellness assessment evaluates various aspects of an individual's diabetes management and overall well-being as mentioned below:

1. Diabetes Understanding and knowledge
2. Emotional Well-being and Coping
3. Lifestyle and Behavior Management
4. Self-Monitoring and Medication Adherence
5. Support and Healthcare Team

Introducing the Diabetes Wellness Assessment by Crrescita for BeatO. Our assessment provides personalized insights and recommendations to support your diabetes management journey. With expertise from our healthcare and wellness professionals, we've created a comprehensive tool that offers tailored reports with interpretation, analysis, and actionable self-help and mentorship guides. Let us empower you with valuable information and support to enhance your diabetes care and overall well-being.

The Standard Report

The standard report provides a detailed breakdown of the respondent's performance across the subscales using narratives and profile charts.

Reference group (norms) used

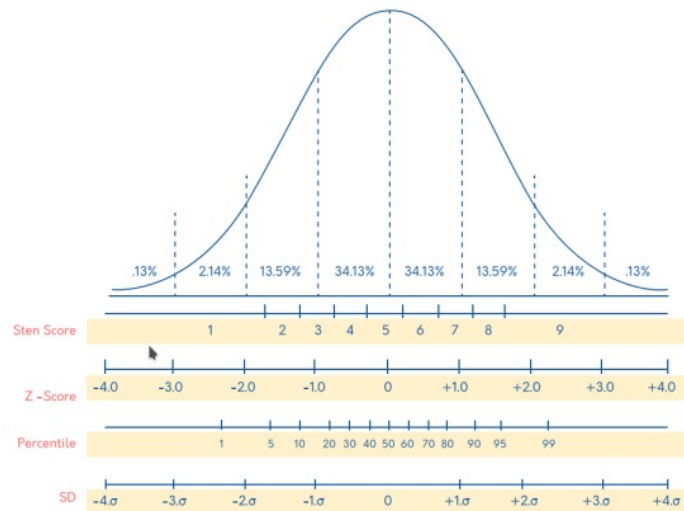
A reference group is used to gain valuable insights into your EQ Ins.

The following norms were used to generate this report

Norms	Age	Gender	Industry	Level of Education	Country
Cohort	22	Male	Psychologist/Counsellor/Social Worker	Primary	India

Understanding the chart and tables

Much of the information presented in this report is presented in the form of charts or tables, which is why it is important to be able to read them accurately and make use of the information contained within them. The data in the charts and tables.



Raw score

Raw score is simply the (un-scaled) sum of responses the respondent receives on the test scale.

Z Score

It is another standardised score used to compare respondent results. Z-scores are expressed in terms of standard deviations from their means. Resultantly, these z-scores have a distribution with a mean of 0 and a standard deviation of 1. This score is presented as a numerical value in the results chart.

STEN Score

It is a standardised scale used to compare respondent's results. The STEN Score has a Mean of 5.5 and Standard Deviation of 2. This score is presented as a 10- point scale in the results chart.

Explanation of response style

Genuine

If questions are answered in a sufficiently varied manner. (this will be an exclusion criteria i.e. if no below mentioned style is identified, this will be the default choice)

Social Desirability

If questions are answered in a socially desirable manner for more than 60% of the questions. (i.e to say if the answers with greater value i.e. 5 is answered more than 60% of time)ts chart.

Central Tendency

If more than 60% of the questions are answered as neither agree nor disagree.

Acquiescence

If questions are answered in a 'strongly disagree' or 'strongly agree' manner for more than 60% of the questions.

Self Awareness



7.00

Self Awareness: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
105	2.8	7.00	Good

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

- 1. Recognition of Emotions:** Generally recognizes personal emotions but may not always understand their origins or effects fully.
- 2. Self-Reflection:** Regularly reflects on personal experiences and learns from them, though some areas of self may remain unexamined.
- 3. Understanding Motivations:** Understands personal motivations in familiar situations but can be unclear about them in new or challenging contexts.
- 4. Impact on Others:** Often aware of the impact on others and tries to adjust behavior accordingly, though not always successfully.
- 5. Seeking Feedback:** Usually welcomes feedback and uses it to improve, though may sometimes be defensive or selective in accepting it.

Self Help Guide

- 1. Feedback Integration:** Actively integrate feedback you receive into your self-improvement plans.
- 2. Challenging Beliefs:** Challenge your existing beliefs and assumptions about yourself by trying new things and stepping out of your comfort zone.
- 3. Mentorship:** Seek a mentor who can provide you with insights and guidance on personal growth.
- 4. Emotional Intelligence Reading:** Read books on emotional intelligence to enhance your understanding of self-awareness.
- 5. Workshops and Seminars:** Attend workshops or seminars on personal development and apply the learnings to your life.

Mentor's Guide

- 1. Advanced Feedback:** Provide nuanced feedback that challenges the individual to think deeper about their motivations and the roots of their emotions.
- 2. Belief Examination:** Help the individual examine and test their beliefs and assumptions through thought experiments and discussions.
- 3. Mentoring on Emotional Intelligence:** Share insights and knowledge on emotional intelligence, particularly on the importance of self-awareness in personal and professional contexts.
- 4. Development Workshops:** Encourage participation in workshops or seminars that focus on advanced personal development strategies.
- 5. Modeling Behavior:** Model reflective and self-aware behavior as a mentor, showing the individual how to continuously learn and grow.

Opportunist



5.00

Opportunist: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
70	2	5.00	Potential for Improvement

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Sometimes appears to balance personal gain with consideration for others, but not consistently.
2. Recognizes the value of mutual benefit but often prioritizes personal outcomes.
3. Occasionally invests in relationships, but this may be driven by potential personal benefits rather than genuine connection.
4. Has moments of collaboration but can revert to opportunistic tendencies under pressure.
5. Aware of the negative perception of opportunism and makes some effort to adjust behavior.

Self Help Guide

1. Make an effort to understand the perspectives and needs of others, and consider how your actions impact them.
2. Engage in activities that require teamwork and collective effort, reinforcing the value of cooperation.
3. Practice transparency in your motives and decisions, building trust with those around you.
4. Set goals that include not only personal success but also contributions to the welfare of the group or community.
5. Work on developing a more altruistic approach to opportunities, assessing the broader implications of your actions.

Mentor's Guide

1. Challenge the individual to reflect on their actions and their impact on others, promoting self-awareness.
2. Encourage the development of long-term, mutually beneficial relationships rather than short-term gains.
3. Facilitate learning opportunities that emphasize the value of ethical practices and community-oriented success.
4. Provide support as the individual navigates situations where they might be tempted by opportunism, helping them to make more balanced choices.
5. Recognize and reinforce positive behavior that demonstrates consideration for the wider good.

Self Regulation



7.00

Self Regulation: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
175	2.8	7.00	Good

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Shows a moderate level of self-control, maintaining composure in familiar situations.
2. Can maintain focus for extended periods, though may struggle with novel or complex tasks.
3. Sets goals that are generally realistic and shows determination in pursuing them.
4. Displays a mix of reliable and inconsistent habits, with a trend towards improvement.
5. Usually open to feedback and takes steps to apply it constructively.

Self Help Guide

1. Expand your stress management toolkit to include a variety of techniques, such as yoga, progressive muscle relaxation, or hobbies that calm the mind.
2. Experiment with different methods of maintaining focus, like mindfulness or focusing on the present moment, to find what works best for you.
3. Regularly reassess and adjust your goals to ensure they remain challenging yet achievable.
4. Build a support system of friends, family, or colleagues who encourage your positive habits.
5. Embrace a growth mindset, viewing each piece of feedback as an opportunity to learn something new.

Mentor's Guide

1. Challenge individuals with scenarios that require higher levels of self-regulation to promote growth.
2. Discuss strategies for advanced goal setting and the importance of flexibility and adaptability.
3. Encourage the maintenance of positive habits, even when facing personal and professional challenges.
4. Promote the idea of self-regulation as a key aspect of leadership and personal development.
5. Foster an environment where feedback is seen as a constructive part of the learning process.

