



Brief Psychosocial Clinical Assessment Tool

Alcohol Use: AUDIT-C

Answer in terms of 'standard drinks'
 e.g. 100ml sparkling or still wine, 425ml (schooner) of light beer, 285ml (middy) regular beer and 30ml (nip) spirits.



100ml of @12% alcohol content **wine**



375ml of @2.7% alcohol (light) **beer**



375ml of @4.9% alcohol (heavy) **beer**



30ml of @40% alcohol **spirit**

	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
How often do you have a drink containing alcohol?	0	1	2	3	4
	1 or 2	3 or 4	5 or 6	7 or 9	10 or more
How many 'standard drinks' do you have on a typical day when you are drinking?	0	1	2	3	4
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
How often do you have six or more 'standard drinks' on one occasion?	0	1	2	3	4
	Total =				/12

Illicit Drug Use: MINI Screen

In the past 12 months, did you take any of these drugs more than once, to get high, to feel better, or to change your mood? **YES/NO**

Stimulants	Amphetamines, 'speed', crystal meth, 'crack', Dexedrine, Ritalin, diet pills
Cocaine	Snorting, IV, freebase, crack, 'speedball'
Narcotics	Heroin, morphine, Dilaudid, opium, Demerol, methadone, codeine, Percodan, Darvon, OxyContin
Hallucinogens	LSD - 'acid', mescaline, peyote, PCP ('angel dust', 'peace pill'), psilocybin, STP, 'mushrooms', 'ecstasy', MDA, or MDMA, ketamine or "special k"
Inhalants	'Glue', ethyl chloride - 'rush', nitrous oxide - 'laughing gas', amyl or butyl nitrate, "poppers"
Marijuana	Hashish - 'hash', THC - 'pot', 'grass', 'weed', 'reefer'
Tranquilisers	Quaalude, Seconal (reds), Valium, Xanax, Librium, Ativan, Dalmane, Halcion,

Depression: PHQ-2

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several Days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Pain: Pain Basic Data Set (Short Form)

Have you had any pain during the last seven days including today?

NO Stop **YES Continue to ask**

	From Nil interference				To Extreme interference			
In general, how much has pain interfered with your day-to-day activities in the last week?	0	1	2	3	4	5	6	
In general, how much has your pain interfered with your overall mood in the past week?	0	1	2	3	4	5	6	
In general, how much has pain interfered with your ability to get a good night's sleep?	0	1	2	3	4	5	6	

PTSD: Primary Care PTSD Screen

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

	Yes	No
Have had nightmares about it or thought about it when you did not want to?	1	0
Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?	1	0
Were constantly on guard, watchful, or easily startled?	1	0
Felt numb or detached from others, activities, or your surroundings?	1	0

Psychotic Disorders: MINI Screen

	Yes	No
Have you ever believed that people were spying on you, or that someone was plotting against you, or trying to hurt you?	1	0
Have you ever believed that someone was reading your mind or could hear your thoughts or that you could actually read someone's mind or hear what another person was thinking?	1	0

Generalized Anxiety Disorder (GAD) Scale

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several Days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge?	0	1	2	3
Not being able to stop or control worrying?	0	1	2	3

Final Assessment

Please note if you are **unsure** of a presentation or **not confident** with your assessment follow this up with a **mental health care professional** assessment.

Psychosocial Category	Score	AT RISK ALERT Any SCORE \geq should be investigated further by the appropriate MENTAL HEALTH CARE PROFESSIONAL (e.g. D&A, psychology, Psychiatry) or GP
Alcohol Use		≥ 6 indicates an increased risk of harm
Illicit Drug Use		≥ 1 indicates need for further investigation \rightarrow D&A referral required
Depression: PHQ-2		≥ 3 indicates increased risk of depression \rightarrow MHCP referral required
Pain Basic Data Set		≥ 2 is significant & indicates need for further investigation by pain specialist
PTSD Screen		≥ 3 indicates increased risk of PTSD \rightarrow MHCP referral required
Psychotic Disorders		≥ 1 indicates increased risk of psychosis \rightarrow MHCP referral required
GAD Scale		≥ 3 indicates an increased risk of anxiety \rightarrow MHCP referral required
Referred to:		Appointment Date:
Referred to:		Appointment Date:
Planned Review Date:		Actual Follow Up Date:
Print Name:	Signature:	Date:

Local General Practitioner: _____

D&A: _____

Psychiatrist: _____

Local Mental Health Crisis Team: _____