

Validated Behavioral Health Screening Tools



Depression Screening

Patient Health Questionnaire-2 (PHQ-2)

2 questions. A positive screen should be followed by a PHQ-9. Used by many, incorporated in many EHR's. Validated in multiple settings.

Patient Health Questionnaire-9 (PHQ-9)

9 questions incorporating DSM-IV Major depression criteria. A 10th question assigns weight to the degree to which problems have affected functioning. Used by many and in many EHR's. Validated in multiple settings.

Beck Depression Inventory (BDI)/ Beck Depression Inventory-II (1996)

21 questions, multiple-choice. BDI-II is 1996 revision. BDI-II has subscales for affective (mood) and somatic (physical) symptoms.

Geriatric Depression-Short Form (GDS-SF) (Ages 65+)

15 questions. Used in geriatric populations. Not suitable for general populations.

Zung Self-Rating Depression Scale (SDS)

20 questions. Better used to determine levels of depression in patients already diagnosed.

Hamilton Depression Rating Scale for Depression (HAM-D)

21 questions, clinician-administered, assesses multiple domains/clusters of symptoms.



Alcohol and Substance Use Disorder Screening

CAGE

4 questions, validated tool, easily memorized. Not recommended by Joint Commission. CAGE may ID more problem drinkers, miss those with less severe symptoms. Primary Care Physicians may want to lower the threshold to one positive answer for considering further assessment.

CAGE-AID

Same as above, however worded for SUD

Alcohol Use Disorder Identification Test (AUDIT)

10 questions. Validated, reliable, used by many. Domains of test include: hazardous use, dependence symptoms and harmful use. Both self-report and clinician-administered versions available.

AUDIT-C

3 questions. Modified version of AUDIT. Validated. Can be used as first line screen with full AUDIT.

Michigan Alcoholism Screening Test (MAST)

24 questions. Questions are in past tense, thereby able to identify problems throughout life, not just present symptoms

MAST-Brief

10 questions. Shortened version of MAST.

Drug Abuse Screen Test (DAST-10)

10 questions, validated. Domains include: hazardous use, dependence symptoms and harmful use. Screens for illicit drugs, Rx medications and non-medical use of drugs. Both self-report and clinician-administered versions available.