



For the teacher/learning support staff or therapist

How to use the PSYCHLOPS Teen Pre-therapy form

We hope that this questionnaire will help us to understand how the young person is feeling. Please sit with the young person as they fill out the form and support them to answer the questions for themselves.

Please explain to the young person that outside of the school setting this questionnaire will be anonymous i.e. this front sheet with their details will be removed from the rest of the form when the information is used for research and evaluation purposes.

Before you go through the form with the young person please fill in the information below.

The teacher/learning support staff or therapist should fill this part in:

Teacher/learning support staff name:

Name of School:

Details of young person

Name:

Age:

Gender: M/F

Ethnic Group:

First language:

Date pre-therapy PSYCHLOPS completed:

N.B. Therapists please check that form is completed

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A questionnaire about you and how you are feeling

Please answer all of the questions. There are no right or wrong answers. If there is something you don't understand then please ask. After this form is completed, your teacher/learning support staff member will give it to the therapist. We will ask you to fill in another form like this near the end of your course of therapy.

Therapy sessions give you a place to think about the things that might be difficult in your life

Question 1

a. What are you most worried about in your life at the moment?

(Please write in the box below)

b. How much has it affected you over the last week?

(Please tick one box below)

0

1

2

3

4

5

Not at all



Very much



c. How long ago were you first worried about this problem?

(Please tick one box below)

Just this week

last term

last year

longer than that

Question 2

a. Is there something else that worries you?

(Please write in the box below)

b. How much has it affected you over the last week?

(Please tick one box below)

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all					Very much
					

c. How long ago were you first worried about this problem?

(Please tick one box below)

Just this week	last term	last year	longer than that
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Question 3

a. Is there something that's hard to do because of the problem (or problems)? *(Please write in the box below)*

b. How hard has it been to do this thing over the last week?

(Please tick one box below)

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all hard					very hard
					

Question 4

How have you felt this last week? *(Please tick one box below)*

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very good					Very bad
					

Please use this space for any other comments/drawing/doodles

Scoring

PSYCHLOPS Teen consists of three domains (Problems, Functioning and Wellbeing) which are scored. These are Q1b + Q2b + Q3b + Q4, the maximum score for each question is 5 (scored 0-5), therefore total score range is 0 - 20. The change score is the difference between the total pre-therapy score and the total post-therapy score.

Other questions provide useful qualitative information but do not contribute to the change score.

Total PSYCHLOPS Teen pre-therapy score: