

# ASYLUM MEDICINE TRAINING INITIATIVE

## Mental Health Screening Tools

The following are a series of mental health screening tools that can guide a differential diagnosis of symptoms.

*Important notes:*

- These tools are not substitutes for a clinical interview
- Most tools are not normed for asylum-seeking populations, while DSM is generally normed across cultures
- Clients may have enough symptoms to meet criteria for a DSM diagnosis without scoring as such on a screening tool. Use your clinical judgment.

| Measure   | Screens For:           | # Items   | Links   |
|---|------------------------|---|---|
| Beck's Depression inventory   | Depression             | 21  | <a href="https://www.ismanet.org/doctoryourspirit/pdfs/Beck-Depression-Inventory-BDI.pdf">https://www.ismanet.org/doctoryourspirit/pdfs/Beck-Depression-Inventory-BDI.pdf</a>   |
| Clinician Administered PTSD scale for DSM-5<br><br>(considered the gold standard, but not feasible for this evaluation) | PTSD                   | 30<br>(corresponds to the DSM-5 criteria for PTSD)                                | <a href="https://www.ptsd.va.gov/professional/assessment/adult-int/caps.asp">https://www.ptsd.va.gov/professional/assessment/adult-int/caps.asp</a>   |
| Hamilton Depression Rating Scale (HAM-D)  | Depression             | 21  | <a href="http://www.assessmentpsychology.com/HAM-D.pdf">http://www.assessmentpsychology.com/HAM-D.pdf</a>   |
| Hamilton Anxiety Rating Scale (HAM-A)   | Anxiety                | 14  | <a href="https://dcf.psychiatry.ufl.edu/files/2011/05/HAMILTON-ANXIETY.pdf">https://dcf.psychiatry.ufl.edu/files/2011/05/HAMILTON-ANXIETY.pdf</a>   |
| Harvard Trauma Questionnaire (HTQ)  | PTSD                   | Part 1 (41)<br>Part 2 (2 write ins)<br>Part 3 (5)<br>Part 4 (40)<br>Appendix (28) | <a href="https://www.healtorture.org/sites/healtorture.org/files/HTQ-R%20and%20HSCL-25%20English%20translation%20of%20Cambodian%20version%20with%20Torture%20History.pdf">https://www.healtorture.org/sites/healtorture.org/files/HTQ-R%20and%20HSCL-25%20English%20translation%20of%20Cambodian%20version%20with%20Torture%20History.pdf</a> |
| Hopkins Symptom Checklist-25 (HSCL-25)  | Anxiety and depression | 25  | <a href="https://rtcom.umn.edu/database/instruments/hsc">https://rtcom.umn.edu/database/instruments/hsc</a>   |
| Mental Health America - Psychosis   | Psychosis              | 21  | <a href="https://screening.mhanational.org/screening-tools/psychosis/">https://screening.mhanational.org/screening-tools/psychosis/</a>   |

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| Screening   |                             |   |  |
|---|-----------------------------|---|--|
| Montgomery and Asberg Depression Rating Scale (MADRS)                         | Depression                  | 10  | <a href="https://www.veale.co.uk/wp-content/uploads/2010/10/MADRS.pdf">https://www.veale.co.uk/wp-content/uploads/2010/10/MADRS.pdf</a>  |
| Patient Health Questionnaire (PHQ-9)  | Depression                  | 1 (a-i)<br>2                              | <a href="https://www.med.umich.edu/1info/FHP/practiceguides/depress/phq-9.pdf">https://www.med.umich.edu/1info/FHP/practiceguides/depress/phq-9.pdf</a>  |
| PTSD Checklist for DSM-5 (PCL-5) with Life Events Checklist for DSM-5 (LEC-5) | PTSD                        | Part 1 (17)<br>Part 2 (10)<br>Part 3 (20) | English:<br><a href="https://www.ptsd.va.gov/professional/assessment/documents/PCL_5_LEC_criterionA.PDF">https://www.ptsd.va.gov/professional/assessment/documents/PCL_5_LEC_criterionA.PDF</a><br><br>Spanish:<br><a href="https://cptforptsd.com/wp-content/uploads/2018/05/PCL-5-Spanish-version.pdf">https://cptforptsd.com/wp-content/uploads/2018/05/PCL-5-Spanish-version.pdf</a> |
| Quick Inventory of Depression Symptomatology (QIDS)                           | Depression                  | 16  | <a href="https://www.sciencedirect.com/science/article/abs/pii/S0006322302018668">https://www.sciencedirect.com/science/article/abs/pii/S0006322302018668</a>  |
| The Screen for Child Anxiety Related Disorders (SCARED)                       | Pediatric anxiety disorders | 41  | <a href="https://www.ohsu.edu/sites/default/files/2019-06/SCARED-form-Parent-and-Child-version.pdf">https://www.ohsu.edu/sites/default/files/2019-06/SCARED-form-Parent-and-Child-version.pdf</a>  |

