



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 others in accessing a range of options related to school climate, trauma, anxiety and other relevant topics.

Substance Use

- CAGE Screen
 - https://theshapesystem.com/resource-assessments/4118/CAGE_9.7.17+SHE.pdf?1504787168
- CRAFFT 2.0
 - https://theshapesystem.com/resource-assessments/4118/CRAFFT_8.31.17_SHE.pdf?1504194080
- ED School Climate Survey (EDSCLS)
 - https://theshapesystem.com/resource-assessments/4118/EDSCLS_SHE+9.29.17.pdf?1506689227

Depression/Mood

- Children's Depression Inventory 2 (CDI 2)
 - <https://www.mhs.com/MHS-Assessment?prodname=cdi2>
- Center for Epidemiological Studies Depression Scale for Children (CSE-DC)
 - https://theshapesystem.com/resource-assessments/4118/CES-DC_SHE+8.31.17.pdf?1504787558
- Child Mania Rating Scale, Parent (CMRS-P)
 - https://theshapesystem.com/resource-assessments/4118/CMRS-P_SHE+10.5.17.pdf?1507292046
- Parent-Young Mania Rating Scale (P-YMRS)
 - https://theshapesystem.com/resource-assessments/4118/P-YMRS_SHE+10.6.17.pdf?1507292209
- Patients Health Questionnaire-9 (PHQ-9)
 - https://theshapesystem.com/resource-assessments/4118/PHQ+9_PHQ-9-A_8.31.17_SHE.pdf?1504195261
- Pediatric Symptom Checklist (PSC)
 - https://theshapesystem.com/resource-assessments/4118/PSC_8.31.17_SHE.pdf?1504195241
- Revised Child Anxiety Depression Scale (RCADS)
 - https://theshapesystem.com/resource-assessments/4118/RCADS_SHE+10.12.17.pdf?1507829194
- Strengths and Difficulties Questionnaire (SDQ)
 - https://theshapesystem.com/resource-assessments/4118/SDQ_SHE_9.29.17.pdf?1506688406
- Student Risk Screening Scale (SRSS)
 - https://theshapesystem.com/resource-assessments/4118/SRSS_SHE+10.6.17.pdf?1507293656
- Vanderbilt ADHD Diagnostic Rating Scale
 - https://theshapesystem.com/resource-assessments/4118/Vanderbilt_SHE+8.31.17.pdf?1504788299
- Brief Problem Checklist (BPC)
 - https://theshapesystem.com/resource-assessments/4118/BPC_SHE+12.14.17.pdf

School Climate

- Conditions for Learning (CFL)
 - https://theshapesystem.com/resource-assessments/4118/Conditions+for+learning_SHE+10.6.17.pdf?1507293083

- Delaware School Climate Survey
 - https://theshapesystem.com/resource-assessments/4118/Delware+School+Climate_SHE+9.21.17.pdf?1506004375
- ED School Climate Survey (EDSCLS)
 - https://theshapesystem.com/resource-assessments/4118/EDSCLS_SHE+9.29.17.pdf?1506689227
- School Academic Optimism Scale (SAOS)
 - https://theshapesystem.com/resource-assessments/4118/SAOS_8.31.17_SHE.pdf?1504194220
- School Climate Measure
 - https://theshapesystem.com/resource-assessments/4118/SCM_FINAL_11.29.17.pdf

Trauma

- Foa's Child PTSD Symptom Scale (CPSS)
 - https://theshapesystem.com/resource-assessments/4118/Foa%27s+CPSS_8.31.17_SHE.pdf?1504788023
- Generalized Anxiety Disorder- 7 (GAD-7)
 - https://theshapesystem.com/resource-assessments/4118/GAD+7_8.31.17_SHE.pdf?1504194109
- Spence Children's Anxiety Scale (SCAS)
 - https://theshapesystem.com/resource-assessments/4118/SCAS_SHE+9.19.17.pdf?1506001560
- Traumatic Events Screening/Diagnostic Inventory (TESI)
 - https://theshapesystem.com/resource-assessments/4118/TESI-C_FINAL_11.29.17.pdf

