



Mental Health Assessment Tools

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Below is a list of mental health assessments that can be used in educational settings and beyond. This list does not represent an endorsement of any one tool and is not inclusive of all possible tools. This list is simply to assist in accessing a range of options related to school climate, trauma, anxiety and other mental health topics. NOTE any materials found at theshapesystem.com require signing up for a free SHAPE account in order to access.

Anxiety

- *Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS)*
Rates severity of symptoms. Age range: 6-17 years.
<https://iocdf.org/wp-content/uploads/2016/04/05-CYBOCS-complete.pdf>
- *Generalized Anxiety Disorder- 7 (GAD-7)*
Screening tool for initial symptoms. Age range: 11-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/74>
- *Multidimensional Anxiety Scale for Children (MASC 2)*
Distinguishes between anxiety symptoms and dimensions that broader measures do not cover. Age range: 8-19 years.
<https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Personality-Biopsychosocial/Multidimensional-Anxiety-Scale-for-Children-C-Second-Edition/p/100000735.html>
- *Penn State Worry Questionnaire for Children (PSWQ-C)*
Assesses worry and monitors changes in symptoms over time. Age range: 7-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/79>
- *Revised Child Anxiety and Depression Scale (RCADS)*
Assesses defined anxiety and depression. Age range: 8-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/80>
- *Revised Children's Manifest Anxiety Scale (RCMAS 2)*
Identifies the source and level of anxiety. Age range: 6-19 years.
<https://storefront.mhs.com/collections/rcmas-2>
- *Screen for Child Anxiety Related Disorders (SCARED)*
Screens for symptoms across five subscales of anxiety. Age range 8-18 years.
<https://www.midss.org/content/screen-child-anxiety-related-disorders-scared>
- *Social Phobia and Anxiety Inventory (SPAI)*
Assesses symptoms, cognitions and behaviors to measure social anxiety. Age range: 14+ years.
<https://storefront.mhs.com/collections/spai>
- *Spence Children's Anxiety Scale (SCAS)*
Assesses severity of anxiety symptoms. Age range: 3-15 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/84>

Bipolar Disorders

- *Child Mania Rating Scale (CMRS)*
Assesses symptoms of a manic episode. Age range: 5-17 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/67>
- *Parent-Young Mania Rating Scale (P-YMRS)*
Identifies those at risk of mania and severity of symptoms. Age range: 5-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/76>

Depression

- *Beck Youth Inventories 2nd Ed*
Assesses symptoms of depression, anxiety, anger, disruptive behavior and self-concept. Age range: 7-18 years.
<https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Personality-Biopsychosocial/Beck-Youth-Inventories-C-Second-Edition/p/100000153.html>
- *Children's Depression Inventory 2 (CDI 2)*
Comprehensive multi-rater assessment of depressive symptoms. Age range: 7- 7 years.
<https://storefront.mhs.com/collections/cdi-2>
- *Center for Epidemiological Studies Depression Scale for Children (CSE-DC)*
Measures depressive symptoms. Age range 6-23 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/66>
- *Depression Self-Rating Scale for Children (DSRS-C)*
Assesses symptoms within the past week, Age range: 8-14 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/414>
- *Patient Health Questionnaire-9 (PHQ-9)*
Assesses depression and suicide risk. Age range: 11-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/77>
- *Revised Child Anxiety and Depression Scale (RCADS)*
Identifies diagnostic criteria. Age range 8-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/80>

Eating Disorders

- *Eating Attitudes Test (EAT-26)*
Discriminates between behaviors in the average range and those that are risk signs for anorexia, bulimia and obesity. Age range 8-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/71>
- *Eating Disorder Examination Questionnaire (EDE-Q)*
Assesses key behaviors associated with eating disorders. Age range: 14+ years
<https://www.corc.uk.net/outcome-experience-measures/eating-disorder-examination/#:~:text=TheEatingDisorderExaminationQuestionnaire,BCTheEDED.A.>

Emotional and Social Development

- *Anger Regulation and Expression Scales (ARES)*
Assesses inward and outward expressions of anger. Age range: 10-17 years.
<https://storefront.mhs.com/collections/ares>
- *The Devereux Student Strengths Assessment (DESSA)*
Strength based rating of social-emotional competence. Age range: 5-18
<http://www.apertureed.com/dessa-overview/>
- *Emotional Quotient Inventory: Youth Version*
Examines emotional and social functioning. Age range 7-18 years.
<https://storefront.mhs.com/collections/eq-i-yv>

