

I'm not a bot



The World Health Organisation and the Workgroup on Adult ADHD have created a self-administered survey to help individuals determine if they might have ADHD. This screener is not a diagnostic tool, but rather an indication of whether further clinical evaluation is necessary. A score of 4 or higher suggests that a clinical review would be beneficial.

The Adult ADHD Self-Report Scale (ASRS) v1.1 is a validated screening scale for adults and adolescents aged 13 and above. It's essential to note that online screening tools are not diagnostic instruments, and results should be shared with a healthcare provider. The ASRS v1.1 can be used by healthcare professionals as a tool to help screen for ADHD in adult patients, providing insights that may suggest the need for a more in-depth clinician interview. The questionnaire is consistent with DSM-IV criteria and addresses the manifestations of ADHD symptoms in adults. Completing the checklist takes about 5 minutes and can provide critical information to supplement the diagnostic process. If you've completed the online self-assessment, keep your results for reference or to show a trained professional. Remember, these tools are for educational purposes only and should not be used as diagnostic measures.

Self-Assessment Tools and Questionnaires for Anxiety Disorders

List of assessment tools and questionnaires for various psychological conditions and traits. Sources include Counselling Resource and NovoPsych.

- * Disorder Questionnaire (MDQ) from NovoPsych can be downloaded along with scoring instructions.
- * Tri-Axial Bipolar Spectrum (TABS, Version 2011.1) is an interactive tool with scoring information available.
- * Borderline Personality Questionnaire (BPQ) by NovoPsych includes a downloadable PDF and scoring instructions.
- * Emotion Regulation Inventory (ERI) can be downloaded from NovoPsych along with scoring instructions.

Other assessment tools include:

- * Burnout Assessment Tool (BAT)
- * Oldenburg Burnout Inventory (OLBI)
- * Richmond Humor Assessment Instrument
- * Self-Perceived Communication Competence Scale (SPCC)

Tools for assessing personality traits and characteristics:

- * Compassion Motivation and Action Scales
- * The Compassion Scale
- * Self-Compassion Scale
- * Brief Resilient Coping Scale

Questionnaires for measuring coping mechanisms:

- * COPE Inventory
- * Maladaptive Schema Scale (MSS)
- * Young Schema Aligned (MSS-YSQ)

Assessment tools for depression and mood disorders:

- * Beck Depression Inventory (BDI)
- * Behavioral Activation for Depression Scale
- * The British Columbia Cognitive Complaints Inventory (BC-CCI)
- * Center for Epidemiologic Studies Depression Scale (CES-D)
- * NIMH * Depression Screening - My HealtheVet
- * Geriatric Depression Scale (GDS-15) by NovoPsych

Tools for assessing dissociation and depersonalization:

- * Multidimensional Inventory of Dissociation - 60-item version (MID-60)
- * Cambridge Depersonalization Scale

Assessment tools for eating disorders:

- * Binge-Eating Scale (BES)

These assessment tools are available in various formats, including downloadable PDFs and interactive self-scoring versions. Available resources include the Body Image Questionnaire-BIQ Manual-4 Clinical Impairment Assessment Questionnaire (CIA), Eating Attitudes Test-26 (EAT-26), Eating Disorder Examination © (EDE) Edition 17.0D, and more.

The list also features various eating disorder assessment tools such as the Yale-Brown-Cornell Eating Disorder Scale (YBC-EDS), Brief Emotional Intelligence Scale (BEIS-10), and Automatic Thoughts Questionnaire (ATQ).

Additionally, mindfulness-related assessments like the Cognitive and Affective Mindfulness Scale- Revised (CAMS-R) and Philadelphia Mindfulness Scale (PHLMS) are included.

Other resources cover personality tests such as DISC Personality Test, International Personality Item Pool - NEO - 120 item version (IPIP-NEO-120), and NovoPsych Five Factor Personality Scale - 30 item version (NFFPS-30).

The list also includes resilience-focused tools like the Brief Resilience Scale (BRS) and Flourishing Scale.

Strengths Survey Interactive, self-scoring wellbeing assessment interactive tools are available for download.

The WHO-5 Wellbeing Index and Perceived Choice and Awareness of Self Scale (PCASS) also come with scoring instructions.

Additionally, there are the Perceived Competence Scales (PCS), Self-Regulation Questionnaires (SRQ), and AlcoholScreening.org, which is an interactive self-scoring tool.

The website also features various substance abuse assessments, including the ASSIST, AUDIT, and FOUNDRY Addiction Test.

Other tools include the CAGE Substance-Screening Tool, Drinking Behavior Questionnaire, and Drug Abuse Screening Test (DAST-10).

There are also resources on coping mechanisms, such as the Processes of Change Questionnaire.

Assessments for mental health conditions like depression, anxiety, and trauma can be found, including the Kessler Psychological Distress Scale, Perceived Stress Scale, and Trauma History Questionnaire.

The website also offers screenings for substance abuse and dependence, such as the MAST and DAST-10.

Furthermore, there are resources on PTSD, including the CAPS-5 and LEC-5.

These assessments can be browsed through to find the one that best suits individual needs.

It is essential to ensure compliance with copyright regulations when using these tools.

Assessment measures for research purposes are available through various sources.

The Fetzer Institute offers resources and tools, including those developed by Dr. James C. McCroskey.

Additionally, the Best Practices in Psychology Portal at McGill University provides information on assessments, while NovoPsych's Open-Source Psychometrics Project offers psychometric measures.

The PhenX Toolkit also offers resources for psychological scales, mental health tests, and quizzes can be found on websites like PsychCentral.

Other sources include Welleing Measures from The Human Flourishing Program, Metrics & Methods questionnaires from selfdeterminationtheory.org, and Ed Diener's Subjective WellBeing Scales Overview, which provides insight into well-being metrics.

Adhd rating scales adults. Adhd scale for adults. Adhd scale test. Adhd score scale. Adhd rating scale test.