Providing you with the tools to support Mental Health

A guide to Pearson's mental health tools that can help your students and patients adapt and thrive

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Mental health is an important part of a person's overall wellbeing

Developing a healthy mind is just as important for our overall health as our physical condition - with stress, anxiety and our internal feelings being major factors that can change how we perceive ourselves and the world around us.

A **study by mentalhealth.org** in 2016 indicated that nearly half (43.4%) of adults interviewed in the UK thought that they may have had a diagnosable mental health condition at some point in their life (35.2% of men and 51.2% of women), but only a fifth of these men and a third of these women received an actual diagnosis.* This could be due to the population's changing lifestyle as well as the social pressures that many of us now feel which can lead to a number of the most common conditions indicated during the study, including anxiety, depression, panic disorders and OCD.

So that you can be there for those who need your support, we have a range of assessments that can help diagnose conditions that can impact a person's mental health and wellbeing - from ADHD, Autism, depression, personality disorders to other behavioural issues. This includes a number of digital tests that can be used during your Telepractice sessions, allowing you to assess and identify their specific needs wherever they may be.

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In this guide, you will find the assessments split into two areas SENCo and Psychologist. Please note that psychologists can use the assessments on both levels.

| ADD/ADHD

SENCo

BASC-3
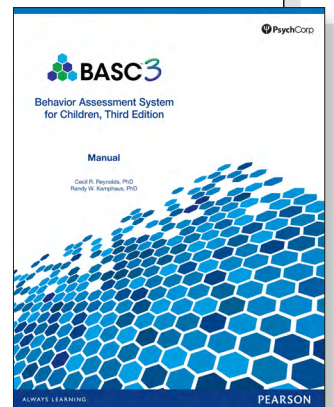
Understand the emotions and behaviours of children and adolescents

The Behaviour Assessment System for Children (BASC) can help children thrive in their school and home environments and holds an exceptional track record for providing a complete picture of a child's behaviour.

Qualification code: B

Age range: 2 to 21:11 years

Administration: Individual - 10-20 minutes (TRS and PRS), 30 minutes (SRP)
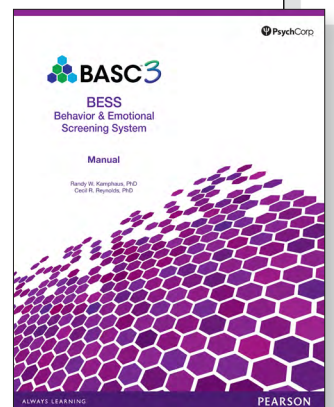
BASC-3 BESS

Brief, universal screening system for measuring behavioural and emotional strengths and weaknesses

This test offers a reliable, quick, and systematic way to determine behavioural and emotional strengths and weaknesses of children and adolescents. Such as Academic problems and issues associated with developing and maintaining positive relationships with others, which can be the result of underlying behavioural and emotional deficits that, when caught early, can be corrected before negatively affecting a child or adolescent.

Qualification code: B

Age range: 2 to 18:11 years

Administration: Individual – 5 to 10 mins

BASC-3 Flex

A computer-based collection, scoring, and reporting system that will enable users to track behavioural progress over time

This exciting addition to the BASC-3 family enables psychologists and professionals in a school or clinical environment to monitor and track the effects of a behavioural intervention plan. Completely web-based, efficient, and comprehensive, the Flex Monitor can be used to develop effective progress monitoring forms that can be used to track changes in behavioural and emotional functioning.

Qualification code: B

Age range: 2 to 18:11 years (Teacher and Parent);
8:0 — 18:11 years (Self-Report)

Administration: 5 to 10 minutes
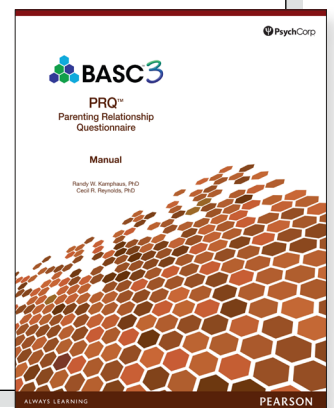
BASC-3 Parenting Relationship Questionnaire

Designed to capture a parent's perspective on the parent-child relationship

The PRQ has two forms: Preschool (ages 2-5) and Child and adolescent (ages 6-18) which can be completed in 10-15 minutes by the mother, father or other primary caregiver to learn more on their perspective on their parent-child relationship.