- *Profile of Mood States Second Edition (POMS 2)*
Assesses emotions and can be used over time to monitor interventions aimed at reducing negative affect. Age range: 13-17 years.
<https://storefront.mhs.com/collections/poms-2>
- *Family Assessment Measure- III (FAM-III)*
Looks at family functioning across six parameters. Age range 10+ years.
<https://storefront.mhs.com/collections/fam-iii>

General Mental Health and Behavior

- *Behavioral and Emotional Screening System (BASC-3 BESS)*
Looks at a range of behavior-based strengths and weaknesses. Age range: 3-18 years.
<https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Behavior/Comprehensive/BASC-3-Behavioral-and-Emotional-Screening-System/p/100001482.html?tab=product-details>
- *Brief Impairment Scale*
Assesses interpersonal relations, school functioning and self-care. Age range 4-17 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/411>
- *Brief Psychiatric Rating Scale for Children (BPRS-C)*
Examines psychological and affective symptoms including psychosis. Age range: 3-18 years.
<http://farmacologiaclinica.info/scales/BPRS-C/#:~:text=BPRSDC21items,OverallJECPfefferbaumB.&text=IE2ECTheBriefPsychiatric,problemsofchildrenandadolescents>
- *Conners Comprehensive Behavior Rating Scales (CBRS)*
Behaviors, emotions and social problems. Age range: 6-18 years.
<https://storefront.mhs.com/collections/conners-cbrs>
- *Million Adolescent Clinical Inventory-II (MACI-II)*
Assesses mental health and behavior concerns. Age range 13-18 years.
<https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Personality-%26-Biopsychosocial/Millon-Adolescent-Clinical-Inventory-II/p/100002029.html>
- *Pediatric Symptom Checklist (PSC)*
Screens for variety of mental health concerns. Age range: 3-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/78>
- *Strengths and Difficulties Questionnaire (SDQ)*
Assesses positive and negative attributes of emotional, behavioral and social health. Age Range: 2-7 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/85>
- *Student's Life Satisfaction Scale (SLSS)*
Assesses positive indications of psychological well-being across five dimensions. Age range: 3-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/88>
- *Student Risk Screening Scale (SRSS)*
Identifies behaviors that correlate with mental health difficulties. Age range: 4-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/87>
- *Youth Top Problems*
Allows clinicians to identify and monitor the most important issues for intervention. Age Range: 5-15 years.
https://weiszlab.fas.harvard.edu/files/jweisz/files/top_problems_assessment_manual_09.11.18.pdf

Resiliency

- *Child and Youth Resilience Measure (CYRM)*
Captures resources that boost a child's resilience. Age range: 5-23 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/415>
- *Resiliency Scales for Children and Adolescents (RSCA)*

Profiles strengths and vulnerabilities. Age range: 9-18 years.

<https://www.pearsonclinical.com/psychology/products/100000655/resiliency-scales-for-children-adolescents-a-profile-of-personal-strengths-rsca.html>

School Climate and Interactions

- *Authoritative School Climate Survey (ASCS)*
Looks at structure and support across the school including prevalence of bullying.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/413>
- *Conditions for Learning (CFL)*
Assesses for safe and supportive learning environments. Grades 2-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/68>
- *Delaware School Climate Survey*
Assesses five areas that align with positive behavior supports and social emotional learning. Grades K-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/70>
- *ED School Climate Survey (EDSCLS)*
Assesses engagement, safety and the environment. Grades 5-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/72>
- *Identification with School Questionnaire (ISQ)*
Assesses student emotional engagement with school. Grades 8-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/75>
- *School Academic Optimism Scale (SAOS)*
Assesses efficacy, trust and academic emphasis. Grades K-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/81>
- *School Burnout Inventory (SBI)*
Assesses school related stress. Grades 8-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/82>
- *School Climate Measure*
Assesses multiple dimensions based on student perception. Grades 6-12
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/83>
- *Social Skills Improvement System Rating Scales (SSIS)*
Assesses both individuals and groups in social skills, problem behaviors and academic competence. Age range: 3-18 years.
<https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Behavior/Social-Skills-Improvement-System-SSIS-Rating-Scales/p/100000322.html>
- *Student Engagement Instrument (SEI)*
Assesses psychological engagement with learning and school. Grades 3-12.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/86>

