

# Clinical Screening Questionnaires Reference Table: An Introduction

## Purpose of Clinical Questionnaires Table:

The purpose of this reference document is to provide information to service providers about each clinical questionnaire completed by YWHO clients, including number of items, purpose, frequency of administration, alerts, scoring, and relation of scores to intensity level of services offered.

## Time to Complete Clinical Questionnaires:

Based on YWHO youth clients who have completed the tools on the Dacima platform thus far, it takes, on average, approximately 15-30 minutes to answer all of the clinical questionnaires.

## Some General Examples of Low-Medium-High Level Intensity Services at YWHO Sites (\*not a comprehensive list; Low, Medium, and High intensity services will differ across hubs, depending on services and interventions each site has available\*):

- **Low Intensity:** Solution Focused Brief Therapy; Motivational Enhancement Therapy (MET) or Cognitive Behavioural Therapy (CBT; 1-4 sessions); individual or group peer support
- **Medium Intensity:** Evidence-based structured psychotherapy for mental health concerns (Dialectical Behavioural Therapy (DBT) skills, CBT; 6-12 sessions); Evidence-based group treatments for substance use/concurrent disorder concerns (MET, CBT, DBT; 6-12 sessions); Family support; Supported education/employment/housing, if relevant.
- **High Intensity:** YWHO-based psychiatric response (telepsychiatry or in person); medication consult; access to crisis supports; linkage to other existing higher intensity youth/young adult mental health and/or addictions services (e.g., long term psychotherapy, day treatment, inpatient, residential, ongoing psychiatric services, addiction medicine, specialist addiction treatment, withdrawal support)

## Notes/Disclaimer:

None of the screening instruments/clinical questionnaires listed in the document operate in isolation. Service providers should take into account findings from other screening questionnaires, and use their clinical judgment and discussions with clients and their families to make the most appropriate decisions regarding assessment and interventions for clients available at their specific YWHO site.

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# Clinical Screening Questionnaires Before Session

Clinical Questionnaire Name	Number of items	Purpose	First Visit	Subsequent Visit (less than 7 days)	Subsequent Visit (8 days to less than 29 days)	Subsequent Visit (30 days or more)	Scores on Dacima: Over time via progress tracker or single point in time?	Items flagging immediate risk/action	Scores mapping onto low (L)-medium (M) - high (H) intensity services (Hub-specific)
Kessler Psychological Distress Scale (K10)	10	Global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent 30 days	✓	–	–	✓	Can see scores over time with Dacima progress tracker		<20 Likely to be well; no feelings of distress (L) 20-24 Likely experiencing mild distress; mild depression and/or anxiety disorder (L) 25-29 Likely experiencing moderate distress; moderate depression and/or anxiety disorder (M) 30-50 Likely experiencing severe distress; severe depression and/or anxiety disorder (H)
Kessler Psychological Distress Scale (Past Week) – (K10W)	10	Global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent 7 days	–	–	✓	–	Can view past single points on same client to provide information over time; no progress tracker		<20 Likely to be well; no feelings of distress (L) 20-24 Likely experiencing mild distress; mild depression and/or anxiety disorder (L) 25-29 Likely experiencing moderate distress; moderate depression and/or anxiety disorder (M) 30-50 Likely experiencing severe distress; severe depression and/or anxiety disorder (H)
Self-Rated Health (SRH)	1	Simple self-reported measure of general health	✓	–	✓	✓	Can see scores over time with Dacima progress tracker		Excellent - L Very good - L Good - L Fair - M/H Poor - M/H
Self-Rated Mental Health (SRMH)	1	Simple self-reported measure of general mental health	✓	–	✓	✓	Can see scores over time with Dacima progress tracker		Excellent - L Very good - L Good - L Fair - M/H Poor - M/H
Global Appraisal of Individual Needs: Short Screener (GAIN-SSS)	12 (5 substance use items scored. Other items for clinical use only)	Screen to identify substance use disorders, and issues with disordered eating, traumatic distress, gambling, gaming, internet overuse	✓	–	–	✓	Can view past single points on same client to provide information over time; no progress tracker	“Thinking or feeling that people are watching you, following you, or out to get you”  May represent potential flag for psychosis (no Dacima alert)	0: L (unlikely to have a diagnosis or need services) 1-2: M (1 or 2 past year symptoms; possible diagnosis in area of substance overuse) 3-5: H (3+ past-year symptoms; high probability of substance overuse diagnosis) <sup>1</sup>

