**Assessment Measures**

**GENERAL DISTRESS MEASURES**

**Depression Anxiety Stress Scales 21 (DASS21) with suicide items** (DASS; Lovibond & Lovibond, 1995)

[www.box.net/shared/static/lfy8hmqz6t.doc](http://www.box.net/shared/static/lfy8hmqz6t.doc)

Measure with three scales: depression, anxiety, and stress. Good weekly measure of psychological symptoms. Brief, easy for clients to complete (5-10 minutes).

***Note:*** *The last two items on this measure were added with the permission of Lovibond & Lovibond to screen briefly for suicidal ideation on a consistent basis. They are not included in the scoring of the DASS scales and have not to date been scientifically validated but may be clinically useful.*

Interpretation: Add the scores for each scale.

Depression: 0-4 (normal), 5-6 (mild), 7-10 (moderate), 11-13 (severe), > 14 (extremely severe)

(further information - [www.box.net/shared/static/09rfo4kjhl.pdf](http://www.box.net/shared/static/09rfo4kjhl.pdf)).

Scoring program - [www.box.net/shared/static/a1pcxl41rd.xls](http://www.box.net/shared/static/a1pcxl41rd.xls) . The DASS manual and other information is available from the DASS website at [www.psy.unsw.edu.au/dass](http://www.psy.unsw.edu.au/dass) (go to the link for the DASS on the menu to the left).

**Revised Children's Anxiety and Depression Scale (RCADS)** (Chorpita, B., 2006)

[www.box.net/shared/static/nhkisgudga.pdf](http://www.box.net/shared/static/nhkisgudga.pdf)

47-item self-report questionnaire provides T-scores for Separation Anxiety, Generalized Anxiety, Panic, Social Phobia, Obsessions/Compulsions and Depression for children 3-12.

Visit <http://www.childfirst.ucla.edu/resources.html> for more information about evidence-based practices for youth.

Chinese RCADS - [www.box.net/shared/static/ee7puqcol2.pdf](http://www.box.net/shared/static/ee7puqcol2.pdf)

RCADS Scoring Program (excel graphing program with dummy data to illustrate) - [www.box.net/shared/static/hg6f1s5107.xls](http://www.box.net/shared/static/hg6f1s5107.xls)

**Brief Symptom Interview** [Author, Date]

[www.box.net/shared/static/gvz4g2n1r9.doc](http://www.box.net/shared/static/gvz4g2n1r9.doc)

[brief description needed]

**Trimodal Anxiety Questionnaire (TAQ)**

**Anxiety Control Questionnaire (ACQ)**

**MASQ**

**PANAS** are okay (negative and positive affect based on tripartite model) Symptom

**ANXIETY DISORDERS (ADULT AND CHILDREN)**

Agoraphobia

**Mobility Inventory for Agoraphobia (MI)**

Generalized Anxiety Disorder/Worry

**Penn State Worry Questionnaire for Children (PSWQ-C)** (Chorpita et al., 1997)

English download - [www.box.net/shared/static/7rp0r1td6x.pdf](http://www.box.net/shared/static/7rp0r1td6x.pdf)

The PSWQ-C is a 14-item self-report questionnaire designed to assess worry in children and adolescents aged seven to seventeen.

PSWQ-C Korean - [www.box.net/shared/static/nv5cuykxhi.pdf](http://www.box.net/shared/static/nv5cuykxhi.pdf)

PSWQ-C Description and Scoring Instructions - [www.box.net/shared/static/m3phpl1e59.pdf](http://www.box.net/shared/static/m3phpl1e59.pdf)

**Why Worry Scale II (WW-II)**

Panic Disorder

**ASI-R,** -good mechanism measure for PANIC

Post Traumatic Stress Disorder

(Check with Josef--bet the VA has identified those measures most practical in routine settings)

Social Anxiety

**SPIN:** QUICK measure

**Social Interaction Anxiety Scale (SIAS)** in combination with **Social Phobia Scale (SPS)**

**BORDERLINE PERSONALITY DISORDER**

**Borderline Symptom List - 23 (BSL-23)** (Bohus, et al, 2008 )

English - [www.box.net/shared/static/l5735kgjzm.doc](http://www.box.net/shared/static/l5735kgjzm.doc)

German - [www.box.net/shared/static/lmlsahd9io.pdf](http://www.box.net/shared/static/lmlsahd9io.pdf)

Italian - [www.box.net/shared/static/6gfr433i8k.doc](http://www.box.net/shared/static/6gfr433i8k.doc)

Spanish - [www.box.net/shared/static/p6lj0chcoc.pdf](http://www.box.net/shared/static/p6lj0chcoc.pdf)

Dutch - [www.box.net/shared/static/7plakmthx9.pdf](http://www.box.net/shared/static/7plakmthx9.pdf)

You can also visit this site - <http://www.zi-mannheim.de/behandlung/klinik-psychosomatik.html> - for upcoming versions in other languages and more extensive references.

