

Relational Aspects of Care Questionnaire

Instructions: Below is a list of statements about relational aspects of working with patients. For each item please choose a box to indicate which answer applies best to you. Please answer all of the questions.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
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When working with patient(s), I am aware of sometimes feeling:

1	anxious					
2	a dislike towards the person					
3	provoked or angered					
4	'cut-off' or not interested					
5	kindness and a wish to care					
6	a sense of hopelessness					

When working with patient(s), I am aware sometimes of an impulse to:

7	respond in a harsh way					
8	act in a rejecting way					
9	show extra caring					
10	avoid them					

Please turn over for side 2

For the following statements about responses to working with patients, please choose which box applies best to you:

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
11	Having feelings (e.g. anxiety, anger etc) in response to patients is weak					
12	Staff should discuss their emotional responses to patients with colleagues					
13	Having feelings (e.g. anxiety, anger etc) in response to patients is unprofessional					
14	I feel comfortable talking to colleagues about feelings to do with work					
15	When at work staff should try and block out their feelings to do with patients					
16	Making time to reflect on my interactions with patients is a priority for me					
17	How I feel when I'm with a patient can tell me something useful about the patient's state of mind					
18	Talking with colleagues about my feelings to do with patients improves relationships with patients					
19	My emotional responses to a patient can potentially lead to unhelpful actions by me					
20	When I have a different view to colleagues about a clinical situation I feel able to express my ideas					

Thank you for completing this questionnaire



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Note: Where the word 'patient' appears, if required, this could be changed to a more suitable term such as 'client' or 'service user'

The Relational Aspects of CarE (TRACE) scale. Adam Polnay and Helen Walker 2021.
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