Question 1

a. Choose the problem that troubles you most. (Please write it in the box below.)

b. How much has it affected you over the last week? (Please tick one box below.)
   - Not at all affected
   - Slightly
   - Moderately
   - Moderately to much
   - Much
   - Severe

   [ ]

[c. How long ago were you first concerned about this problem? (Please tick one box below.)
   - Under one month
   - Between one and three months
   - Over three months but under one year
   - One to five years
   - Over five years

   [ ]

Question 2

a. Choose another problem that troubles you. (Please write it in the box below.)

b. How much has it affected you over the last week? (Please tick one box below.)
   - Not at all affected
   - Slightly
   - Moderately
   - Moderately to much
   - Much
   - Severe

   [ ]

[c. How long ago were you first concerned about this problem? (Please tick one box below.)
   - Under one month
   - Between one and three months
   - Over three months but under one year
   - One to five years
   - Over five years

   [ ]

Question 3

a. Choose one thing that is hard to do because of your problem (or problems). (Please write it in the box below.)

b. How hard has it been to do this thing over the last week? (Please tick one box below.)
   - Not at all hard
   - Slightly hard
   - Moderately hard
   - Moderately to much hard
   - Very hard

   [ ]

Question 4

How have you felt in yourself this last week? (Please tick one box below.)

   - Very good
   - Good
   - Fairly good
   - Difficult
   - Very bad

   [ ]

Client ID
Therapist Assessment Form – pre therapy

To be completed by the therapist and attached to the completed questionnaire.

<table>
<thead>
<tr>
<th>clinic / surgery ID</th>
<th>client ID or initials</th>
<th>client age or DOB</th>
</tr>
</thead>
<tbody>
<tr>
<td>therapist ID</td>
<td>client gender</td>
<td></td>
</tr>
</tbody>
</table>

referral date

assessment date

date pre-therapy PSYCHLOPS completed

date of first session (unless same as above)

How does the client describe their ethnic group?
(Please tick one of the boxes below)

- Asian or Asian British
  - Bangladeshi
  - Indian
  - Pakistani
  - Other Asian background (please specify)

- Chinese or Other ethnic groups
  - Chinese
  - Other ethnic group
    (please specify)

- Black or Black British
  - Caribbean
  - African
  - Other Black background
    (please specify)

- Mixed background
  - White & Asian
  - White & Black African
  - White & Black Caribbean
  - Other Mixed background
    (please specify)

White
- British
- Irish
- Other White background
  (please specify)

client’s first language:

Scoring PSYCHLOPS

- PSYCHLOPS has been designed as a mental health outcome measure. As such, the pre-therapy score is compared with subsequent scores (during therapy and post-therapy). The difference is the ‘change score’.
- All of the responses in PSYCHLOPS are scored on a six point scale ranging from zero to five. The higher the value, the more severely the person is affected.
- Not every question in PSYCHLOPS is used for scoring. Only the questions relating to Problems (Questions 1b and 2b), Functioning (Question 3b) and Wellbeing (Question 4) are scored. Other questions provide useful information but do not contribute to the change score.
- The questions used for scoring are indicated with the symbol: [ ] This symbol appears after the scoring boxes. The therapist may find it helpful to insert the score inside this symbol.
- PSYCHLOPS therefore consists of three domains (Problems, Functioning and Wellbeing) and four questions which are scored.
- The maximum PSYCHLOPS score is 20.
- The maximum score for each question is 5.
- If both Q1 (Problem 1) and Q2 (Problem 2) have been completed, the total score is: Q1b + Q2b + Q3b + Q4.
- If Q1 (Problem 1) has been completed and Q2 (Problem 2) has been omitted, the total score is: (Q1b x 2) + Q3b + Q4. In other words, the score of Q1b (Problem 1) is doubled. This ensures that the maximum PSYCHLOPS score remains 20.

Total PSYCHLOPS Pre-Therapy score: ________