

Behavioral Health Tools: A Quick Comparison Guide

Domain: Anxiety

Measure	Age Group	Cost/ Access	Time	Items	Score Description	Recognition by Other Agencies (Axion, NIH, etc.)
BrEASI	18 Years and Up (Adults Only)	Free	5 Minutes	8	≥ 7 , probable anxiety	N/A
DASS-21/DASS-Y	Peds Ages 8 and Up (Teens & Adults)	Free	10 Minutes	21	< 8 normal (anxiety) < 10 normal; < 15 Stress is normal (depression)	AAN
EASI	18 Years and Up (Adults Only)	Free	10 Minutes	18	≥ 7 , probable anxiety	N/A
GAD-2	18 Years and Up (Adults Only)	Free	< 5 Minutes	2	≥ 3 , probable anxiety	N/A
GAD-7	13 Years and Up (Teens & Adults)	Free	10 Minutes	7 items depression 7 items anxiety 7 items stress	0-4: minimal anxiety 5-9: mild anxiety 10-14 moderate anxiety 15-21: severe anxiety	N/A
NeuroQoL-Anxiety	8 Years and Up (Peds, Teens & Adults)	Free	2-5 Minutes	Bank (21 adult, 19 peds) short forms (8 items for adult and peds)	Cutoff = 24	NINDS
PROMIS-anxiety	1 Year and Up (Peds, Teens & Adults)	Free	5-10 Minutes	short forms (4, 6, 8 items) or computerized adaptive form (8 or 12 items)	T score > 60	AAN
PSC-Internalizing	3 to 17 years (Peds & Teens)	Free	5 Minutes	N/A	N/A	N/A

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SCAARED	18 Years and Up (Adults Only)	Free	10 Minutes	44	Cutoff=25 adult	N/A
SCARED	8 to 18 Years (Peds & Teens)	Free	10 Minutes	41	1 TOTAL; 5 Subscales	N/A
SDQ- Emotional Symptoms subscale	4 to 17 Years (Peds & Teens)	Free	5-10 Minutes	N/A	N/A	N/A

Domain: Depression

Measure	Age Group	Cost/ Access	Time	Items	Score Description	Recognition by Other Agencies (Axion, NIH, etc.)
DASS-21/DASS-Y	Peds Ages 8 and Up (Teens & Adults)	Free	10 Minutes	21	<8 normal (anxiety) <10 normal; <15 Stress is normal (depression)	AAN
NDDI-E*	18 Years and Up (Adults Only)	Free	N/A	6	Cutoff =15; "I'd be better off dead"	N/A
NDDI-E-Y*	Age 12 to 17 Years (Teens Only)	Free	N/A	12	Cutoff=32; "I'd be better off dead"	N/A
Neuro-QOL- Depression*	8 Years and Up (Peds, Teens & Adults)	Free	2-5 Minutes	Bank (adult 24, peds 16) short forms (8 items for adult and peds)	Cutoff = 19; "I felt I had no reason for living"	NINDS

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Domain: Depression

Measure	Age Group	Cost/ Access	Time	Items	Score Description	Recognition by Other Agencies (Axion, NIH, etc.)
PedsQL-Epilepsy Module- Mood/Behavior	Age 2 to 25 Years (Peds, Teens & Adults)	Free	2 min per scale	5 per scale	"Thoughts that you would be better off dead, or of hurting yourself"	N/A
PHQ-9*/PHQ-2	12 Years and Up (Teen & Adult)	Free	<5 Minutes	9 or 2	"I felt that life was meaningless"	N/A
PROMIS-Depression*	18 Years and Up (Adults Only)	Free	5 Minutes	8	T score > 60; include suicidality question	AAN
PSC- Internalizing/Externaliz ing	18 Years and Up (Adults Only)	Free	< 5 Minutes	2	N/A	18 Years and Up (Adults Only)
SDQ- Emotional Problems/Conduct scales	18 Years and Up (Adults Only)	Free	10 Minutes	18	Includes suicidality question: "I felt I had no reason for living"	N/A

Domain: Suicide

Measure	Age Group	Cost/ Access	Time	Items	Score Description	Recognition by Other Agencies (Axion, NIH, etc.)
ASQ	8 Years and Up (Peds Only)	Free	20 Seconds	4 questions	Yes to any question = positive screen	NIH/NIMH
CSSR*	Peds Ages 6 and Up (Teens & Adults)	Free	2-15 Minutes	6 (2 Ideation, 4 Behavior)	Risk Stratification Ranges from no wish to be dead/non-specific suicidal Ideation to Active suicidal ideation with specific plan and intent.	N/A