Qualification code: B

Age range: 2 years to 18 years 11 months

Administration: Individual – 10 to 15 mins

Brown Executive Function/Attention Scales (Brown EF/A Scales)

Screen and assess a wider range of impairments of executive functioning and attention

As an update to the widely used Brown ADD Scales™, the Brown EF/A Scales goes beyond other measures to screen and assess a wider range of impairments of executive functioning and attention, including ADHD.

Qualification code: B

Age range: 3 years and older

Administration: Individual – 10 to 15 mins

Conners Comprehensive Behavior Rating Scales (Conners CBRS)

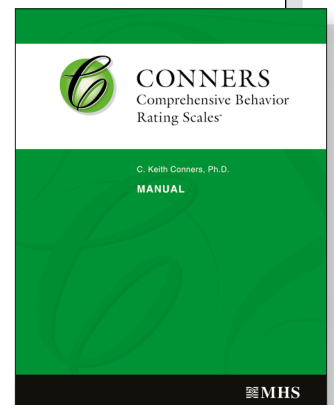**Assess behaviours, emotions and academic problems**

The Conners CBRS is an instrument designed to provide a complete overview of child and adolescent disorders and concerns by assessing a wide spectrum of behaviours, emotions, and academic problems in today's youth.

Qualification code: B

Age range: Teacher/parent forms: 6 years to 18 years; Self-report forms: 8 years to 18 years

Administration: Individual – 20 minutes

Publisher: MHS

Conners Early Childhood (Conners EC)

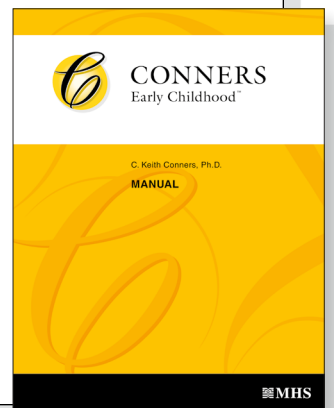**Monitor early childhood development in a preschool setting**

This innovative psychological instrument is designed to assess the concerns of parents, teachers and childcare providers of preschool children. It aids in the early identification of behavioural, social and emotional problems.

Qualification code: B

Age range: 2 to 6 years

Administration: Individual – 5 to 25 minutes

Publisher: MHS

Social Skills Improvement System Social-Emotional Learning Edition (SSIS SEL)

A comprehensive, evidence-based, social-emotional learning system that assesses key academic skills

The SSIS SEL Edition provides evidence-based tools to assess and teach skills in each of the five SEL competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision Making.

Qualification code: B

Age range: 3 to 18 years

Administration: Individual - 10 to 25 minutes

Anxiety and Depression

SENCo

Beck Youth Inventories™ - Second Edition For Children and Adolescents (BYI-II)

Evaluate children's and adolescents' emotional and social impairment

Five self-report inventories that can be used separately or in combination to assess symptoms of depression, anxiety, anger, disruptive behaviour and self-concept, to ensure confidence in your clinical decision making, while helping you plan effective intervention.

Qualification code: B

Age range: 7 to 18 years

Administration: Individual or group – 5 to 10 minutes per inventory
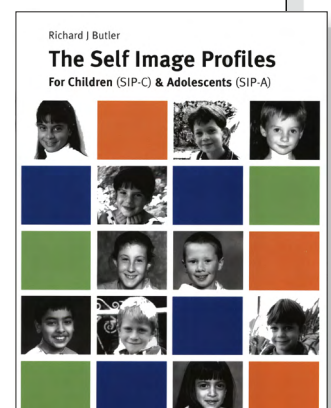
Self Image Profiles (SIP)

Quickly assess self image and self esteem in children and adolescents

The SIP provides a visual display of Self Image, enabling the child/young person to reveal to him/herself, as well as to the clinician, how they construe themselves as they complete it.

Qualification code: B

Age range: 7 to 16 years

Administration: Individual or Group - SIP-C: 12 to 25 minutes, SIP-A: 9 to 17 minutes
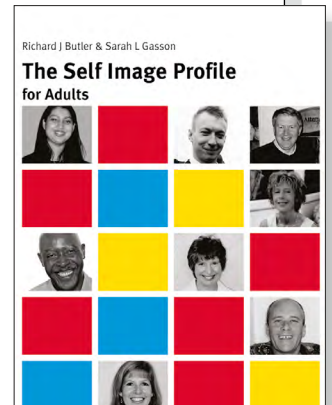
Self Image Profile for Adults (SIP-Adult)

Quickly assess self image and self esteem in adults

The Self Image Profile for Adults (SIP-Adult) is a brief self-report that taps the individual's theory of self. It provides an extension to the child [SIP-C: 7-11 years] and adolescent [SIP-A: 12-16 years] profiles, having a similar structure and format.

Qualification code: B

Age range: 17 to 65 years

Administration: Individual or group - 7 to 15 minutes

Richard J Butler & Sarah L Gasson
The Self Image Profile for Adults
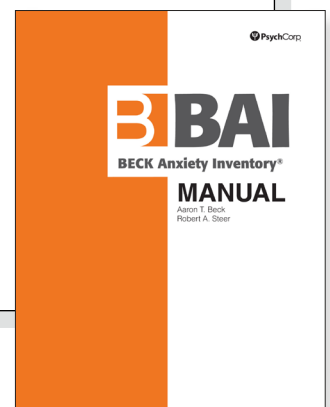
Psychologists

Beck Anxiety Inventory® (BAI®)

Measure the severity of anxiety in adults and adolescents

The BAI evaluates both physiological and cognitive symptoms of anxiety and item overlap where other self-report depression inventories are minimised.

Qualification code: B

Age range: 17 years and older

Administration: Individual - 5 to 10 minutes

PsychCorp
B BAI
BECK Anxiety Inventory®
MANUAL
Aaron T. Beck
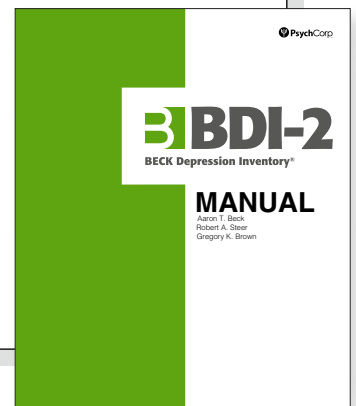Robert A. Steer

Beck Depression Inventory®-II (BDI®-II)

Assess the severity of depression

A widely used instrument used to detect depression. This edition features items that will bring it in line with current depression criteria of the Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV).

Qualification code: B

Age range: 17 years to adult

Administration: Individual - 5 to 10 minutes
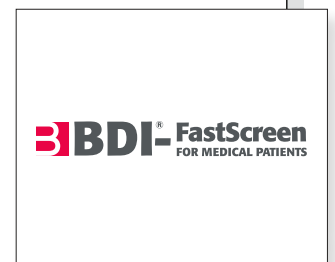
Beck Depression Inventory® - FastScreen (BDI®-FastScreen)

Detect the severity of depression in medical patients

The BDI®-Fastscreen was constructed to reduce the number of false positives for depression in patients with known biological, medical or alcohol/substance abuse problems. It should not, however, be considered as a substitute for the 21-item BDI®-II, but as a 7-item self-report, case-finding instrument that screens for depression in adolescents and adults.

Qualification code: B

Age range: Adult

Administration: Individual - 5 minutes

Beck Hopelessness Scale® (BHS®)

Measure three major aspects of hopelessness

This test helps measure 3 major aspects of hopelessness: Feelings about the future; Loss of motivation and expectations. It is designed to measure an individual's attitudes about their long-term future and consists of 20 true/false items with patients either endorsing a pessimistic statement or denying an optimistic statement. The BHS acts as a powerful predictor of suicidal intent.