The BSL is composed of 23 Items that are rated by using a 5–step Likert scale (0=not at all, 4=very strong). A visual analog scale is used to assess global well-being.

BSL score and graph -excel program with dummy data to illustrate - [www.box.net/shared/static/tsfkshe47i.xls](http://www.box.net/shared/static/tsfkshe47i.xls)

Scoring Instructions Manual - [www.box.net/shared/static/utby1kli9l.pdf](http://www.box.net/shared/static/utby1kli9l.pdf)

English Analysis Information - [www.box.net/shared/static/h8pct18itc.pdf](http://www.box.net/shared/static/h8pct18itc.pdf)

English Psychometric Paper - [www.box.net/shared/static/vips2eayu7.pdf](http://www.box.net/shared/static/vips2eayu7.pdf)

German Analysis Information - [www.box.net/shared/static/dczjz6jvov.pdf](http://www.box.net/shared/static/dczjz6jvov.pdf)

German Psychometric Paper - [www.box.net/shared/static/mjtzmztx5h.pdf](http://www.box.net/shared/static/mjtzmztx5h.pdf)

**Borderline Symptoms List - 95 (BSL-95)**

English - [www.box.net/shared/static/6cqibgxhua.pdf](http://www.box.net/shared/static/6cqibgxhua.pdf)

German - [www.box.net/shared/static/6cqibgxhua.pdf](http://www.box.net/shared/static/6cqibgxhua.pdf)

Italian - [www.box.net/shared/static/v24qfif02p.pdf](http://www.box.net/shared/static/v24qfif02p.pdf)

Dutch - [www.box.net/shared/static/vv88xfsf9g.pdf](http://www.box.net/shared/static/vv88xfsf9g.pdf)

The BSL is composed of 95 Items that are rated by using a 5–step Likert scale (0=not at all, 4=very strong). The newest BSL-Version contains 10 more Items. At the moment they are not used for the scoring, they just build the base for further development. For the current evaluation only Items 1-95 must be used. A visual analog scale is used to assess global well-being.

Scoring Instructions Manual - [www.box.net/shared/static/iv9s62fd7r.pdf](http://www.box.net/shared/static/iv9s62fd7r.pdf)

Analysis Information - [www.box.net/shared/static/ixmn6ijzjh.pdf](http://www.box.net/shared/static/ixmn6ijzjh.pdf)

**Borderline Evaluation of Severity over Time (BEST)** (Bruce Pfohl, MD & Nancee Blum, MSW)

<https://app.box.com/shared/static/m9pulz0lfd.pdf>

A short user-friendly self-report measure of BPD symptoms that is divided into three sections: Thoughts/Feelings, Behaviors (Negative) and Behaviors (Positive). The first 12 items in the Thoughts/Feelings and Behaviors (Negative), each item is rated on a scale of none/slight, mild, moderate, severe, or extreme for the amount of difficulty it caused in requested time period. The last 3 items (positive behaviors) are rated on a scale of almost always, most of the time, half of the time, sometimes, or almost never.

**COGNITIVE PROCESSES**

**Automatic Thoughts Questionnaire-B (ATQ-B)** (Hollon, S. D. & Kendall, P. C., 1980)

[www.box.net/shared/static/vtb8csfdg4.doc](http://www.box.net/shared/static/vtb8csfdg4.doc)

30-item instrument that measures the frequency of automatic negative statements about the self.

Interpretation: Items are rated on the frequency of occurrence from “not at all” to “all the time”. Total scores are the sum of all 30 items.

Items on each factor are: PMDC: 7, 10, 14, 20, 26; NSNE: 2, 3, 9, 21, 23, 24, 28; LSE: 17, 18; Helplessness: 29, 30. A high total score indicates a high level of automatic negative self-statements.