Anxiety

- Generalized Anxiety Disorder- 7 (GAD-7)
 - https://theshapesystem.com/resource-assessments/4118/GAD+7_8.31.17_SHE.pdf?1504194109
- Pediatric Symptom Checklist (PSC)
 - https://theshapesystem.com/resource-assessments/4118/PSC_8.31.17_SHE.pdf?1504195241
- Penn State Worry Questionnaire for Children (PSWQ-C)
 - https://theshapesystem.com/resource-assessments/4118/PSWQ-C_SHE+10.13.17.pdf?1507890387
- Revised Child Anxiety Depression Scale (RCADS)
 - https://theshapesystem.com/resource-assessments/4118/RCADS_SHE+10.12.17.pdf?1507829194
- Spence Children's Anxiety Scale (SCAS)
 - https://theshapesystem.com/resource-assessments/4118/SCAS_SHE+9.19.17.pdf?1506001560
- Strengths and Difficulties Questionnaire (SDQ)
 - https://theshapesystem.com/resource-assessments/4118/SDQ_SHE_9.29.17.pdf?1506688406
- Student Risk Screening Scale (SRSS)
 - https://theshapesystem.com/resource-assessments/4118/SRSS_SHE+10.6.17.pdf?1507293656
- Vanderbilt ADHD Diagnostic Rating Scale
 - https://theshapesystem.com/resource-assessments/4118/Vanderbilt_SHE+8.31.17.pdf?1504788299
- Multidimensional Anxiety Scale for Children (MASC 2)
 - <https://www.mhs.com/Area?market=Education#ANX>
- Revised Children's Manifest Anxiety Scale (RCMAS 2)
 - <https://www.mhs.com/Area?market=Education#ANX>
- Social Phobia and Anxiety Inventory (SPAI)
 - <https://www.mhs.com/Area?market=Education#ANX>
- Brief Problem Checklist (BPC)
 - https://theshapesystem.com/resource-assessments/4118/BPC_SHE+12.14.17.pdf

Academic

- Identification with School Questionnaire (ISQ)
 - https://theshapesystem.com/resource-assessments/4118/ISQ_SHE_9.29.17.pdf?1506688816
- School Burnout Inventory (SBI)

- https://theshapesystem.com/resource-assessments/4118/School+Burnout_SHE+9.29.17.pdf?1506689048
- School Academic Optimism Scale (SAOS)
 - https://theshapesystem.com/resource-assessments/4118/SAOS_8.31.17_SHE.pdf?1504194220
- Student Engagement Instrument (SEI)
 - https://theshapesystem.com/resource-assessments/4118/SEI_8.31.17_SHE.pdf?1506004500
- Student Risk Screening Scale (SRSS)
 - https://theshapesystem.com/resource-assessments/4118/SRSS_SHE+10.6.17.pdf?1507293656
- School Climate Measure
 - https://theshapesystem.com/resource-assessments/4118/SCM_FINAL_11.29.17.pdf

Disruptive Behavior

- Pediatric Symptom Checklist (PSC)
 - https://theshapesystem.com/resource-assessments/4118/PSC_8.31.17_SHE.pdf?1504195241
- Strengths and Difficulties Questionnaire (SDQ)
 - https://theshapesystem.com/resource-assessments/4118/SDQ_SHE_9.29.17.pdf?1506688406
- Student Risk Screening Scale (SRSS)
 - https://theshapesystem.com/resource-assessments/4118/SRSS_SHE+10.6.17.pdf?1507293656
- Vanderbilt ADHD Diagnostic Rating Scale
 - https://theshapesystem.com/resource-assessments/4118/Vanderbilt_SHE+8.31.17.pdf?1504788299
- Brief Problem Checklist (BPC)
 - https://theshapesystem.com/resource-assessments/4118/BPC_SHE+12.14.17.pdf

