

# Appendix A

## Outcome Monitoring Measures

The following table has been adapted from information provided by Beidas, Stewart, Walsh, Lucas, Downey, Jackson, Fernandez, and Mandell, (2015) in their comprehensive review of free, brief, and validated standardised instruments for mental health settings. Additional measures have been added to the table for the purpose of this manual.

ANXIETY AND DEPRESSION						
Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Depression Anxiety Stress Scales (DASS)	Lovibond & Lovibond (1995)	A 21-item measure of depression, anxiety, and stress in adults.	✓	✓	✓	<a href="http://bit.ly/36lO3O9">http://bit.ly/36lO3O9</a>
Kessler Psychological Distress Scale (K-10)	Kessler, Andrews, Colpe, Hiripi, Mroczek, Normand, Walters & Zaslavsky (2002)	A 10-item measure of psychological distress in adults.	✓			<a href="https://bit.ly/3a7Y96t">https://bit.ly/3a7Y96t</a>
ANXIETY						
Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
The Clinically Useful Anxiety Outcome Scale (CUXOS)	Zimmerman, Chelminski, Young & Dalrymple (2010)	A 20-item measure of anxiety symptoms in adults.	✓		✓	<a href="https://bit.ly/3oyyg53">https://bit.ly/3oyyg53</a>
Generalized Anxiety Disorder Screener (GAD-7)	Spitzer, Kroenke, Williams & Löwe (2006)	A 7-item measure of anxiety symptoms in adults.	✓	✓	✓	<a href="http://bit.ly/3iTOQwB">http://bit.ly/3iTOQwB</a>
Hamilton Rating Scale for Anxiety (HAM-A)	Hamilton (1959)	A 14-item measure of anxiety symptoms in adults.	✓		✓	Measure: <a href="https://bit.ly/36jE109">https://bit.ly/36jE109</a> Scoring: <a href="https://bit.ly/3j0HdTI">https://bit.ly/3j0HdTI</a>

## ANXIETY

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Liebowitz Social Anxiety Scale Clinician/Self-Report (LSAS-CR/SR)	Cox, Ross, Swinson & Direnfeld (1998) Liebowitz (1987)	A 24-item measure of fear and avoidance of social situations in adults.				<a href="http://bit.ly/2MbxAFp">http://bit.ly/2MbxAFp</a>
Panic Disorder Severity Scale (PDSS)	Shear, Brown, Barlow, Money, Sholomskas, Woods & Papp (1997)	A 7-item measure of panic disorder in adults.	✓	✓	✓	<a href="https://bit.ly/39qG4kR">https://bit.ly/39qG4kR</a>
Fear Questionnaire (FQ)	Marks & Mathews (1979)	A 24-item measure of blood-injury anxiety, social anxiety, and agoraphobia in adults.			✓	<a href="https://bit.ly/3rjZ36H">https://bit.ly/3rjZ36H</a>
Penn State Worry Questionnaire (PSWQ)	Meyer, Miller, Metzger & Borkovec (1990)	A 16-item measure of worry associated with Generalised Anxiety Disorder (GAD) in adults.	✓		✓	<a href="https://bit.ly/3tqpi1i">https://bit.ly/3tqpi1i</a>
Social Phobia Inventory (SPIN)	Connor, Davidson, Churchill, Sherwood, Foa & Weisler (2000)	A 17-item measure of social phobia symptoms in adults.	✓		✓	<a href="mailto:david011@mc.duke.edu">david011@mc.duke.edu</a> <a href="https://bit.ly/3tcl482">https://bit.ly/3tcl482</a>
Mini-SPIN	Connor, Kobak, Churchill, Katzelnick & Davidson (2001)	A 3-item measure of social phobia symptoms in adults.	✓			<a href="mailto:david011@mc.duke.edu">david011@mc.duke.edu</a>
Worry and Anxiety Questionnaire (WAQ)	Dugas, Freeston, Provencher, Lachance, Ladouceur & Gosselin (2001)	An 11-item measure of GAD symptoms in adults.	✓	✓	✓	<a href="https://bit.ly/3t6fbu6">https://bit.ly/3t6fbu6</a>
Health Anxiety Inventory (HAI)	Salkovski, Rimes, Warwick & Clark (2002)	A 14-item measure of symptoms of health anxiety.	✓		✓	<a href="https://bit.ly/3jhfvM">https://bit.ly/3jhfvM</a>

## ANXIETY

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Obsessive-Compulsive Inventory – Revised (OCI-R)	Foa, Huppert, Leiberg, Langner Kichic, Hajcak, & Salkovski (2002)	An 18-item measure of the severity and type of symptoms of obsessive-compulsive disorder (OCD).	✓			<a href="https://bit.ly/2YIsV6h">https://bit.ly/2YIsV6h</a>

