

Instruments and Rating Scales

ECHO Ontario CYMH Resources



Multiple Symptoms Tools and Rating Scales

Screening Tool / Rating Scale	Age Groups	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Strengths and Difficulties Questionnaire (SDQ)	3 to 17 years	Self-administered Parent Teacher Youth 11 to 17 years	10 minutes	Free and available in 40 different languages	General psychosocial screening for emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and pro-social behaviour (not included in score); a separate scale assesses impact of symptoms of global functioning	Click here
Children's Global Assessment Scale (C-GAS)	4 to 16 years	Clinicians	Requires no administration time because it is based on prior clinical assessment. Time to integrate knowledge of the child into a single score is estimated to be 5-10 minutes	Free	Assesses overall severity of disturbance and impact on global functioning	Click here

Condition-Specific Screening Tools and Rating Scales

Anxiety

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Screen for Child Anxiety Related Emotional Disorders (SCARED)	7 to 19 years of age	Parent Patient	10 minutes	Free Available in French	To assess symptoms of anxiety disorders in children and adolescents	Click here
Social Phobia Inventory (SPIN)	Adolescents to adulthood	Patient		Free with permission and available in French. Reference: Connor KM, Davidson JR, Churchill LE, Sherwood A, Foa E, Weisler RH. Psychometric properties of the Social Phobia Inventory (SPIN). New self-rating scale. British Journal of Psychiatry 2000; 176:379-386	Self-reported assessment scale consists of 17 items, which cover the main spectrum of social phobia such as fear, avoidance, and physiological symptoms Five answers based on a likert scale of intensity of social phobia symptoms ranging from "Not at all" to "Extremely". Total score higher than 19 indicates on likelihood of social anxiety disorder. Valid assessment scale for screening social anxiety disorder.	Click here
Mini-Social Phobia Inventory (Mini-SPIN)	Adolescents to adult	Patient	Less than 5 minutes	Free with permission from david011@mc.duke.edu and is available in French. Reference: Connor KM, Kobak KA, Churchill LE, Katzelnick D, Davidson JR. Mini-SPIN: a brief screening assessment for generalized social anxiety disorder. Depression and Anxiety 2001; 14:137-140	A 3-item, self-rated scale used to screen for Social Anxiety Disorder. Studies have shown the Mini-SPIN to accurately identify 90% of people diagnosed with Social Anxiety Disorder	Click here

Attention Deficit/Hyperactivity

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Conners Rating Scales	3 to 17 years of age	Parent, teacher and adolescent (depends on version)	5-10 minutes for parents 10-20 minutes for teachers	For purchase	Version available for: parents, teachers and adolescents. Assess conduct problems, learning problems, physical symptoms, impulsivity, hyperactivity and anxiety	Click here
SNAP-IV Teacher and Parent Rating Scale	5 to 18 years of age	Parent, teacher and patient (depends on the version)	5-10 minutes	Free	90-item questionnaire measuring symptoms of ADHD, oppositional defiant disorder and aggression	Click here

Autism and Asperger’s Syndrome

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Autism Spectrum Screening Questionnaire (ASSQ)	7-16 years of age with normal IQ or mid ID	Parent and teacher	10 minutes	Free	The ASSQ consists of 27 items to be completed by parents or teachers. It is specifically designed to assess symptoms characteristic of what used to be called Asperger Syndrome or high-functioning Autism Spectrum Disorder in children and adolescents. I would take what is currently under additional comments out and replace it with the previous sentence.	Click here
Childhood Autism Spectrum Test (CAST)	All ages	Parent	20 minutes	Free	The Childhood Autism Spectrum Test (formerly named the Childhood Asperger Syndrome Test) is a 39 item questionnaire developed to assess the severity of autism spectrum symptoms in children.	Click here
Gilliam Autism Rating Scale (GARS-3)	3 – 22 years of age	Parent and teacher	5 to 10 minutes	For purchase		Click here
Modified Checklist for Autism in Toddlers (M-CHAT-R)	16-30 months	Parent and interpreted by clinician	Under 5 minutes	Free	The Modified Checklist for Autism in Toddlers, Revised (M-CHAT-R) is a screener that will ask a series of 20 questions about your child’s behavior. The results will let you know if a further evaluation may be needed. You can use the results of the screener to discuss any concerns that you may have with your child’s healthcare provider.	Click here
Pervasive Development Disorders Screening Test (PDDST-II)	18-48 months	Parent	10-20 minutes	For purchase	There are 22 items and 3 version for 3 stages: Primary care, developmental clinic screener, and autism clinic severity screener.	Click here

