

Supporting victim-survivors – outcomes form

How are you feeling and how are you doing?

It is important for us, and you, to see whether the support you are getting is helping you. Please tick the box that is most true for you over the last two weeks.

| Over the past two weeks... | Never | Not very often | Some of the time | Most of the time | All of the time |
|--|-------|----------------|------------------|------------------|-----------------|
| 1. I have been able to deal with my daily life | | | | | |
| 2. I have been confident about doing new things | | | | | |
| 3. I have been confident about meeting new people | | | | | |
| 4. I have felt isolated and alone | | | | | |
| 5. I have been happy with the amount of contact I have had with other people | | | | | |
| 6. I have been able to set boundaries in relationships | | | | | |
| 7. I have had satisfying relationships with people that matter to me | | | | | |
| 8. I have had satisfying relationships with my children (if applicable) | | | | | |
| 9. I have taken good care of myself (e.g. washing myself, getting dressed, eating regular meals) | | | | | |
| 10. I have been able to concentrate on the things I need to do | | | | | |
| 11. I have felt well enough to work or study | | | | | |
| 12. I have felt able to cope if things have gone wrong | | | | | |
| 13. I have felt I deserve relationships where I am respected | | | | | |
| 14. I have felt low, depressed, anxious or nervous | | | | | |
| 15. I have over-eaten or under-eaten to help me cope | | | | | |
| 16. I have self-harmed to help me cope | | | | | |

| | Never | Not very often | Some of the time | Most of the time | All of the time |
|--|-------|----------------|------------------|------------------|-----------------|
| Over the past two weeks... | | | | | |
| 17. I have been able to manage my use of: <ul style="list-style-type: none"> • Alcohol • Prescribed medication (such as anti-depressants or sleeping pills) • Non-prescribed drugs (such as cannabis, speed, cocaine, heroin) | | | | | |
| 18. I have been proud of things I have done | | | | | |
| 19. I have had supportive contact with other people who have experienced violence and abuse | | | | | |
| 20. I have felt in control of my life | | | | | |
| 21. I have been able to make my own decisions | | | | | |
| 22. I have felt able to speak to people about my experiences of abuse, if I wanted to | | | | | |
| 23. I have known I was not responsible for the abuse that happened to me | | | | | |
| 24. I have been able to recognise if other people have been behaving abusively | | | | | |
| 25. I have been aware of what options are available to me | | | | | |
| 26. I have felt safer from further violence and abuse | | | | | |
| 27. I have felt able to be in a sexual relationship, if I chose to | | | | | |

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| 28. What is the most important thing this service has helped you to achieve? | |
| 29. What is the biggest challenge you are facing now? | |
| 30. Is there anything else you would like to tell us? | |

How are we doing?

We are interested in your experience of the support you have been offered by this service.

Thinking about the last 2 weeks, please tell us how far you agree with the following statements.

| | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
|---|-----------------------|--------------|-----------------------------------|-----------------|--------------------------|
| Over the past two weeks... | | | | | |
| 1. I have been listened to and believed by staff here | | | | | |
| 2. I have been valued as a person by the people who work here | | | | | |
| 3. I have been treated with respect | | | | | |
| 4. Staff have been respectful of my identity (e.g. my gender, race, age, sexual orientation, disability, faith) | | | | | |
| 5. Staff here have been knowledgeable and competent | | | | | |
| 6. I have felt safe to talk about my experiences of abuse and violence | | | | | |
| 7. I have not felt judged | | | | | |
| 8. I have been given choices about the support I receive | | | | | |
| 9. Coming to this service has made a positive difference to my life | | | | | |

Please now continue to the final section over the page...

| | Yes | No | If you answered 'yes', how helpful has this support been for you? | | | | |
|---|-----|----|---|---------|-------------------------------|-----------|----------------|
| | | | Very helpful | Helpful | Neither helpful nor unhelpful | Unhelpful | Very unhelpful |
| 10. I have had access to a single, named support/key worker | | | | | | | |
| 11. The service has been able to support me to deal with practical issues, as needed, such as: <ul style="list-style-type: none"> • Education or employment • Legal • Housing • Finances or benefits • Other practical needs | | | | | | | |
| 12. I have been supported to access other services where needed | | | | | | | |
| 13. I have been supported in my relationships with my children (if applicable) | | | | | | | |
| 14. I have been supported to have positive relationships with family and friends (if applicable) | | | | | | | |
| 15. I have been offered opportunities to have supportive contact with other people who've experienced abuse | | | | | | | |

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|---|--|
| 16. If you could change one thing about the support you get what would it be? | |
| 17. Is there anything else you would like to tell us? | |