## DEPRESSION

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
The Clinically Useful Depression Outcome Scale (CUDOS)	Zimmerman, Chelminski, McGlinchey & Posternak, (2008)	An 18-item measure of symptoms of depression.	✓	✓	✓	<a href="https://bit.ly/3qShX4m">https://bit.ly/3qShX4m</a>
Hamilton Rating Scale for Depression (HAM-D)	Hamilton 1960	A 17-item measure of depressive symptoms in adults.	✓			Measure: <a href="https://bit.ly/3cmzLR9">https://bit.ly/3cmzLR9</a> Scoring: <a href="https://bit.ly/3pqq2gr">https://bit.ly/3pqq2gr</a>
The Inventory of Depressive Symptoms and the Quick Inventory of Depressive Symptoms (IDS and QIDS)	Rush, Giles, Schlesser, Fulton, Weissenburger & Burns (1986) Rush, Gullion, Basco, Jarrett & Trivedi (1996) Rush, Trivedi, Ibrahim, Carmody, Arnow, Klein & Keller (2003)	A 30-item (quick form is 16-items) measure of severity of depressive symptoms.	✓	✓	✓	<a href="http://bit.ly/3cvmu9d">http://bit.ly/3cvmu9d</a>

## DEPRESSION

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Patient Health Questionnaire-9 (PHQ-9)	Kroenke, Spitzer & Williams (2001)	A 9-item measure of depressive symptoms in adults.	✓	✓	✓	<a href="http://bit.ly/3iTOQwB">http://bit.ly/3iTOQwB</a>
Edinburgh Postnatal Depression Scale	Cox, Holden & Sagovsky (1987)	A 10-item measure of symptoms of emotional distress during pregnancy and the postnatal period.	✓			<a href="https://bit.ly/3rbv00L">https://bit.ly/3rbv00L</a>

## EATING DISORDERS

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Eating Disorder Diagnostic Scale (EDDS)	Stice, Telch & Rizvi (2000)	A 22-item measure of symptoms of anorexia nervosa, bulimia nervosa, and binge eating disorder in adults.	✓	✓	✓	Scale: <a href="https://bit.ly/36kkVqC">https://bit.ly/36kkVqC</a> Scoring: <a href="https://bit.ly/2MaKOSS">https://bit.ly/2MaKOSS</a>
Sick, Control, One, Fat, Food Screening Tool (SCOFF)	Morgan, Reid & Lacey (1999)	A 5-item measure of eating concerns in adults.	✓			<a href="https://bit.ly/3iSyTow">https://bit.ly/3iSyTow</a>

## PANIC

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Panic Disorder Severity Scale (PDSS)	Shear, Brown, Barlow, Money, Sholomskas, Woods, & Gorman, Papp (1997)	A 7-item measure of panic symptoms in adults.	✓	✓	✓	<a href="https://bit.ly/39qG4kR">https://bit.ly/39qG4kR</a>

## SLEEP DISTURBANCE

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Pittsburgh Sleep Quality Index (PSQI)	Buysse, Reynolds, Monk, Berman & Kupfer (1989)	A 24-item measure of sleep quality and disturbance in adults.	✓	✓		<a href="https://bit.ly/2YoXzf7">https://bit.ly/2YoXzf7</a>

## SUBSTANCE USE

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
Alcohol Use Disorders Identification Test (AUDIT)	Babor, Higgins-Biddle, Saunders & Monteiro (2019)	A 10-item measure to screen for excessive drinking and aid in brief assessment.	✓			<a href="https://bit.ly/3iQxnDy">https://bit.ly/3iQxnDy</a>

## SUICIDALITY

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
The Suicide Behaviors Questionnaire – Revised (SBQ-R)	Osman, Bagge, Gutierrez, Konick, Kooper & Barrios (2001)	A 4-item measure assessing suicidality in adults.	✓			<a href="https://bit.ly/39nYUZH">https://bit.ly/39nYUZH</a>
Columbia-Suicide Severity Rating Scale (C-SSRS)	Posner, Brown, Stanley, Brent, Yershova, Oquendo & Mann (2011)	A 20-item measure assessing severity of suicidal behaviour and ideation in adolescents and adults.	✓		✓	<a href="https://bit.ly/3sX1LAG">https://bit.ly/3sX1LAG</a>

## OVERALL MENTAL HEALTH

Measure	Citation	Description	Screening	Diagnostic	Symptom Change	Available From
National Institutes of Health Patient Reported Outcomes Measurement Information System	Health Measures (2019)	A database of measures for monitoring global, physical, mental, and social health symptoms in adults.	✓		✓	<a href="http://bit.ly/3pt7oV7">http://bit.ly/3pt7oV7</a> Requires free registration to access.
Patient Health Questionnaires (PHQ)	Spitzer, Kroenke & Williams (1999)	An 11-item measure of symptoms of common mental health difficulties such as depression, anxiety, somatoform, alcohol, and eating problems.	✓	✓	✓	<a href="http://bit.ly/3iTOQwB">http://bit.ly/3iTOQwB</a>

## Outcome Measure Table References

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