Insensitive



7.00

Insensitive: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
84	2.8	7.00	Good

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Generally aware of others' feelings and tries to be considerate, although may not always succeed.
2. Balances task-oriented goals with interpersonal considerations, showing signs of sensitivity.
3. Makes efforts to communicate with care, but may occasionally miss the mark.
4. Values the importance of empathy and sensitivity, working to integrate them into daily interactions.
5. Demonstrates a growing understanding of how insensitivity can impact relationships and is taking steps to improve.

Self Help Guide

1. Continue to seek out and respond to feedback on your interactions, using it as a guide for ongoing improvement.
2. Look for opportunities to show kindness and understanding in your daily interactions.
3. Practice empathy by imagining yourself in someone else's situation, particularly when you find it difficult to relate to their feelings.
4. Participate in discussions or workshops on diversity and inclusion to broaden your perspective and appreciation for different viewpoints.
5. Challenge yourself to respond with sensitivity, especially in stressful or challenging situations.

Mentor's Guide

1. Challenge the individual to take on roles or tasks that require them to demonstrate understanding and consideration for others' feelings.
2. Encourage them to seek out diverse perspectives to enhance their empathy and understanding of different emotional experiences.
3. Support them in developing a more nuanced approach to communication, recognizing the emotional undercurrents in various interactions.
4. Provide feedback on their progress, acknowledging improvements and suggesting areas for continued growth.
5. Collaborate on community or team projects that require a high degree of sensitivity and empathy to succeed.

Self Obsession



5.00

Self Obsession: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
25	2	5.00	Potential for Improvement

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Shows occasional awareness of others but tends to revert back to self-centered behavior.
2. Acknowledges the need for balance between self-interest and teamwork but may struggle to practice it.
3. Can recognize others' contributions but may not always give credit where it's due.
4. Sometimes participates in group work but may still seek to dominate or control the situation.
5. Attempts to reduce self-obsessed behavior are made but lack consistency and follow-through.

Self Help Guide

1. Develop a habit of considering how your decisions and actions impact your colleagues and friends.
2. Make an effort to contribute to group projects in a way that supports the team rather than highlighting your own role.
3. When working with others, listen more than you speak, valuing the input and perspectives of your teammates.
4. Recognize and express gratitude for the help and support you receive from others.
5. Engage in regular community or group activities where the focus is on the collective good, not individual performance.

Mentor's Guide

1. Assist in setting goals that focus on enhancing team performance and interpersonal relationships.
2. Monitor the individual's progress in group settings, offering regular feedback and encouragement.
3. Provide examples and role models of successful leaders who balance personal drive with a commitment to their team.
4. Encourage the individual to take part in group decision-making, emphasizing the importance of diverse perspectives.
5. Recognize and reinforce behavior that shows consideration for the collective, rather than just individual, success.

Managing Relations



8.00

Managing Relations: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
136	3.2	8.00	Excellent

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Highly attuned to others' emotional states and adept at responding empathetically.
2. Fosters strong, resilient relationships that withstand stress and conflict.
3. Communicates with clarity and sensitivity, even in emotionally charged situations.
4. Consistently incorporates diverse perspectives to enrich decision-making and problem-solving.
5. Handles conflicts with diplomacy and tact, often achieving mutually beneficial outcomes.

Self Help Guide

1. Continue to develop a deep understanding of emotional intelligence and its application in managing relationships.
2. Lead by example in fostering open, honest, and empathetic communication within your circles.
3. Mentor others in effective communication and conflict resolution strategies.
4. Facilitate group discussions or forums to promote mutual understanding and respect.
5. Regularly evaluate and refine your approach to managing relationships to adapt to changing dynamics and individual needs.

Mentor's Guide

1. Challenge the individual to take on leadership roles that require sophisticated relationship management skills.
2. Encourage the development of mentoring relationships where they can guide others in effective communication and empathy.
3. Discuss the integration of emotional intelligence insights into strategic relationship development.
4. Support the exploration of complex conflict resolution scenarios to broaden and refine skills.
5. Promote ongoing self-assessment and reflection to continually improve relationship management abilities.