ATQ-B Score and Graph (excel program includes 1 line of dummy data to illustrate) - [www.box.net/shared/static/rvmilg37s3.xls](http://www.box.net/shared/static/rvmilg37s3.xls)

**MCQ-30, GADS-R and TCQ measures**

**Meta-cognitions Questionnaire 30** (Wells & Cartwright-Hatton (1999))

**Generalized Anxiety Disorder Scale** (Revised)(Wells, 2007)

**Thought Control Questionnaire** (Wells & Davies)

Unfortunately these measures are protected by copyright by Guilford Publications as they appear in Wells' 2009 book *Metacognitive Therapy for Anxiety and Depression* (<http://www.amazon.com/Metacognitive-Therapy-Anxiety-Depression-Adrian/dp/1593859945>). Limited copying and user rights are automatically granted to purchasers of the book but this is non-transferable. Therefore these measures cannot be posted for free use and dissemination here. However,Wells has permission to post them on the Metacognitive Therapy Institute website: [www.mct-institute.com](http://www.mct-institute.com). They can be downloaded from this source for a small fee and this covers permission for personal use.

**COMPASSION**

**Self-compassion Scale (SCS)** (Neff, K.D., 2003)

[www.box.net/shared/static/7zajf3sh3c.doc](http://www.box.net/shared/static/7zajf3sh3c.doc)

26-item self report. Six sub-scales: Self-Kindness, Self-Judgment, Common Humanity, Isolation Items,, Mindfulness, Over-identified.

Interpretation: Subscale scores are computed by calculating the mean of subscale item responses. To compute a total self-compassion score, reverse score the negative subscale items - self-judgment, isolation, and over-identification - then compute a total mean. Visit [www.self-compassion.org](http://www.self-compassion.org) to read more on the construct.

Psychometric Paper - [www.box.net/shared/static/tgkfykp7jx.pdf](http://www.box.net/shared/static/tgkfykp7jx.pdf)

SCS score and graph (excel program, with dummy data to illustrate.) - [www.box.net/shared/static/6mqbq1tzdh.xls](http://www.box.net/shared/static/6mqbq1tzdh.xls)

**COPING**

**Comprehensive Coping Inventory (CCI)** (Patricia E. Zurita Ona and Matthew McKay)

<https://app.box.com/shared/static/v2tjln48q8.pdf>

CGI Summary in Word Format - <https://app.box.com/shared/static/8bokzlkqd1dawnky632w.doc>

CGI Summary in PDF Format - <https://app.box.com/shared/static/gf5marjh8f.pdf>

**DIAGNOSTIC SCREENS AND INTERVIEWS**

*Mini International Neuropsychiatric Interview (MINI),* free, good option if you don't want to pay for SCID or ADIS

**DEPRESSION**

**Patient Health Questionnaire-9 (PHQ-9)** (Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc)

The PHQ-9 is the nine item depression scale of the Patient Health Questionnaire. The PHQ-9 is a tool for assisting primary care clinicians in diagnosing depression as well as selecting and monitoring treatment.

**Quick Inventory of Depressive Symptomatology –Self Report (QIDS-SR16)** (STAR\*D - Sequenced Treatment Alternatives to Relieve Depression - an NIMH Funded Study)

English Download - <https://app.box.com/shared/static/4yyi34y8xq.pdf>

Spanish Download - <https://app.box.com/shared/static/0cujux9gzm.pdf>

This patient self-report is a 16 item assessment of the 9 DSM-IV symptom criteria of major depressive disorder. Patients rate items as not present, mild, moderate, or severe over the last 7 days. Scores range from 0 to 27 (0-5 = no depression, 6-10 = mild depression, 11-15 = moderate depression, 16-20 = severe depression, > 20 = very severe depression). More information can be found here - <http://www.ids-qids.org/index2.html#REFERENCES>.

**Quick Inventory of Depressive Symptomatology – Clinician rated (QIDS-C16)** (STAR\*D - Sequenced Treatment Alternatives to Relieve Depression - an NIMH Funded Study)

<https://app.box.com/shared/static/96403dgmma.pdf>

This clinician rated report is a 16 item assessment of the 9 DSM-IV symptom criteria of major depressive disorder. Patients rate items as not present, mild, moderate, or severe over the last 7 days. Scores range from 0 to 27 (0-5 = no depression, 6-10 = mild depression, 11-15 = moderate depression, 16-20 = severe depression, > 20 = very severe depression). More information can be found here - <http://www.ids-qids.org/index2.html#REFERENCES>.

