

Validated mental health assessment tools (general and specific)

Beck Institute tools[1]

The Beck Scales and Inventories are validated tools that can be used to measure progress in both research and clinical settings. Most of these are *not free of charge*, but have been used extensively in the past.

The Personality Belief Questionnaire (PBQ) is designed to provide a cognitive profile identifying specific dysfunctional beliefs of patients. Mental health or medical professionals may obtain the questionnaire and its scoring instructions directly from Beck Institute. Request the PBQ for free by emailing the Beck Institute. (researchasst@beckinstitute.org)

Benefits	Limitations
Have been in use for a long time. Validated tools to measure treatment response pre/post intervention and to assist in tailoring cognitive behaviour therapy approaches	Cost. Probably more commonly used in specialised mental health field and research setting

Reference

1. The Beck Institute. [Assessment Tools](#)

Bipolar Self-Assessment[1]

This questionnaire screens for bipolar disorder through assessment of features of elevated mood.

Benefits	Limitations
Free of charge. Specifically designed to screen for bipolar features	Specific for bipolar features only as initial screening test and does not provide suicidal risk screening component

Reference

1. The Blackdog Institute. [Bipolar Self-Assessment](#)

DMI 10 (Depression in the medically ill)[1]

The DMI-10 was initially designed to measure depression in the medically ill and avoids the use of items such as fatigue, sleep, appetite disturbance and weight change that are common to both depression and many illnesses.

Benefits	Limitations
Free of charge. Focuses only on cognitive based items looking at the 'mood stage of depression'	Excludes non-cognitive features and suicidality

Reference

1. The Blackdog Institute. [DMI 10 \(Depression in the medically ill\)](#)

Hamilton Rating Scale for depression[1]

The HDRS has been widely used and is a clinician administered depression scale, which sets it apart from other tools.

Benefits	Limitations
Free of charge, clinician administered assessment, multiple languages available, focus on melancholic and physical symptoms of depression. Suicide screen partially included	Takes 20 minutes to complete. Atypical symptoms of depression such as hypersomnia are not assessed

Reference

1. Hamilton M. A rating scale for depression. J Neurol Neurosurg Psychiatry 1960; 23:56–62. [Hamilton Rating Scale for depression](#)

HoNOS (Health of the Nation Outcome Scales), a measure of disability[1]

The HoNos is a set of 12 rating scales to be completed by a 'trained health practitioner with ratings made on the basis of all available information and from routine assessment of the patient.'[1]

Benefits	Limitations
Clinician administered. Established versatile tool to measure pre/post intervention. Could use one or two specific scales (depending on clinical presentation)	Training required. Developed for assessment of very sick patients within the specialist mental health service in the UK

Reference

1. Department of Health. [HoNOS \(Health of the Nation Outcome Scales\), a measure of disability](#)