# Clinical Screening Questionnaires Before Session

Clinical Questionnaire Name	Number of items	Purpose	First Visit	Subsequent Visit (less than 7 days)	Subsequent Visit (8 days to less than 29 days)	Subsequent Visit (30 days or more)	Scores on Dacima: Over time via progress tracker or single point in time?	Items flagging immediate risk/action	Scores mapping onto low (L)-medium (M) - high (H) intensity services (Hub-specific)
Outcome Questionnaire - 45 (OQ-45)	4 (First three items scored by Dacima - last item for clinical use only)	Measure of number of days in the past week that clients used alcohol and drugs and frequency of negative consequences	—	—	✓	—	Can view past single points on same client to provide information over time; no progress tracker		Total score ranges from 0-9 (three items) Higher score, higher frequency of weekly substance use
Patient Health Questionnaire (PHQ-9)	9	Screen for suicide risk within past two weeks (use of last question within YWHO initiative); Positive screen leads to C-SSRS completion. Can also view eight depression-related item scores to support K-10 score	✓	—	✓	✓	Can view past single points on same client to provide information over time; no progress tracker	Item #9 response triggers suicidal ideation Dacima alert to service provider. C-SSRS then completed by provider with youth in session.	*Item #9 response (on several days, more than half of days, nearly every day) → H 0-4 Depression severity of none (L) 5-9 Depression severity of mild (L) 10-14 Depression severity of moderate (M) 15-19 Depression severity of moderately severe (M/H) 20-27 Depression severity of severe (H)
Outcome Rating Scale (ORS)	4	Measure of areas of life functioning using four visual analog scales	✓	—	✓	✓	Can view past single points on same client to provide information over time; no progress tracker		Total possible score = 40 Clinical cutoff scores: Youth ages 13-17: 28 Youth ages 18+: 25 Scores at or below cutoffs are typical of youth who seek help/have concerns/would benefit from L/M/H intensity services Lower scores, lower levels of well-being <sup>2</sup>
Goal-Based Outcomes (GBO)	Self-developed number of goals plus single progress rating	Evaluation of change and progress toward goals that are most important to clients	✓	—	✓	✓	Questionnaire score is a rating at single point in time; can review past forms to see previous goals		Goals can represent youth voice and help inform best intervention at any intensity level (L/M/H)

## Clinical Screening Questionnaires During Session If Relevant

Clinical Questionnaire Name	Number of items	Purpose	First Visit	Subsequent Visit (less than 7 days)	Subsequent Visit (8 days to less than 29 days)	Subsequent Visit (30 days or more)	Scores on Dacima: Over time via progress tracker or single point in time?	Items flagging immediate risk/action	Scores mapping onto low (L)-medium (M) - high (H) intensity services (Hub-specific)
Columbia – Suicide Severity Rating Scale (C-SSRS) <b>*to be completed by service provider if suicidal ideation is disclosed on PHQ-9 or if clinician feels youth is at risk.</b>	6 (5 suicidal ideation, 1 suicidal behaviour)	Suicidal ideation and behaviour rating scale to establish a person's immediate risk of suicide	✓	–	✓	✓	Can view past single points on same client to provide information over time; no progress tracker	<p>"Yes" to item 4 (Have you had these thoughts and had some intention of acting on them?) or item 5 (Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?) indicates presence of ideation with at least some intent to die in the past one month → severe risk and clear need for further evaluation and clinical management (e.g., immediate referral to ER, other community mental health services, client safety precautions).</p> <p>"Yes" to item 6 (Have you ever done anything, started to do anything, or prepared to do anything to end your life?) If in past 3 months → severe risk and clear need for further evaluation and clinical management</p>	Would typically map on to H intensity services offered at, or outside, Hub