**Frequency, Intensity, and Burden of Side Effects Rating (FIBSER)** (STAR\*D - Sequenced Treatment Alternatives to Relieve Depression - an NIMH Funded Study)

English Download - <https://app.box.com/shared/static/h4i0083zsj.pdf>

Spanish Download - <https://app.box.com/shared/static/oh9szs6d7a.pdf>

A patient self-report used to quantify the overall side effect burden. Used in combination with the PRISE. Rated for the last 7 days. Each item uses a 7-point Likert-type scale rated from 0 (i.e. no side effects) to 6 (i.e. intolerable). 3 global ratings encompass all side effects to study treatment experienced over the past week. One item rates frequency, another rating the intensity of side effects encountered in the prior week that the participant believes were due to the antidepressant treatment, and the third asks participants to estimate the overall burden or degree of interference in day-to-day activities and functioning due to the side effects.

**Patient Rated Inventory of Side Effects (PRISE**) (STAR\*D - Sequenced Treatment Alternatives to Relieve Depression - an NIMH Funded Study)

English Download - <https://app.box.com/shared/static/4vxg948fe1.pdf>

Spanish Download - <https://app.box.com/shared/static/0smu13fysr.pdf>

A patient self-report used to qualify side effects by identifying and evaluating the tolerability of each symptoms. Used in combination with the FIBSER. Rated for the last 7 days. 7 item assessment of the side effects in the following symptom domains; Gastrointestinal, Heart, Skin, Nervous System, Eyes/Ears, Genital/Urinary, Sleep, Sexual Functioning, and Other. Each domain has multiple symptoms which can be endorsed. For each domain the patient rates whether or not the symptoms are tolerable or distressing.

**DISSOCIATION**

**Dissociative Experiences Scale (DES)**

**EATING DISORDERS/DISORDERED EATING**

**Anorexia Nervosa Stages of Change** - <https://app.box.com/shared/static/s0k0fdbuv2.pdf>

**Eating Disorders Examination Questionnaire (EDE-Q) -** <https://app.box.com/shared/static/nem6grm5ug.pdf>

**Eating Disorders Quality of Life Scale** (EDQLS; Note: this scale requires permission from authors before using) - <https://app.box.com/shared/static/x68erxamug.pdf>

**Diary Card** (Wisniewski, Lucene) <https://app.box.com/shared/static/r4hlqutzsz.doc>

**EMOTION REGULATION**

**Difficulties in Emotion Regulation Scale (DERS)** (Gratz, K.L. and Roemer, L., 2004)

[www.box.net/shared/static/4nebsvena5.doc](http://www.box.net/shared/static/4nebsvena5.doc)

36-item, self-report questionnaire of emotion dysregulation; total score six scales:

1. Nonacceptance of emotional responses (NONACCEPTANCE)

2. Difficulties engaging in goal directed behavior (GOALS)

3. Impulse control difficulties (IMPULSE)

4. Lack of emotional awareness (AWARENESS)

5. Limited access to emotion regulation strategies (STRATEGIES)

6. Lack of emotional clarity (CLARITY)

Psychometric Paper - [www.box.net/shared/static/yozoaso5zi.pdf](http://www.box.net/shared/static/yozoaso5zi.pdf)

DERS score and graph (excel program includes dummy data to illustrate) - [www.box.net/shared/static/pgf92h1f9h.xls](http://www.box.net/shared/static/pgf92h1f9h.xls)

**EXPERIENTIAL AVOIDANCE**

**Acceptance and Action Questionnaire-2 (AAQ-2)**

[www.box.net/shared/static/p9voz6rph0.doc](http://www.box.net/shared/static/p9voz6rph0.doc)

[brief description needed]

Interpretation: Reverse items 2, 3, 4, 5, 7, 8, 9. Sum scores. Higher scores indicate greater psychological flexibility.

AAQ-2 score and graph - [www.box.net/shared/static/zayiu4mrl9.xls](http://www.box.net/shared/static/zayiu4mrl9.xls)

**INDECISION**

**Frost Indecisiveness Scale (FIS)**

**MINDFULNESS**

**Five Facets of Mindfulness** questionnaire (FFMQ)(Baer, R.A., Smith, G.T., Hopkins, J., Krietemeyer, J., Toney, L., 2006)

[www.box.net/shared/static/aujfzgbl8u.doc](http://www.box.net/shared/static/aujfzgbl8u.doc)

39-item self-report measures five component skills of mindfulness: observing, describing, acting with awareness, nonjudging of inner experience, and nonreactivity to inner experience.

