

## Client Disposition Questionnaire (SCAPP Scale)

The client/patients natural disposition can affect the amount of time required for the cosmetic tattoo consultation and the level of support that may be required during and after the treatment.

### What is the Your Usual Disposition?

Pick the statement that is closest to your usual disposition and circle your choice.  
This helps us prepare and allocate the correct amount of time for your appointment.

Questions	1	2	3	4	5
<b>Q1 (Stress):</b> How relaxed are you?	<b>Very Relaxed</b>  I am always relaxed I never get stressed even in tense situations.	<b>More Relaxed Than Most</b>  I am relaxed the majority of the time and it is rare for me to feel stressed, if I do experience stress it passes quickly.	<b>Relaxed</b>  I am usually relaxed but I sometimes experience stress in tense situations. I don't obsess over stressful situations or thoughts and I get over stress quite quickly.	<b>I Get Stressed More than Most</b>  I am more highly strung than most and notice that I experience stress in situations that other people do not. Sometimes it seems to take a while for me to stop thinking about and recover from stressful situations.	<b>I Get Stressed Very Easily</b>  I am very highly strung and I do not cope very well with stress and it seems to take a long time to calm down when I feel stressed. I think about stressful situations and experiences more than I would like.
<b>Q2 (Choice):</b> How often do you experience indecision, self doubt, or regret?	<b>Never</b>  I make my mind up and trust my decisions. I nearly always make the right choice and never experience regret or self doubt.	<b>Rarely Ever</b>  I make the right choices most of the time and rarely ever experience regret or self doubt about my decisions.	<b>Not Often</b>  I usually make the right choices but get it wrong on some occasions, I sometimes have doubts but I know I can trust my decisions. I sometimes experience regret but not very often.	<b>More than Most</b>  I seem to be more indecisive than most people and after making decisions I am quite prone to changing my mind. I make quite a lot of choices that I regret.	<b>Frequently</b>  I am very indecisive and find it hard to make a choice and stick with it. I regret lots of choices that I make and still feel angry about some of them. Things seem to go wrong for me more often than most other people.
<b>Q3 (Analgesia):</b> How often do you take analgesics? (pain killers of any type)	<b>Never</b>  Cant remember the last time you took an analgesic	<b>Rarely</b>  2-4 times / year or less	<b>Sometimes</b>  Once a month or less	<b>Quite Often</b>  2-3 times / week or less	<b>Regularly</b>  Every Day
<b>Q4 (Pain):</b> How sensitive to pain are you?	<b>Not at all Sensitive</b>  I rarely experience pain even in situations that other do.	<b>Low Sensitivity</b>  I occasionally experience pain but usually less than others do.	<b>Average Sensitivity</b>  I do not seem to experience pain any more or less than others do.	<b>Quite Sensitive</b>  I experience pain easily even in situations that other do not.	<b>Extremely Sensitive</b>  Have difficulty with even the slightest discomfort.
<b>Q5 (Precise):</b> How focused and particular are you?	<b>Not at all Particular</b>  I am happy float along and to see where life takes me, life is an adventure and I like it to be unexpected.	<b>Slightly Particular</b>  I am more accepting of life's twists and turns than most people but I sometimes make an effort to make things go my way. If things do not happen the way that I expected I adapt very quickly.	<b>Occasionally Particular</b>  I mostly go with the flow of life but I do not like to just drift along timelessly. I get focused when I need to and like to know where I am headed but accept life has it ups and downs.	<b>Quite Particular</b>  I am more particular than most people, most of the time I know where I am going and what I want. Sometimes I feel a bit disappointed if things do not go how I planned.	<b>Very Particular</b>  I am very focused, always know what I want and I like things to be just so. I get disappointed easily and have high expectations for myself and others. It is important for life to go in the direction that I chose.

*An overall rating greater than 15 and or a rating higher than 4 on any individual question will indicate that more time than usual may need to be allocated to the appointment and additional pre/post treatment support may be required for the client/patient.*

## **Interpreting the SCAPP Scale**

*An overall rating greater than 15 and or a rating higher than 4 on any individual question will indicate that more time than usual may be need to be allocated to the appointment and additional pre/post micropigmentation treatment support may be required for the client/patient.*

**Q1 (Stress):** *A self rating of 4 or above indicates that client/patient may experience more anxiety during the treatment than usual. Additional time should be allocated to explain each step of the procedure so that the client feels comfortable and not rushed. A calm environment with low noise levels is recommended and keep interruptions to a minimum.*

**Q2 (Choice):** *A self rating of 4 or above indicates that client/patient may be more inclined to post treatment regret than usual. Additional time should be allocated to the initial consultation to permit the client to reach a decision they are comfortable with. The client should be encouraged to take their time and talk it over with their significant others before making the final decision.*

**Q3 (Analgesia):** *A self rating of 5 or above indicates that client/patient may be more sensitive to pain than usual during the procedure. Additional time should be allocated to the procedure so that the client feels comfortable and not rushed, providing the client extra breaks during the procedure may be required. A calm environment with low noise levels is recommended, keep interruptions to a minimum.*

**Q4 (Pain):** *A self rating of 4 or above indicates that client/patient may be more sensitive to pain than usual during the procedure. Additional time should be allocated to the procedure so that the client feels comfortable and not rushed, providing the client extra breaks during the procedure may be required. A calm environment with low noise levels is recommended, keep interruptions to a minimum.*

**Q5 (Precise):** *A self rating of 5 or above indicates that client/patient may be more sensitive to post treatment comments by others than is usual. Additional time should be allocated to the initial consultation to permit the client to reach a decision they are comfortable with and to make fine adjustments to the finished result at the completion of the treatment. The client should be encouraged to take their time and talk it over with their friends and family before having the procedure so that their significant others are adequately informed about what to expect with the subtle change in their appearance after the procedure.*