

Examples of Screening Instruments

Below is a list of common evidence-based screening tools that cover a breadth of common presentations likely to be encountered across various integrated care settings. The screeners at the top contain more detail as an example of the types of information that may be useful to go over with BHSS students when presenting a screening tool. Instructors are encouraged to select what measures best align for their course, with the measures listed and linked below as options or launching pads for other validated tools.

Screening for mood concerns, like depression or mania:

- **Patient Health Questionnaire-2 (PHQ-2):**
 - Number of items: Two
 - Dimension(s) measured: Frequency of depressed mood and anhedonia over the past two weeks
 - Psychometric properties: It is validated as a depression screener (Arroll et al., 2010; Kroenke et al., 2003). In other words, it casts a wide net to identify those at risk for depression but is not diagnostic or inclusive of severity ratings.
 - Workflow considerations: The PHQ-2 consists of the first two questions of the PHQ-9 and is often used as a “first step” in a possible “two step” process to assess depression severity. If the patient endorses one or both questions on the PHQ-2 (resulting in a cutoff score of 3 or above; with a suggestion from the authors that a score of 2 can be used for enhanced sensitivity), it is recommended that they complete the remaining seven questions of the PHQ-9.
- **Patient Health Questionnaire-9 (PHQ-9):**
 - Number of items: Nine
 - Dimension(s) measured: Depression severity based on diagnostic symptoms derived from the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).
 - Psychometric properties:
 - Workflow considerations:
 - Other notes: The PHQ-9 also has been used in many studies in primary care settings, as well as with older individuals and with those who have physically disabling conditions. It is [free to users](#) and available in English and over 30 other languages.
- **Patient Health Questionnaire-Adolescent (PHQ-A)**
- **Patient Mania Questionnaire (PMQ-9)**

Screening for anxiety:

- **General Anxiety Disorder (GAD-7)**

Screening for substance use:

- **Alcohol Use Disorders Identification Test (AUDIT-C)**

Screening for suicide risk:

- **Columbia Suicide Severity Rating Scale (C-SSRS)**

Screening for childhood and adolescent behavioral and mental health concerns:

- *Mood and Feelings Questionnaire*
- *SCARED*
- *Vanderbilts*
- *PSC-17*