Empathy



8.00

Empathy: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
120	3.2	8.00	Excellent

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Highly sensitive to the emotions of others and responds with deep understanding and compassion.
2. Consistently views situations from multiple perspectives and uses this insight to guide interactions.
3. Proactively offers support and comfort to others, often anticipating their emotional needs.
4. Skilfully navigates complex emotional situations, offering appropriate and heartfelt responses.
5. Values empathy as a cornerstone of all relationships and is recognized for this strength by others.

Self Help Guide

1. Mentor others in developing their empathy by sharing your experiences and techniques.
2. Continue to seek out and understand complex emotional situations to further refine your empathetic skills.
3. Take the initiative to create supportive environments that encourage empathetic interactions.
4. Lead by example, demonstrating how empathy can positively impact personal and professional relationships.
5. Engage in regular self-evaluation to ensure your empathetic skills continue to grow and adapt.

Mentor's Guide

1. Support the individual in leading empathy-building workshops or initiatives within their community or organization.
2. Collaborate on projects that require a deep understanding of others' needs and perspectives.
3. Encourage the continuous development of empathy through exposure to diverse cultures, communities, and experiences.
4. Discuss the role of empathy in leadership and its impact on group dynamics and morale.
5. Guide the individual in mentoring others to develop their empathy, reinforcing their own skills in the process.

Self Motivation



6.00

Self Motivation: Demonstrates a strong understanding of diabetes and its management principles, enabling informed decision-making and effective self-care.

Raw score	Z Score	Sten Score	Impression
78	2.4	6.00	Good

(Grades based on STEN score) 0 - 2.5 Improvement required, 2.51 - 5 Potential for Improvement, 5.1 - 7.5 Good, 7.51 - 10 Excellent.

Interpretation and Analysis

1. Generally motivated and able to initiate tasks without constant external prompts.
2. Sets and works towards goals with a reasonable degree of success, although may sometimes struggle with motivation.
3. Often exhibits a positive attitude and energy towards work, especially when engaged in meaningful tasks.
4. Balances short-term pleasures with long-term goals, although may occasionally succumb to distractions.
5. Usually resilient to challenges and setbacks, using them as learning opportunities more often than not.

Self Help Guide

1. Continually reassess and align your goals with your core values to ensure they are meaningful and motivating.
2. Cultivate a growth mindset, viewing challenges as opportunities to learn and improve.
3. Engage in regular self-reflection to understand what drives you and how you can harness this for sustained motivation.
4. Practice discipline in maintaining focus, even during less engaging tasks, by reminding yourself of their importance in your overall goals.
5. When facing setbacks, look for the lesson in the experience and use it to fuel your motivation moving forward.

Mentor's Guide

1. Collaborate on setting goals that align with the individual's values and long-term aspirations.
2. Challenge the individual to step out of their comfort zone, fostering a resilient mindset towards obstacles.
3. Advise on the importance of maintaining a balanced approach to work and relaxation to prevent burnout.
4. Provide consistent feedback, highlighting areas of strength and offering constructive suggestions for areas of growth.
5. Encourage the pursuit of personal development opportunities that can enhance motivation and drive.

About The Diabetes wellness assessment:

It evaluates various aspects of an individual's diabetes management and overall well-being. It includes an assessment of their diabetes understanding and knowledge, emotional well-being and coping, lifestyle and behaviour management, self-monitoring and medication adherence, support from the healthcare team. The assessment aims to provide a comprehensive overview of the individual's diabetes wellness, identifying strengths and areas for improvement. This information helps tailor personalized interventions and support to optimize diabetes management, enhance emotional resilience, promote healthy lifestyle behaviors, and ensure effective self-care. The assessment serves as a valuable tool in guiding healthcare providers in developing targeted interventions to improve the individual's quality of life and long-term outcomes.

Result Summary:

