

## DoD Recommended Outcome Measures for Psychological Health

Measure	Domain/Use	Overview	Administration	Scoring	Interpretation
<b>PCL-5</b> (PTSD Checklist-5)	<b>PTSD</b> Assesses symptom severity, tracks symptoms over time	20-item self-report questionnaire based on DSM-V criteria for PTSD	10 minutes	<u>Range:</u> 0-80 Each item is rated (0-4); all 20 items are summed to yield a total score	Scores of 33 or greater warrant further screening and assessment for PTSD.
<b>PHQ-8/PHQ-9*</b> (Patient Health Questionnaire)	<b>Depression</b> Assesses symptom severity, tracks symptoms over time	8 or 9-item self-report questionnaire based on DSM-IV-TR's criteria for Major Depressive Disorder	5-10 minutes	<u>Range:</u> 0-24/0-27 Each item is rated (0-3); all 8 or 9 items are summed to yield a total score	<u>0-4:</u> none to minimal depression <u>5-9:</u> mild depression <u>10-14:</u> moderate depression <u>15-19:</u> moderately severe depression <u>20 or higher:</u> severe depression
<b>GAD-7</b> (Generalized Anxiety Disorder 7-item Scale)	<b>Anxiety</b> Assesses symptom severity, tracks symptoms over time	7-item self-report questionnaire based on DSM-IV-TR's criteria for Generalized Anxiety Disorder	5-10 minutes	<u>Range:</u> 0-21 Each item is rated (0-3); all 7 items are summed to yield a total score	<u>0-4:</u> not clinically significant <u>5-9:</u> mild anxiety <u>10-14:</u> moderate anxiety <u>15-21:</u> severe anxiety
<b>ISI</b> (Insomnia Severity Index)	<b>Insomnia</b> Assesses symptom severity, tracks symptoms over time	7-item self-report questionnaire about symptom severity and satisfaction of current sleep	5-10 minutes	<u>Range:</u> 0-28 Each item is rated (0-4); all 7 items are summed to yield a total score	<u>0-7:</u> no clinically significant insomnia <u>8-14:</u> sub-threshold insomnia <u>15-21:</u> clinical insomnia (moderate severity) <u>22-28:</u> clinical insomnia (severe)
<b>AUDIT-C**</b> (Alcohol Use Disorders Identification Test-Consumption)	<b>Alcohol Use</b> Assesses current alcohol use and if further evaluation is warranted	Brief (3-item) screen about recent alcohol consumption	3-5 minutes	<u>Range:</u> 0-12 Each item is rated (0-4); all 3 items are summed to yield a total score	A score of <u>4 or more for men and 3 or more for women</u> indicates a likelihood of hazardous drinking and warrants further evaluation.
<b>BASIS-24</b> (Behavior and Symptom Identification Scale-24)	<b>General Psychopathology</b> Measures major symptoms and functioning difficulties of people as a result of mental health problems	24-item self-report instrument that measures a wide range of symptoms and problem difficulties across the diagnostic spectrum	5-15 minutes	<u>Range:</u> 0-96 Each item is rated (0-4); all 24 items are summed to yield a total score. The survey is scored using an algorithm that gives an overall score with six subscales.	There are no specified cutoffs. Subjective interpretation of scores based on patient history and further investigation of reported symptoms.
<b>C-SSRS</b> (Columbia Suicide Severity Rating Scale)	<b>Risk for Suicide</b> Measure used to identify individuals at risk for suicide	There are four versions of the C-SSRS: <ol style="list-style-type: none"><li>1. Lifetime/Recent</li><li>2. Since Last Visit</li><li>3. Screener</li><li>4. Risk Assessment page</li></ol>	5-15 minutes	<u>Range:</u> The C-SSRS measures four constructs: severity of ideation, intensity of ideation, behavior and lethality. All questions maintain binary (yes/no) responses indicating presence or absence of behavior.	There are no specified cutoffs. When a stem question is endorsed, additional follow-up questions are prompted to obtain more information. Classification of suicide risk is based on clinical judgment and derived from patient report of suicidal ideation and behavior.

\*PHQ-9 includes 9<sup>th</sup> question on suicidal ideation. \*\*AUDIT-C is modified version of the AUDIT

## References

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