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## Mental Health Screening Tools

Abeyasinghe, D. R., Tennakoon, S., & Rajapakse, T. N. (2012). The development and validation of the Peradeniya Depression Scale (PDS)--a culturally relevant tool for screening of depression in Sri Lanka. *Journal of affective disorders, 142*(1-3), 143–149. <https://doi.org/10.1016/j.jad.2012.04.019>

- The PDS is the first screening tool for depression developed and validated in Sri Lanka, written in Sinhalese, taking into account cultural expressions and idioms of the illness.
- The findings also suggest that it maybe worthwhile for Asian countries to consider adopting scales which are based on internationally accepted diagnostic criteria for depression, but which incorporate expressions that are more appropriate to their own culture and language.

Grover, S., Dutt, A., & Avasthi, A. (2010). An overview of Indian research in depression. *Indian journal of psychiatry, 52*(Suppl 1), S178–S188. <https://doi.org/10.4103/0019-5545.69231>

- A number of rating scales have been devised worldwide, of which clinician rated Hamilton Depression Rating Scale (HDRS),<sup>[163]</sup> self reporting Beck Depression Inventory,<sup>[164]</sup> Montgomery-Asberg Depression rating scale (MADRS) are the most popular ones. Indian researchers have adapted/modified these scales for the Indian population
- scales like Amritsar Depressive Inventory (ADI) a self reporting scale has been developed on the basis of symptoms and signs of depression as manifested by Indian patients.
- Brief Patient Health Questionnaire (PHQ) has also been translated in 11 languages and validated for the Indian population.

Jayawickreme, N., Jayawickreme, E., Atanasov, P., Goonasekera, M. A., & Foa, E. B. (2012). Are culturally specific measures of trauma-related anxiety and depression needed? The case of Sri Lanka. *Psychological assessment, 24*(4), 791–800. <https://doi.org/10.1037/a0027564>

- The scores of measures with local idioms of distress have incremental validity in non-Western war-affected populations, predicting functional impairment above and beyond translations of established self-report measures that have been developed in the Western world.

Sharan, P., Sagar, R., & Kumar, S. (2017). Mental health policies in south-East Asia and the public health role of screening instruments for depression. *WHO South-East Asia Journal of Public Health, 6*(1), 5. <https://doi.org/10.4103/2224-3151.206165>

- In several countries of the WHO South-East Asia Region, the Patient Health Questionnaire (PHQ) has been translated or culturally adapted for screening depressive disorders (combined local idioms of distress with a culturally adapted version of the PHQ-9,)
  - Amritsar Depression Inventory in India
  - Peradeniya Depression Scale in Sri Lanka
  - Thai Depression Inventory in Thailand

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### Additional Publications/Guidelines for Review:

Carll, E. K. (2008). IASC guidelines on Mental Health and psychosocial support in emergency settings. *PsycEXTRA Dataset*. <https://doi.org/10.1037/e518422011-002>

Bhugra, D., Craig, T., & Bhui, K. (Eds.). (2010). *Mental health of refugees and asylum seekers*. Oxford University Press.

Miller, K. E., & Rasco, L. M. (Eds.). (2004). *The mental health of refugees: Ecological approaches to healing and adaptation*. Taylor & F

Patel, V., Minas, H., Cohen, A., & Prince, M. (Eds.). (2013). *Global mental health: principles and practice*. Oxford University Press.

Patel, V., Saxena, S., Lund, C., Thornicroft, G., Baingana, F., Bolton, P., Chisholm, D., Collins, P. Y., Cooper, J. L., Eaton, J., Herrman, H., Herzallah, M. M., Huang, Y., Jordans, M. J. D., Kleinman, A., Medina-Mora, M. E., Morgan, E., Niaz, U., Omigbodun, O., & Prince, M. (2018). The Lancet Commission on global mental health and sustainable development. *The Lancet*, 392(10157), 1553–1598. [https://doi.org/10.1016/s0140-6736\(18\)31612-x](https://doi.org/10.1016/s0140-6736(18)31612-x)

Rioja, V. B., Akinsulure-Smith, A. M., & Vendzules, S. (2022). Mental Health Evaluations in Immigration Court. In *Mental Health Evaluations in Immigration Court*. New York University Press.

Stein, M. A., Mahomed, F., Patel, V., & Sunkel, C. (Eds.). (2021). *Mental health, legal capacity, and human rights*. Cambridge University Press.

Sweetland, A. C., Belkin, G. S., & Verdeli, H. (2014). Measuring depression and anxiety in Sub-Saharan Africa. *Depression and anxiety*, 31(3), 223-232.