Psychometric Paper - [www.box.net/shared/static/94k913su0i.pdf](http://www.box.net/shared/static/94k913su0i.pdf)

FFMQ score and graph (excel program that has dummy data to illustrate) - [www.box.net/shared/static/0gej6ddzam.xls](http://www.box.net/shared/static/0gej6ddzam.xls)

**Mindful Attention Awareness Scale (MAAS)** (Brown, K. W., & Ryan, R. M. , 2003)

[www.box.net/shared/static/qi9echtzaz.pdf](http://www.box.net/shared/static/qi9echtzaz.pdf)

The MAAS is a 15-item scale designed to assess a core characteristic of dispositional mindfulness, namely, open or receptive awareness of and attention to what is taking place in the present. The scale shows strong psychometric properties and has been validated with college, community, and cancer patient samples. Correlational, quasi-experimental, and laboratory studies have shown that the MAAS taps a unique quality of consciousness that is related to, and predictive of, a variety of self-regulation and well-being constructs. The measure takes 10 minutes or less to complete.

Psychometric Paper - [www.box.net/shared/static/0g28moef7z.pdf](http://www.box.net/shared/static/0g28moef7z.pdf)

**PERFECTIONISM**

**Frost Multidimensional Perfectionism Scale (FMPS)**

**SHAME**

**Shame Inventory** (Rizvi, research version)

<https://app.box.com/shared/dopbkv03ok>

**Shame Inventory** (Rizvi, clinical version)

<https://app.box.com/shared/nl34yvne54>

**SUBSTANCE ABUSE**

(Get measures Ken and Liz suggested. request out to McKay; tracking down the other measures)

Substance Use Risk Profile Scale (SURPS) Mechanism informs how to tailor treatment based on reasons for use (e.g., sensation seeking, depressed) Informs tx in terms of how to tailor it.

**The Center for Alcoholism, Substance Abuse & Addiction (CASAA**). This is William Miller's site at the University of New Mexico. <http://casaa.unm.edu/inst.html>

**The Guided Self-Change Clinic.** This is a site developed by Mark and Linda Sobell. <http://www.nova.edu/gsc/online_files.html>

**VALUES**

**Valued Living Questionnaire (VLQ)**

<https://app.box.com/shared/static/2iit6oc1ob.doc>

**Values Bull's Eye** (Check with Tobias re citation, etc.)

[www.box.net/shared/static/osus6didoo.doc](http://www.box.net/shared/static/osus6didoo.doc)

Self-report of how closely one acts in accord with values in: work/education, leisure, relationships and personal growth/health.

Bull's Eye score and graph - [www.box.net/shared/static/ua3zj74apf.xls](http://www.box.net/shared/static/ua3zj74apf.xls)

**Values Card Sort** (W.R. Miller, J. C’de Baca, D.B. Matthews, P.L. Wilbourne, University of New Mexico, 2001)

<https://app.box.com/shared/static/in39kqdybl.pdf>

Task that requires client to sort 50 personal value statements into 5 stacks from least important to most important with no more than 10 cards being placed in the most important pile. Followup task that requires ranking of the cards in the most important pile.

Instructions - <https://app.box.com/shared/static/dfj880qz83.pdf>

**WELL BEING/FUNCTIONING/QUALITY OF LIFE**

**Disruption of Functioning Index**

[www.box.net/shared/static/nnhuj9a7gc.pdf](http://www.box.net/shared/static/nnhuj9a7gc.pdf)

great measure, free

**The Satisfaction with Life Scale**, very short, very general, not usually used with people without psychopathology, but free and if you wanted to have that well-being in a really quick way - free - best of these

**WHO Quality of Life-Brief Version (WHOQOL-BREV)** (World Health Organization, 2004)

[www.box.net/shared/static/66nsb90o39.pdf](http://www.box.net/shared/static/66nsb90o39.pdf)

[brief description needed]

WHO User's Manual - [www.box.net/shared/static/1chgfe3kjv.pdf](http://www.box.net/shared/static/1chgfe3kjv.pdf)

WHO-Q score and graph - [www.box.net/shared/static/qn6xyfvqta.xls](http://www.box.net/shared/static/qn6xyfvqta.xls)