Qualification code: B

Age range: 17 to 80 years

Administration: Individual - 10 minutes
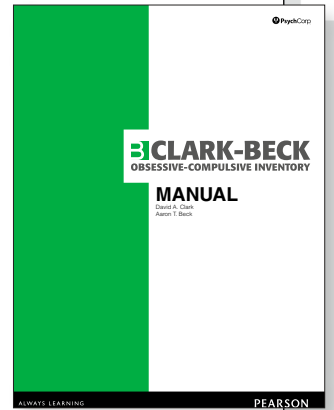
Clark-Beck Obsessive-Compulsive Inventory (CBOCI)

Accurately screen for obsessive-compulsive symptoms

An efficient screener designed to identify obsessive and compulsive symptoms in individuals ages 17 and older.
The CBOCI can be used in conjunction with the Beck Scales for depression, anxiety, hopelessness and suicide ideation for a more comprehensive measure of psychopathology; this integration can help in understanding possible comorbidity and in formulating and evaluating treatment.

Qualification code: B

Age range: 17 years and older

Administration: Individual - 10 to 20 minutes

Symptom Checklist-90-Revised (SCL-90-R)

Evaluate psychological problems and symptoms of psychopathology

This instrument helps evaluate a broad range of psychological problems and symptoms of psychopathology. The instrument is also useful in measuring patient progress or treatment outcomes.

Qualification code: B

Age range: 13 years and older

Administration: Individual - 12 to 15 minutes

Autism

SENCo

Autism Spectrum Rating Scales (ASRS)

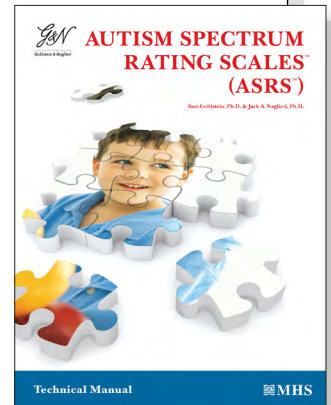**Measure behaviours associated with Autism Spectrum Disorders (ASD)**

The ASRS was designed to effectively identify symptoms, behaviours and associated features of Autism Spectrum Disorders (ASDs) to help guide your diagnostic decisions, treatment planning, ongoing monitoring of response to intervention, and evaluating the effectiveness of a treatment program.

Qualification code: B

Age range: 2 to 18 years

Administration: Individual - 20 minutes; Short Form: 5 minutes

Publisher: MHS

Childhood Autism Rating Scale - Second Edition (CARS2)

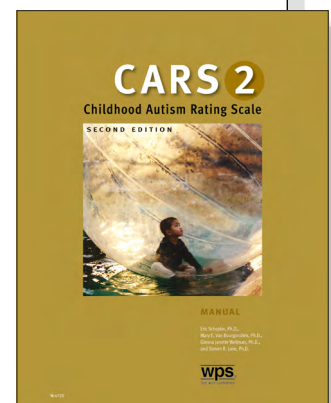**Covers the entire spectrum, including Asperger's Syndrome**

CARS has become one of the most widely used and empirically validated autism assessments. It has proven especially effective in distinguishing between children with autism and those with severe cognitive deficits, and in distinguishing mild-to-moderate from severe autism.

Qualification code: A

Age range: 2 years and older

Administration: Individual - Untimed

Publisher: WPS

Gilliam Autism Rating Scale - Third Edition (GARS-3)

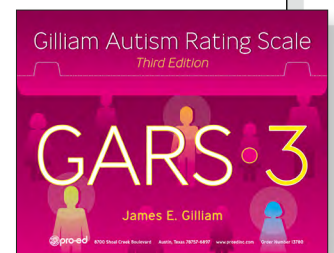**Identify autism in individuals and estimate its severity**

The GARS-3 assists teachers, parents and clinicians in identifying autism in individuals and estimating its severity. The instrument consists of 56 clearly stated items describing the characteristic behaviours of persons with autism which are grouped into six subscales: Restrictive, Repetitive Behaviours, Social Interaction, Social Communication, Emotional Responses, Cognitive Style, and Maladaptive Speech.

Qualification code: B

Age range: 3 to 22 years

Administration: Individual – 5 to 10 minutes

Publisher: PRO-ED Inc.

Psychologists

Autism Diagnostic Interview, Revised (ADI-R)

Diagnose autism, plan treatment and distinguish autism from other developmental conditions

This comprehensive interview provides a thorough assessment of individuals suspected of having autism or other autism spectrum conditions. The ADI-R has proven highly useful for formal diagnosis, as well as treatment and educational planning.