## Clinical Screening Questionnaires After Session

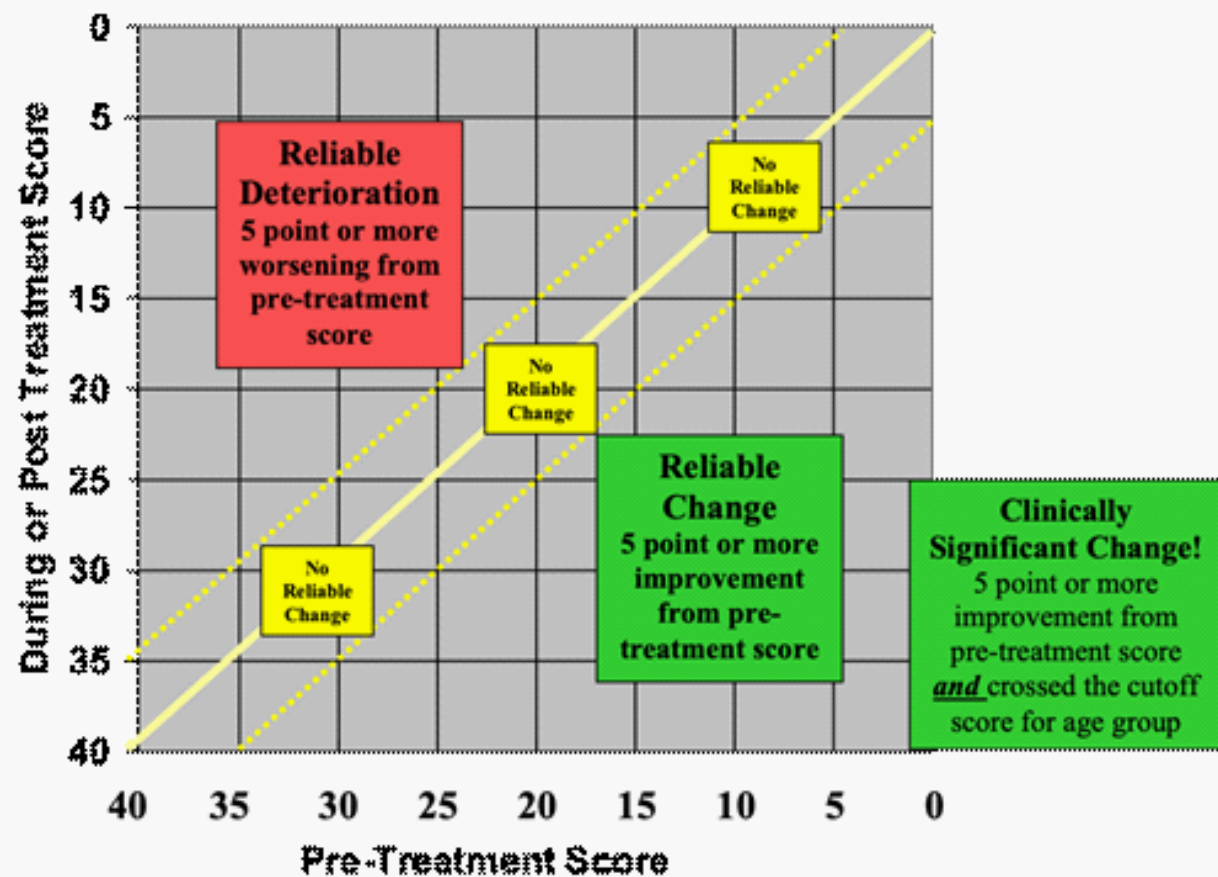
Clinical Questionnaire Name	Number of items	Purpose	First Visit	Subsequent Visit (less than 7 days)	Subsequent Visit (8 days to less than 29 days)	Subsequent Visit (30 days or more)	Scores on Dacima: Over time via progress tracker or single point in time?	Items flagging immediate risk/action	Scores mapping onto low (L)-medium (M) - high (H) intensity services (Hub-specific)
Session Rating Scale (SRS)	4	Visual analog scales to assess key dimensions of effective therapeutic relationships	✓	✓	✓	✓	Can view past single points on same client to provide information over time; no progress tracker		Total possible score = 40 Any score < 36 overall (or < 9 on any scale) could be a source of concern - invite youth to comment. (Clients tend to score all alliance measures highly, so service providers should address any suggestion of a problem)
Satisfaction with Services	5	Youth evaluation regarding Hub services received	✓	✓	✓	✓	Can view past single points on same client to provide information over time; no progress tracker		There are no scores associated with this questionnaire

1 GAIN-SSS:

- If the youth answers "Never" or "12+ months ago" as one of their answers, then the score for that answer is 0
- If the youth answers "4 to 12 months ago" "2 to 3 months ago" or "Past month" the score for that answer is 1
- Since there is a total of 5 questions for the substance use domain, the highest score for this domain is 5

2 See ORS reliable change chart on page 4

## ORS/CORS Reliable Change Chart



**Instructions:** To determine if any measured change is reliable, find the point where the initial session "Pre-Treatment Score" and the "During or Post Treatment Score" intersect.

Use cutoff scores table below to help work out if "Reliable Change" is also "Clinically Significant Change".

### Clinical Cutoff Scores

CORS (ages 6-12)	
Child (Self-reporting)	32
Carer (Reporting on child)	28
ORS (ages 13 +)	
Ages 13-17	28
Ages 18 +	25

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