

## Repository of Patient-Reported Outcome Measures

March 2025

This Repository of Patient-Reported Outcome Measures (PROMs) was identified and vetted by a national panel of experts on Measurement-Based Care (MBC). The PROMs are a set of measures that were validated, brief, publicly available at no cost, and sensitive to change over time. This repository includes measures for youth and adults, that address symptomatic and functional outcomes, that are standardized and individualized approaches to measurement, and that are applicable to a wide range of mental health conditions. The repository is intended to be a starting point for measure selection; other patient-reported measures not included here may also be useful in MBC.

| Measure  | Condition      | Availability  |
|--|----------------|---|
| <b>Adult Measures</b>  |                |   |
| PHQ-9  | Depression     | <a href="https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf">https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf</a>   |
| PROMIS (Patient-Reported Outcomes Measurement Information System) Depression | Depression     | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=154&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=154&amp;Itemid=992</a> |
| PMQ-9  | Mania          | <a href="https://aims.uw.edu/wordpress/wp-content/uploads/2023/06/Patient-Mania-Questionnaire-9-item_Final_0.pdf">https://aims.uw.edu/wordpress/wp-content/uploads/2023/06/Patient-Mania-Questionnaire-9-item_Final_0.pdf</a>       |
| Altman Self Rated Mania Scale (ASRM)   | Mania          | <a href="https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_Level-2-Mania-Adult.pdf">https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_Level-2-Mania-Adult.pdf</a>           |
| GAD-7  | Anxiety        | <a href="https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf">https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf</a>   |
| PROMIS (Patient-Reported Outcomes Measurement Information System) Anxiety    | Anxiety        | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=144&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=144&amp;Itemid=992</a> |
| Post Traumatic Stress Disorder Checklist (PCL-5)                             | PTSD           | <a href="https://www.ptsd.va.gov/professional/assessment/documents/PCL5_Standard_form.PDF">https://www.ptsd.va.gov/professional/assessment/documents/PCL5_Standard_form.PDF</a>   |
| Panic Disorder Severity Scale (PDSS_SR)                                      | Panic Disorder | <a href="https://www.mcgill.ca/psy/files/psy/pdss.pdf">https://www.mcgill.ca/psy/files/psy/pdss.pdf</a>   |
| PROMIS (Patient-Reported Outcomes Measurement Information System) Alcohol    | Alcohol        | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=225&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=225&amp;Itemid=992</a> |

| <b>Measure</b>  | <b>Condition</b> | <b>Availability</b>   |
|---|------------------|---|
| US-Alcohol Use Disorders Identification Test-Consumption (USAUDIT-C)  | Alcohol          | <a href="https://www.mentalhealth.va.gov/coe/cih-visn2/Documents/Provider_Education_Handouts/AUDIT-C_Version_3.pdf">https://www.mentalhealth.va.gov/coe/cih-visn2/Documents/Provider_Education_Handouts/AUDIT-C_Version_3.pdf</a>   |
| Brief Assessment of Recovery Capital  | Alcohol          | <a href="https://heal.nih.gov/files/CDEs/2024-01/barc-10-crf.docx">https://heal.nih.gov/files/CDEs/2024-01/barc-10-crf.docx</a>   |
| Eating Disorder Examination – Questionnaire Short (EDE-QS)  | Eating Disorders | <a href="https://www.corc.uk.net/media/3339/ede-qs.pdf">https://www.corc.uk.net/media/3339/ede-qs.pdf</a>   |
| PROMIS (Patient-Reported Outcomes Measurement Information System) Substance Use Severity  | SUD              | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=831&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=831&amp;Itemid=992</a>   |
| Brief Addiction Monitor (BAM-R)   | SUD              | <a href="https://www.mentalhealth.va.gov/providers/sud/docs/BAM_Scoring_Clinical_Guidelines_01-04-2011.pdf">https://www.mentalhealth.va.gov/providers/sud/docs/BAM_Scoring_Clinical_Guidelines_01-04-2011.pdf</a>   |
| PROMIS (Patient-Reported Outcomes Measurement Information System) Ability to Participate in Social Roles and Activities --Short Form 8a | Function/Social  | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=192&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=192&amp;Itemid=992</a>   |
| World Health Organization Disability Assessment Schedule (WHODAS)   | Function         | <a href="https://www.cms.gov/files/document/whodas-20-instrument.pdf">https://www.cms.gov/files/document/whodas-20-instrument.pdf</a>   |
| Parenting Daily Hassles Scale   | Parental impact  | <a href="https://greenspacehealth.com/en-us/parenting-stress-pdh/">https://greenspacehealth.com/en-us/parenting-stress-pdh/</a>   |
| Parental Stress Scale   | Parental impact  | <a href="https://www.corc.uk.net/media/2764/parent-stress-scale-fillable-pdf.pdf">https://www.corc.uk.net/media/2764/parent-stress-scale-fillable-pdf.pdf</a>   |
| <b>Child/Youth Measures</b>   |                  |   |
| Patient Health Questionnaire for Adolescents (PHQ-A)  | Depression       | <a href="https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/phq-9-modified-for-adolescents-phq-a">https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/phq-9-modified-for-adolescents-phq-a</a> |
| Mood and Feelings Questionnaire   | Depression       | <a href="https://psychiatry.duke.edu/sites/default/files/2023-02/MFQ_Adult%20Self-Report%20-%20Short.pdf">https://psychiatry.duke.edu/sites/default/files/2023-02/MFQ_Adult%20Self-Report%20-%20Short.pdf</a>   |
| GAD-7   | Anxiety          | <a href="https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf">https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf</a>   |
| CES-DC  | Depression       | <a href="https://greenspacehealth.com/en-us/child-depression-ces-dc/">https://greenspacehealth.com/en-us/child-depression-ces-dc/</a>   |
| PROMIS Pediatric Anxiety  | Anxiety          | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=9041&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=9041&amp;Itemid=992</a>   |
| PROMIS Pediatric Depression   | Depression       | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=9039&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=9039&amp;Itemid=992</a>   |

| <b>Measure</b>                        | <b>Condition</b> | <b>Availability</b>   |
|---------------------------------------|------------------|---|
| PROMIS Pediatric Peer Relationships   |                  | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=30&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=30&amp;Itemid=992</a>   |
| PROMIS Pediatric Family Relationships | Function         | <a href="https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=856&amp;Itemid=992">https://www.healthmeasures.net/index.php?option=com_instruments&amp;view=measure&amp;id=856&amp;Itemid=992</a> |
|                                       |                  |   |
| <b>Individualized Goal Attainment</b> |                  |   |
| Youth Top Problems                    | Transdiagnostic  | <a href="https://weiszlab.fas.harvard.edu/files/jweisz/files/top_problems_assessment_manual_09.11.18.pdf">https://weiszlab.fas.harvard.edu/files/jweisz/files/top_problems_assessment_manual_09.11.18.pdf</a>                       |
| Goal Based Outcomes                   | Transdiagnostic  | <a href="https://www.corc.uk.net/media/1219/goalsandgoals-thirdedition.pdf">https://www.corc.uk.net/media/1219/goalsandgoals-thirdedition.pdf</a>   |

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