Qualification code: B

Age range: 2 years and older

Administration: Individual - 1.5 hours to 2.5 hours, including scoring

Publisher: WPS

Autism Diagnostic Observation Schedule, Second Edition: ADOS-2

Accurately assess and diagnose autism spectrum conditions

With updated protocols, revised algorithms, a new Comparison Score, and a Toddler Module, ADOS-2 provides a highly accurate picture of current symptoms, unaffected by language. It can be used to evaluate almost anyone suspected of having ASD from one-year-olds with no speech, to verbally fluent adults.

Qualification code: B

Age range: 12 months to adult

Administration: 40 to 60 minutes

Monteiro Interview Guidelines for Diagnosing the Autism Spectrum, Second Edition (MIGDAS-2)

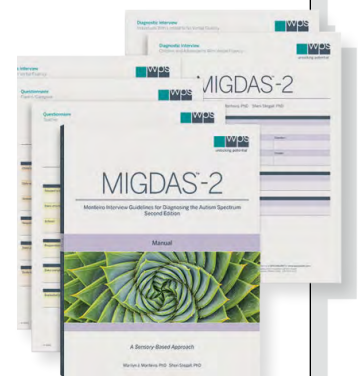**An efficient method of systematically gathering and organising the information needed to diagnose ASD**

A sensory-based process for gathering and organising the qualitative information needed to diagnose autism in children, adolescents, and adults, resulting in a comprehensive behavioural profile that describes the individual's distinct way of relating to the world, supplementing assessment scores and informing diagnosis and treatment planning.

Qualification code: B

Age range: Toddlers, children, adolescents, and adults

Administration: Varies; 30 to 90 minutes, depending on format

Publisher: WPS

Social Responsiveness Scale, Second Edition (SRS-2)

Identifies the presence and severity of social impairment within the autism spectrum
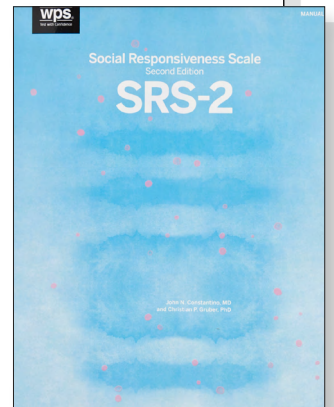
The SRS-2 identifies social impairment associated with autism spectrum conditions and quantifies its severity. It's sensitive enough to detect even subtle symptoms, yet specific enough to differentiate clinical groups, both within the autism spectrum and between ASD and other disorders.

Qualification code: B

Age range: 2 years 6 months to adult

Administration: 15 to 20 minutes

Publisher: WPS

Personality

SENCo
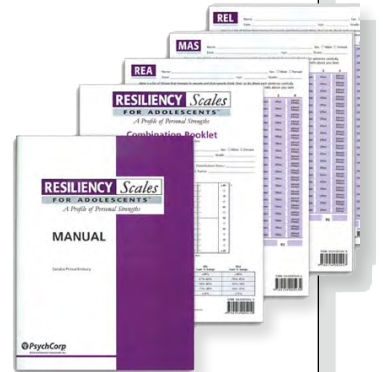
Resiliency Scales for Children and Adolescents™

Profile child and adolescent personal strengths as well as vulnerability

Why do some children and adolescents adjust or recover, and others do not? Now, you have a brief tool to profile personal strengths, as well as vulnerability that is theoretically based and psychometrically sound.

Qualification code: B

Age range: 9 to 18 years

Administration: Individual or group - 5 minutes per scale

Psychologists

Millon™ Adolescent Clinical Inventory-II (MACI-II)

Assess mental health and behaviour concerns in teens and adolescents

The MACI-II helps practitioners from a variety of settings assess personality patterns, expressed concerns, and clinical symptoms while its therapeutic focus will assist in making reliable diagnostic and treatment decisions.

Qualification code: C

Age range: 13 to 18 years

Administration: 20-25 minutes (160 true/false items)

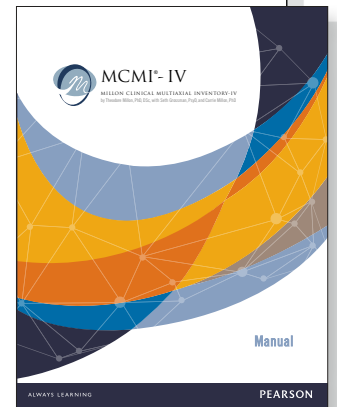## Millon® Clinical Multiaxial Inventory-IV (MCMI®-IV)

Assesses DSM-5®-related personality disorders and clinical syndromes

The Millon Clinical Multiaxial Inventory-IV (MCMI-IV) provides helpful clinical insights into a patient's personality that allow clinicians to make reliable diagnostic and treatment decisions.

Qualification code: C

Age range: 18 years and older

Administration: 25 to 30 minutes

Millon Pre-Adolescent Clinical Inventory (M-PACI)

Identify psychological problems in pre-adolescent children

This assessment provides an integrated view that synthesises the child's emerging personality styles and clinical syndromes, helping clinicians detect early signs of Axis I and Axis II disorders.

Qualification code: C

Age range: 9 to 12 years

Administration: Individual - 15 to 20 minutes

[Minnesota Multiphasic Personality Inventory®-3 (MMPI®-3)](#)

Assesses adult psychopathology

A contemporary personality assessment for mental health, medical, forensic, and public safety settings. This newest version builds on the history and strengths of the MMPI instruments to provide an empirically validated, psychometrically up-to-date standard for psychological assessment.

Qualification code: C

Age range: 18 years and older

Administration: 25–50 minutes

[Minnesota Multiphasic Personality Inventory-Adolescent-Restructured Form® (MMPI®-A-RF)](#)

Helps to aid in problem identification, diagnosis, and treatment planning for adolescents

This is the most up-to-date, empirically-based personality assessment for use with adolescents. The test mirrors the structure of the MMPI-2-RF® and includes several adolescent-specific scales to provide a valuable alternative to the MMPI-A® test.

Qualification code: C

Age range: 14 years to 18 years

Administration: 25 to 30 minutes computer-administered; 30-45 minutes paper and pencil

MIPS Revised (Millon Index of Personality Styles Revised)

A brief personality measure to assess normal personality styles for adults

This convenient tool helps professionals assist ostensibly normally functioning adults who may be experiencing difficulties in work, family or social relationships. It may also be helpful in career counselling or employment settings.

Qualification code: B

Age range: 18 years and older

Administration: Individual - 30 minutes

Novaco Anger Scale and Provocation Inventory (NAS-PI)

Tells you how individuals experience anger and what kind of situations provoke it
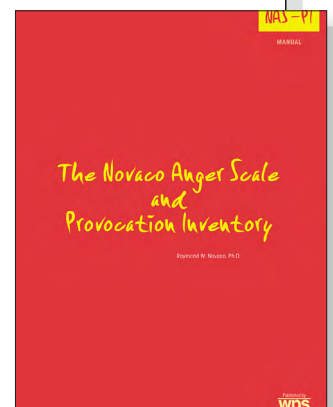
Brief and easy to administer, this self-report questionnaire is an excellent way to assess anger in clinical, community and correctional settings.

Qualification code: B

Age range: 9 to 84 years

Administration: 25 minutes

Publisher: WPS

COMING SOON: Multidimensional Personality Questionnaire (MPQ)

A broadband measure of normal-range personality traits

Featuring new nationally representative normative data and updated scales, the MPQ utilises a long history of research and can be used for preemployment screening for public safety positions.

Age range: 18 years and older

Administration: 25 to 45 minutes

Why choose Q-global?

Get access to the industry's gold standard assessment tools from any computer, at any time!

Mental health specialists, educators, and other professionals use the Q-global® testing system to quickly and efficiently administer assessments, generate scores, and produce reports. Q-global® houses the industry's gold standard in assessment tools and is accessible from any computer, any time.

How it works

You can access your Q-global account through any device connected to an up-to-date web browser. You can then manage and retrieve examinee information, generate scores from assessment data, and produce accurate, comprehensive assessment reports.

Features

- On-screen administration (OSA)

- Remote on-screen administration (ROSA) sent via email to an examinee, parent or caregiver

- Manual entry via paper record form

- Perfect for your Telepractice sessions

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