Global Functioning

- Delaware School Climate Survey
 - https://theshapesystem.com/resource-assessments/4118/Delaware+School+Climate_SHE+9.21.17.pdf?1506004375
- ED School Climate Survey (EDSCLS)
 - https://theshapesystem.com/resource-assessments/4118/EDSCLS_SHE+9.29.17.pdf?1506689227
- Pediatric Symptom Checklist (PSC)
 - https://theshapesystem.com/resource-assessments/4118/PSC_8.31.17_SHE.pdf?1504195241
- Strengths and Difficulties Questionnaire (SDQ)
 - https://theshapesystem.com/resource-assessments/4118/SDQ_SHE_9.29.17.pdf?1506688406
- Youth Top Problems (YTP)
 - https://theshapesystem.com/resource-assessments/4118/YTP_8.31.17+SHE.pdf?1504788749

Inattention

- Vanderbilt ADHD Diagnostic Rating Scale
 - https://theshapesystem.com/resource-assessments/4118/Vanderbilt_SHE+8.31.17.pdf?1504788299
- Pediatric Symptom Checklist (PSC)
 - https://theshapesystem.com/resource-assessments/4118/PSC_8.31.17_SHE.pdf?1504195241

Social Skills

- Strengths and Difficulties Questionnaire (SDQ)
 - https://theshapesystem.com/resource-assessments/4118/SDQ_SHE_9.29.17.pdf?1506688406
- Student Risk Screening Scale (SRSS)
 - https://theshapesystem.com/resource-assessments/4118/SRSS_SHE+10.6.17.pdf?1507293656
- Student's Life Satisfaction Scale (SLSS)
 - https://theshapesystem.com/resource-assessments/4118/SLSS_SHE+10.5.17.pdf?1507295739
- Two Item Conjoint Screen (TICS)
 - https://theshapesystem.com/resource-assessments/4118/TICS_8.31.17+SHE.pdf?1504788988
- Vanderbilt ADHD Diagnostic Rating Scale

- https://theshapesystem.com/resource-assessments/4118/Vanderbilt_SHE+8.31.17.pdf?1504788299
- School Climate Measure
 - https://theshapesystem.com/resource-assessments/4118/SCM_FINAL_11.29.17.pdf

Internal and External Behavior Patterns

- SRSS-IE (Student Risk Screening Scale with Internalizing Behaviors)
 - <https://miblsi.org/evaluation/student-assessments/student-risk-screening-scale>
- Behavioral and Emotional Screening System (BASC-2; BESS)
 - <https://www.pearsonassessments.com/>
- Systematic Screening for Behavior Disorders (SSBD; Walker & Severson, 1990)
 - <http://store.voyagersopris.com/>

Adaptive Skills

- Behavioral and Emotional Screening System (BASC-2; BESS)
 - <https://www.pearsonassessments.com/>

Personal Resiliency

- Resiliency Scales for Children and Adolescents (RSCA)
 - <https://www.pearsonclinical.com/psychology/products/100000655/resiliency-scales-for-children-adolescents-a-profile-of-personal-strengths-rsca.html>

Emotional and Social Development

- The Devereux Student Strengths Assessment (DESSA)
 - <http://www.apertureed.com/dessa-overview/>
- Emotional Quotient Inventory: Youth Version
 - <https://www.mhs.com/MHS-Assessment?prodname=eqiyv>
- Profile of Mood States Second Edition (POMS 2)
 - <https://www.mhs.com/MHS-Assessment?prodname=poms2>
- Family Assessment Measure- III (FAM-III)
 - <https://www.mhs.com/MHS-Assessment?prodname=famiii>

Life Satisfaction

- Student's Life Satisfaction Scale (SLSS)
 - https://theshapesystem.com/resource-assessments/4118/SLSS_SHE+10.5.17.pdf?1507295739

Personality and Psychopathology

- Anger Regulation and Expression Scales (ARES)
 - <https://www.mhs.com/MHS-Assessment?prodname=ares>
- Anger Disorder Scale
 - <https://www.mhs.com/MHS-Assessment?prodname=ads>

Autism

- Autism Treatment Evaluation Checklist (ATEC)
 - https://theshapesystem.com/resource-assessments/4118/ATEC_FINAL_11.29.17.pdf

Eating

- Eating Attitudes Test (EAT-26)
 - https://theshapesystem.com/resource-assessments/4118/EAT-26_FINAL_11.29.17.pdf

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