

# Screening Guide

Mental health professionals may provide a checklist or questionnaire when evaluating for certain conditions. While none of these measures provide a clinical diagnosis on their own, your provider may use some of these to help determine your needs and plan treatment.

Note: while many of these are within the public domain, some require a clinician to administer and interpret the results. This list is to provide some familiarity with what questionnaires you might be exposed to, and we do not recommend taking them to interpret and utilize on your own.

NAME	FUNCTION
ACEs Scale Adverse Childhood Experiences	Captures potentially traumatic events from birth to age 17.
ASRS Autism Spectrum Rating Scales	Measures the behaviors and feelings associated with Autism Spectrum Disorder.
AUDIT Alcohol Use Disorders Identification Test	Measures potential impact of alcohol use on functioning.
EAT-26 Eating Attitudes Test	Measures beliefs and behaviors associated with disordered eating.
MDQ Mood Disorder Questionnaire	Measures symptoms used to assess mood fluctuations associated with bipolar disorder.

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PHQ-9 Patient Health Questionnaire	Measures the broad criterion associated with depression.
GAD-7 General Anxiety Disorder	Assesses the presence of anxiety symptoms associated with various anxiety disorders.
DASS-21 Depression Anxiety Stress Scale	Identifies severity of depressive, anxious, and stress-related symptoms.
UCLA Loneliness Scale	Measures feelings of loneliness and social isolation.