

MENTAL HEALTH SCREENING TOOLS

Introduction

This paper provides a listing of best practice and validated mental health screening tools identified from three sources:

- The Substance Abuse and Mental Health Services Administration (SAMHSA) — Health Resources Services Administration (HRSA) Center for Integrated Health Solutions.
- The American Association of Pediatrics (Child and Adult Assessment Tools).
- Additional literature review on mental health screening tools.

The purpose of the paper is to provide references for selection of mental health screening tools in primary care settings.

SAMHSA-HRSA Website for Screening Tools

The SAMHSA–HRSA Center for Integrated Health Solutions provides a website listing validated and best practice mental health screening tools.¹ These tools can be used in primary care and other healthcare settings to facilitate earlier identification of mental health disorders. A selection of the tools is described below, organized by diagnostic categories.

General Mental Health

The Kessler 10 (K-10) Adult Mental Health Screening Tool is self-administered and used for a general adult population. It measures the mental health condition of the individual in the last 30 days. The K-10 is available at <http://www.integration.samhsa.gov/images/res/K10%20-%20Self%20Administered.pdf>, accessed 23 September 2013. Additional information on the tool is available at http://www.tac.vic.gov.au/files-to-move/media/upload/k10_english.pdf, accessed 30 September 2013.

The Duke Health Profile, Department of Family and Community Medicine, is a 17-item standardized self-report, copyrighted tool that measures physical, mental, social, general, and perceived health and self-esteem and four dysfunction measures (anxiety, depression, pain, and disability). The profile is available at <http://www.integration.samhsa.gov/clinical-practice/DukeForm.pdf>, accessed 23 September 2013.

Depression Screening

The PHQ-9 Patient Depression Questionnaire, Kroenke K, Spitzer RL, is reported by SAMHSA-HRSA as the most common screening tool to identify depression and is available in Spanish. The PHQ-9 is available at <http://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf>, accessed 25 September 2013. An article discussing the validity of PHQ-9 by Kroenke and Spitzer is available at <http://www.lphi.org/LPHIadmin/uploads/.PHQ-9-Review-Kroenke-63754.PDF>, accessed 25 September 2013.

¹ SAMHSA-HRDSA Center for Integrated Health Solutions, <http://www.integration.samhsa.gov/clinical-practice/screening-tools>, accessed 23 September 2013.

Bipolar Disorder

The Mood Disorder Questionnaire (MDQ), Hirschfeld, RMA, is a brief self report tool associated with bipolar disorder that takes about five minutes to complete. The MDQ is available at <http://www.integration.samhsa.gov/images/res/MDQ.pdf>, accessed 23 September 2013.

Suicide Risk

The Suicide Behaviors Questionnaire-Revised (SBQ-R), Osman et al, as described by SAMHSA-HRSA, assesses suicide-related thoughts and behavior. It is available at <http://www.integration.samhsa.gov/images/res/SBQ.pdf>, accessed 25 September 2013.

Anxiety Disorders

Generalized Anxiety Disorder (GAD-7), Spitzer RL, Kroenke K, Williams JBW, Lowe B, is a 7-item tool for measuring generalized anxiety disorder. It is available at <http://www.integration.samhsa.gov/clinical-practice/GAD708.19.08Cartwright.pdf>, accessed 23 September 2013. Additional information on scoring the tool is available at <http://www.patient.co.uk/doctor/generalised-anxiety-disorder-assessment-gad-7>, accessed 23 September 2013.

The Primary Care–Post Traumatic Stress Disorder (PC-PTSD), Prins, Ouimette, & Kimerling, is a four-item screen that was designed for use in primary care and other medical settings and is used to screen for PTSD in veterans at the Veterans Affairs Hospitals. It is available at <http://www.integration.samhsa.gov/clinical-practice/PC-PTSD.pdf>, accessed 23 September 2013.

American Academy of Pediatrics

The American Academy of Pediatrics prepared a comprehensive list of child and adult screening tools through its Clinical Information Systems/Delivery Systems Redesign. Its summary document, "Mental Health Screening and Assessment Tools for Primary Care," American Association of Pediatrics is available at http://pediatrics.aappublications.org/content/125/Supplement_3/S173.full.pdf+html accessed 27 September 2013.

Other Tools Identified in the Literature

Anxiety, Mood Disorders, PTSD, and Depression

Mental Health America, "Take Control of Your Mental Health, M3," available at <http://whatsmym3.com/screening/support/screen.aspx>, accessed 27 September 2013.

Pub Med, Meltzer-Brody S, Hartmann K, Miller WC, Scott J, Garrett J, Davidson J, "A Brief Screening Instrument to Detect PTSD in Outpatient Gynecology," descriptive available at [http://www.ncbi.nlm.nih.gov/pubmed?cmd=search&=&term=Meltzer-Brody%20%20\[AU\]%20AND%202004%20\[DP\]%20AND%20%20Obstet%20Gynecol%20%20\[TA\]](http://www.ncbi.nlm.nih.gov/pubmed?cmd=search&=&term=Meltzer-Brody%20%20[AU]%20AND%202004%20[DP]%20AND%20%20Obstet%20Gynecol%20%20[TA]), accessed on 27 September 2013. The article listed below provides additional information on this trauma screening tool.

Meltzer-Brody S, Hartmann K, Miller WC, Scott J, Garrett J, Davidson J., "A Brief Screening Instrument to Detect PTSD in Outpatient Gynecology," *Obstetric Gynecol.* 2004 Oct;104(4):770-6. PubMed PMID: 15458900.

Suicide Risk

Linehan, Marsha, "Suicidal Behaviors Questionnaire," available at http://www.glaie.com/Scales/Suicidal_Beh_Quest_pre_assessment.pdf, accessed 25 September 2013.

Depression Screening for Women

Mental Health America, "Maternal Depression, Making a Difference through Community Action: A Planning Guide," available at

<http://www.mentalhealthamerica.net/go/maternal-depression>, accessed 27 September 2013.

This article lists several screening tools:

1. Beck Depression Inventory®-II (BDI®-II)
Number of questions: 21-item self-report.
Recommended use: Recommended for primary care clinics delivering perinatal care.
Notes: Screens for general depression. Available in English, Japanese, and Spanish.
2. Center for Epidemiological Studies-Depression Scale (CES-D)
Number of questions: 20-item self-report.
Recommended use: Epidemiologic and community studies.
Notes: Screens for general and postpartum depression.
3. Edinburgh Postnatal Depression Scale (EPDS)
Number of questions: 10-item self-report.
Recommended use: Obstetrics clinics, doulas, and pediatric clinics.
Notes: Specifically designed for detecting postnatal depression. Used in 23 countries and available in English and Spanish.
4. Patient Health Questionnaire (PHQ-9)
Number of questions: 9-item self-report.
Recommended use: Primary care clinics delivering perinatal care.
Notes: Linked to DSM-IV, tracks response to treatment.
5. Postpartum Depression Screening Scale (PDSS)
Number of questions: 35-item self-report, Likert-scale.
Recommended use: Psychotherapists and counselors.