

Clinical Outcome Measures used in pathways and services supporting people with complex mental health conditions



Borderline symptoms list (BSL-23)

The BSL-23 is a 23 item self-report measure for assessment of borderline personality disorder (BPD). The scale assesses DSM BPD diagnostic criteria and supports clinical activity through assessment of symptoms, monitoring treatment progress, supporting diagnostic decisions. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Standard Assessment of Personality - Abbreviated Scale (SAPAS)

The SAPAS is a screener for personality disorder used in clinical settings. The items cover areas such as impulsivity, emotional instability, difficulty maintaining relationships and problems with self-image. The measure was designed to be brief so that it can be used in clinical and community settings. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Borderline Evaluation of Severity Over Time

The BEST measures severity and changes in symptomology in borderline personality disorder. The measure rates thoughts, emotions and behaviour. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Clinical Outcomes in Routine Evaluation – Outcome Measure (COREOM)

The CORE-OM is a 34 item self-report measure of psychological distress and is designed to tracks changes over time in a person's mental health symptoms in response to treatment or intervention. As the measure contains a greater range of questions, it is able to capture a broad range of problems and difficulties associated with mental health problems. The measure assesses mental health across four domains, well-being deficits, problems/symptoms, life functioning difficulties and risk/harm. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Clinical Outcomes in Routine Evaluation – 10 Item (CORE-10)

The CORE-10 is a short version of the CORE-OM and can be administered by clinicians or as self-report. The measure tracks changes over time in a person's mental health symptoms in response to treatment or intervention. The measures assess mental health as well as suicidal ideation, social support and sleep. The measure is used across a range of psychological difficulties. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Mental Health Confidence Scale (MHCS)

The MHCS is a 16 item self-report measure that assesses the self-efficacy beliefs of people experiencing mental health conditions and how confident they feel regarding their ability to manage challenges related to their mental health. The measure assesses across three factors, optimism, coping and advocacy. The measure can be used across clinical and research settings and is used across a range of psychological difficulties. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Work and Social Adjustment Scale (WSAS)

WSAS is a brief self-report scale designed to assess to what degree a person’s mental or emotional health issues are impacting their ability to function in daily life. The measure accesses areas such as physical or psychological symptoms on work, social activities and relationships. The measure is used across clinical and research settings and is used across a range of psychological and physical difficulties. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Dissociative Experiences Scale - II (DES-II)

The DES – II is a 28 item self-report measure of dissociative experiences. Dissociation is often considered to be a defense mechanism for people who have experienced trauma and as such the measure is of particular use in post-traumatic stress disorder (PTSD) or complex post-traumatic stress disorder (c-PTSD). To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Distress Tolerance Scale (DTS)

The DTS is a 15 item self-report measure that assesses an individual’s ability to tolerate negative emotional states. The measure is designed to be clinically useful across a range of psychological difficulties. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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Difficulties in Emotional Regulation Scale - 16 item version (DERS-16)

The DERS-16 is a 16 item self-report measure that assesses individuals’ levels of difficulty concerning emotional regulation. The measure is designed to be clinically useful across a range of psychological difficulties. To access the measure or learn more scoring, interpretation and psychometric properties, click the links.

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