Suicidality

- *Assessment of Suicidal Behaviors and Risk Among Children and Adolescents*
Comprehensive evaluation of a list of available tools and examination of reliability.
<http://www.sprc.org/sites/default/files/migrate/library/GoldstonAssessmentSuicidalBehaviorsRiskChildrenAdolescents.pdf>

Trauma and Stressor Related Disorders

- *Foa's Child PTSD Symptom Scale (CPSS)*
Screens for and assesses severity of post traumatic stress disorder (PTSD). Age range 8-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/73>
- *Traumatic Events Screening/Diagnostic Inventory (TESI)*

Assesses lifetime exposure to potentially traumatic events and the linked emotional reactions. Age range: 0-18 years.

<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/89>

Teacher Stress

- *Teacher Stress Inventory (TSI)*

Assesses stress experiences that are specific to the profession.

<https://www.scribd.com/document/361551119/Teacher-Stress-Inventory-Michael-J-Fimian>

The following resources can assist in providing assessment information on conditions that frequently co-occur with mental health difficulties.

Autism Spectrum Disorders

- *How and Where to Obtain a Diagnosis/Assessment in Indiana: Autism Spectrum Disorders and Mental Health Resources*, agencies and information.
<https://www.iidc.indiana.edu/irca/learn-about-autism/how-and-where-to-obtain-a-diagnosis-assessment-in-indiana.html>
- *Psychological Evaluation for Autism Spectrum Disorder: Considerations for Standardized Testing*
Outlines issues to be considered.
<https://ismhi.indiana.edu/topics-a-z/co-occurring-conditions-that-can-impact-mental-health.html>
- *Screening and Diagnosis of Autism Spectrum Disorder for Healthcare Providers*.
Lists recommended screening tools and considerations.
<https://www.cdc.gov/ncbddd/autism/hcp-screening.html>

Attention Deficit Hyperactivity Disorder (ADHD)

- *Vanderbilt ADHD Diagnostic Rating Scale*
Screening for Characteristics of attention deficit disorder. Age Range: 6-12 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/91>
- *Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD): Clinical Practice Tools*
List of tools to screen and assess ADHD.
<https://chadd.org/for-professionals/clinical-practice-tools/>

Communication Disorders

- *Clinical Topics*.
Comprehensive list of types of communication disorders with definitions and assessment information for each
<https://www.asha.org/Practice-Portal/Clinical-Topics/>

Intellectual Disabilities

- *Assessment in Developmental Disabilities*
Comprehensive list of assessment tools with summary and ages ranges of each
<https://www.webpsychology.com/assessment-developmental-disabilities-tools>

Motor Disorders

- *Diagnosing Tic Disorders*
Outlines definitions and guidelines.
<https://www.cdc.gov/ncbddd/tourette/diagnosis.html>

- *Clinical Assessment of Tourette Syndrome and Tic Disorders*
In depth discussion of diagnostic criteria and assessment tools.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3674220/>

Specific Learning Disorders (SLD)

- *SLD Eligibility – Policy and Practice Recommendations*
National Association of School Psychologists provides guidelines and considerations for evaluation and diagnosis including links to best assessment practices and tools.
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/special-education/sld-eligibility-policy-and-practice-recommendations>

Substance Abuse

- *Screeners*
 - CAGE Screen
Screens for problematic alcohol use. Age range: 16+ years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/65>
 - CRAFFT 2.0
Screens for high risk alcohol and drug use in adolescents. Age range 12-18 years.
<https://shape.3cimpact.com/screeningAndAssessment/Screening & Assessment/69>
- *Treatment Improvement Protocol: Screening and Assessing Adolescents for Substance Abuse Disorders.*
Guidelines for assessment and tools.
<https://store.samhsa.gov/product/TIP-31-Screening-and-Assessing-Adolescents-for-Substance-Use-Disorders/SMA12-4079>

Gauss, C., Bengert, N., Kincaid, J. & Davies, C. (2020). *Mental health assessment tools*. <https://www.ismhi.indiana.edu>