Youth Mental Health Multi-Dimensional Measurement Menu

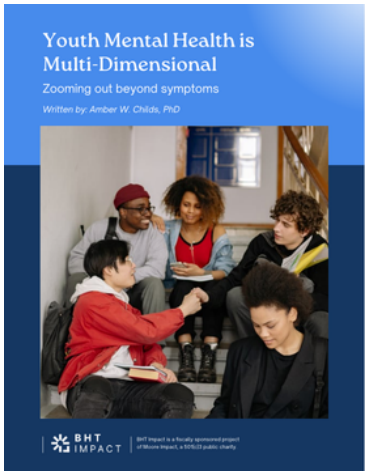
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BHT IMPACT



Intro from Amber W. Childs, PhD



Youth mental health and wellbeing is multidimensional and goes beyond a narrow symptom focused approach (have we hammered this home enough?).

As a menu pairing with our recent piece detailing the different domains of youth functioning, we've compiled a list of measures to jumpstart your measurement across these core domains.

Innovator Quick Hits:

- Remember, these domains are multidimensional, overlapping, and must always be considered within the broader context of young people's lives.
- Brief is **key**! Resist the temptation to try and 'boil the ocean' by measuring every possible relevant domain. Pick what is relevant to the solution or service being delivered as well as to *most* youth engaging with it.
- This list consists entirely of person-reported outcome measures (PROMs) that assess what the youth engaged in services or solutions say is happening in their lives, ideally as a function of their engagement with said service or solution.
- There is no consensus about which of these measures, alone or combined, *must* be included to measure high-quality outcomes. That is a different conversation entirely, and one we can outline in the future.
- Person-reported outcomes are just **one** of the many measurements in youth-focused behavioral health solutions. Process (access, continuity, etc.), experience, and cost/utilization measures need to also be considered. Y'all want us to break that down later?
- Please, please promise that whatever you collect from youth, you'll share back to youth and use to improve your solution over time.
- Lastly, this resource list is not intended to be an exhaustive PROM library. Don't see a measurement that you think ought to be included? Give a holler as we'd love to spread the wealth.
- Social Determinants of Health: We already have a separate resource for this one. Check it out here

NOTE: Measures linked to healthmeasures.net cannot be directly linked; please search for the measure

PHYSICAL HEALTH

Domain	Tool/Measure	Items/ Detail	Ages
Fatigue	PROMIS GenPop V3.0- Fatigue Short Form 10a	10-item self report assessing fatigue symptoms in the past 7 days	8 to 17
Fatigue	PROMIS Short Form V1.0- Fatigue 8a	8-item self report assessing fatigue symptoms in the past 7 days	18+
Functioning	Functional Disability Inventory (Email: lynn.walker@vanderbilt.edu)	15-item self report assessing physical functioning related to chronic illness	8 to 18
Functioning	World Health Organization Disability Assessment Schedule 2.0 (WHODAS)	12-item self report measuring difficulties related to health and/or mental health conditions	18+
Pain	Adolescent Pediatric Pain Tool (APPT)	3-item self report measuring sensory aspects, how pain changes, youth experience/evaluation aspects of pain	8 to 17
Pain	Brief Pain Inventory- Short Form	9-item multidimensional self report measuring pain interference with functioning	18+
Sleep	DSM-5 Level 2- Sleep Disturbance, PROMIS Pediatric Self Report	8-item self report measuring sleep quality and disturbance over the past 2 weeks	11-17
Sleep	DSM-5 Level 2- Sleep Disturbance, PROMIS, Adult Self Report	8-item self report measuring sleep quality and disturbance over the past 2 weeks	18+

WELLBEING & RESILIENCE

Domain	Tool/Measure	Items/ Detail	Ages
Wellbeing	World Health Organization Wellbeing Index (WHO-5)	5-item self report on subjective wellbeing	9+
Wellbeing	Personal Wellbeing Index-School Child (PWI-SC)	9-item self report on wellbeing	6+
Wellbeing	Personal Wellbeing Index- Adult (PWI-A)	7-item self report on wellbeing	18+
Wellbeing	PROMIS Pediatric Short Form V1.0- Meaning and Purpose 8a	8-item self report on life significance and direction (4-item version also available!)	11 to 17
Wellbeing	PROMIS Short Form V1.0- Meaning and Purpose 8a	8-item self report assessing life significance and direction (4-item version also available!)	18+
Wellbeing	Brief Inventory of Thriving (BIT)	10-item self report measuring life satisfaction, engagement, self-worth, accomplishment etc.	18+

**Note: Since we're keeping things brief here, make sure to also check out this scoping peer-reviewed article on this topic in Pediatrics where you'll find measures and frameworks for wellbeing and resilience.*

INTERPERSONAL / RELATIONAL FUNCTIONING

Domain	Tool/Measure	Items/ Detail	Ages
I/R	PROMIS Pediatric Short Form GenPop V3.0-Peer Relationships 8a	8-item self report measuring relatedness with same-aged peers and friendships	8 to 17
I/R	PROMIS Pediatric Family Relationships-Short Form 8a	8-item self report measuring connection and relatedness with caregivers and family	8 to 17
I/R	PROMIS Emotional Support- Short Form 8a	8-item self report measuring perceptions of being cared for and valued by friends/companions	18+
I/R	UCLA Loneliness Scale- Short Forms	3-item self report assessing perceptions of isolation and loneliness	12+

ACADEMIC AND OCCUPATIONAL

Domain	Tool/Measure	Items/ Detail	Ages
A/O	Student Subjective Wellbeing Questionnaire (SSWQ)	16-item self report measuring school performance, connectedness, and emotions toward learning	11 to 18
A/O	World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0)	12-item self report measuring difficulties related to health and/or mental health conditions	18+

PSYCHOLOGICAL

Domain	Tool/Measure	Items/ Detail	Ages
Anxiety	DSM-5 Level 2- Anxiety Child	13-item self report assessing symptoms of anxiety	11 to 17
Depression	DSM-5 Level 2- Depression Child	14-item self report assessing symptoms of depression	11 to 17
Multidomain	Mood and Feelings Questionnaire (MFQ)	13-item self report assessing mood	8+
PTSD/ Trauma	Child and Adolescent Trauma Screen (CATS)	20-item self report assessing impact of negative life events	11 to 17
Substance Use	CRAFFT Version 2.1	9-item self report assessing alcohol and drug use and risky behavior	12 to 21

**We assume you know where to find the PHQ-9 and the GAD-7, so we're serving up a few others in psychological domain instead.*

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