

Scoring Sheet

for Comprehensive Behavioral Health Self-Evaluation

Page 5: (top) Depression = _____

Interpretation Table for the PHQ-9

Levels of depressive symptoms severity	PHQ-9 Score
None	0-4
Mild depression	5-9
Moderate depression	10-14
Moderately severe depression	15-19
Severe depression	20-27

Page 5: (bottom) ACE Score = _____

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

Page 6: Screens for:

- Bipolar
- Somatic
- Psychotic
- Sleep
- Dementia
- OCD
- Eating Disorder

Page 7: (top) Anxiety = _____

The T-scores are interpreted as follows:

Less than 55 = None to slight

55.0—59.9 = Mild

60.0—69.9 = Moderate

70 and over = Severe

Raw Score	T-score	SE*
7	36.3	5.4
8	42.1	3.4
9	44.7	2.9
10	46.7	2.6
11	48.4	2.4
12	49.9	2.3
13	51.3	2.3
14	52.6	2.2
15	53.8	2.2
16	55.1	2.2
17	56.3	2.2
18	57.6	2.2
19	58.8	2.2
20	60.0	2.2
21	61.3	2.2
22	62.6	2.2
23	63.8	2.2
24	65.1	2.2
25	66.4	2.2
26	67.7	2.2
27	68.9	2.2
28	70.2	2.2
29	71.5	2.2
30	72.9	2.2
31	74.3	2.2
32	75.8	2.3
33	77.4	2.4
34	79.5	2.7
35	82.7	3.5

*SE = Standard Error on T-score metric

Page 7: (bottom) ADHD = _____

4 or more checkmarks in the shaded region consistent with Adult ADHD

Page 8: Information about attachment, use with results from online ECR tool

Page 9: Not a scale where scores are added, but used to get a read on types of traumas experienced, and degree to which client says they have impacted life.

Page 10: PCL-5 = _____

Interpretation of the PCL-5 should be made by a clinician. The PCL-5 can be scored in different ways:

- A total symptom severity score (range - 0-80) can be obtained by summing the scores for each of the 20 items.
- *DSM-5* symptom cluster severity scores can be obtained by summing the scores for the items within a given cluster, i.e., cluster B (items 1-5), cluster C (items 6-7), cluster D (items 8-14), and cluster E (items 15-20).
- A provisional PTSD diagnosis can be made by treating each item rated as 2 = "Moderately" or higher as a symptom endorsed, then following the *DSM-5* diagnostic rule which requires at least: 1 B item (questions 1-5), 1 C item (questions 6-7), 2 D items (questions 8-14), 2 E items (questions 15-20).
- Preliminary validation work is sufficient to make initial cut-point score suggestions, but this information may be subject to change. **A PCL-5 cut-point score of 33 appears to be a reasonable value to propose until further psychometric work is available.**

Summary of Challenges

	Domain	Evidence
<input type="checkbox"/>	OQ45 – Above Cut-off	
<input type="checkbox"/>	Insecure Attachment	Get from free online: https://openpsychometrics.org/tests/ECR.php
<input type="checkbox"/>	Trauma	
<input type="checkbox"/>	Depression	
<input type="checkbox"/>	Anxiety	
<input type="checkbox"/>	ADHD	
<input type="checkbox"/>	Anger	
<input type="checkbox"/>	Bipolar	
<input type="checkbox"/>	Somatoform	
<input type="checkbox"/>	Psychotic	
<input type="checkbox"/>	Sleep	
<input type="checkbox"/>	Memory Issues	
<input type="checkbox"/>	OCD	
<input type="checkbox"/>	Eating Disorder	
<input type="checkbox"/>	Other	
<input type="checkbox"/>	Alcohol	
<input type="checkbox"/>	Cigarettes/Tobacco	
<input type="checkbox"/>	Pot	
<input type="checkbox"/>	Hard Drugs	
<input type="checkbox"/>	Rx Pills	
<input type="checkbox"/>	Food	
<input type="checkbox"/>	Sex	
<input type="checkbox"/>	Technology	
<input type="checkbox"/>	Gambling	
<input type="checkbox"/>	Other	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Summary of Strengths: Get from free version of VIA: <https://www.viacharacter.org/survey/account/register>

[Shared by John Fitzgerald, PhD, LPC, CAS as part of his Northwest ATTC webinar, February 2019. Find slides/recording/handouts here: <https://attcnetwork.org/northwest-webinars>]