Depression

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
PHQ-9 (Patient Health Questionnaire)	12 to 18 years of age	Patient	Less than 5 minutes	Free	13 items – scored across 4 broad categories (Not at all/Several days/more than half the days/nearly every day) Total scores ≥ 11 are positive Total score: Depression severity 1–4: Minimal depression 5–9: Mild depression 10–14: Moderate depression (≥ 11 = positive score) 15–19: Moderately severe depression 20–27: Severe depression	Click here
CDI 2 (Child Depression Inventory 2)	7 to 17 years of age	Parent Teacher Patient	5 to 15 minutes	Approximately \$75 for 25 forms Available in many languages	May be administered and scored by counselors, nurses, physicians, psychologists, social workers, and other trained professionals and paraprofessionals.	Click here
BDI (Beck Depression Inventory)	Adolescents aged 13 and up	Patient	5 minutes		BDI can be used for screening and diagnosis of depression, and for monitoring therapeutic progress in both in- and outpatient populations.	Click here
CDRS-R (Children’s depression rating scale-revised)	6 to 12 years of age	Physician	The complete hand-scoring kit (including manual and 25 record forms) costs \$162. Available in French		Assesses the presence and severity of depression symptoms in children. Examiner should be a clinician trained in the administration and interpretation of psychological measures.	Click here
KADS-6 and 11 Item (Kutcher Adolescent Depression Scale 6 item)	12 to 22 years of age	Patient	The CDRS kit (including 25 administration booklets and the manual) costs \$99.	Free and available in French	Can be used to monitor symptoms over time.	Click here
Center for Epidemiologic Studies Depression Scale for Children	6 to 17 years of age	Child self-report		Free and available in French	Can be used to monitor over time	Option One Option Two

Eating Disorders

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Eating Attitudes Test (EAT-26)	Middle to high school-aged children and adolescents	Parent Patient	5-10 minutes and 5 minutes for scoring	Free Available in French Reference: Garner DM and Garfinkel PE (1979) Psychological Medicine 9:273-9	Easily accessible. A standardized, self-report measure of symptoms and concerns characteristic of eating disorders. Does not detect binge eating disorder (BED).	Click here
SCOFF Eating Disorders Questionnaire	High school-aged children	Physician with patient	Less than 5 minutes	Free	5-item questionnaire to assess core features of anorexia nervosa and bulimia nervosa.	Click here

Obsessive-Compulsive Disorder

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Children's Yale-Brown Obsessive Compulsive Scale (CYBOCS)	5-18 years of age	Parent Patient		Free	Assess the type and severity of obsessive-compulsive disorder (OCD) symptoms in children and adolescents, as a screening measure to identify children and adolescents in need of further intervention, or to monitor improvement in OCD symptoms in children and adolescents following treatment/ intervention.	Click here

Tics

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Yale Global Tourette Severity Scale (YGTSS)	5 years of age and older	Physician		Free	Assess the frequency and severity of motor and phonic tics, to establish a baseline measure prior to the implementation of a treatment/ intervention program, as an indicator of change during or following a treatment/intervention program, or as an indicator of treatment/intervention program effectiveness.	Click here

Substance Abuse

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
CRAFFT (Car, Relax, Alone, Forget, Friends, Trouble) Lifetime Use	Adolescents	Self-administered or youth report	1 to 2 minutes	Free	3 screener questions, then 6 items Screens for substance abuse	Click here

Post-Traumatic Stress Disorder

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Clinician-Administered PTSD Scale for DSM-5 - Child/Adolescent Version (CAPS-CA-5)	Children and Adolescents ages 7 and above	Clinician administered		Free, but you need to request a copy of the assessment from the U.S. Department of Veterans Affairs by completing the Assessment Request Form	30-item assessment based on the 20 DSM-5 PTSD symptoms for PTSD	Click here

Psychosis

Screening Tool / Rating Scale	Age Group	Completed by	Time Required to Complete	Availability	Additional Comments	Link to Source
Schizophrenia Test and Early Psychosis Indicator (STEPI)	Children and Adolescents	Self-Administered	3-5 minutes	Free	17 questions about experience that patient may have in their daily lives	Click here