

# A Survey From Your Healthcare Provider – PSC-Y

Name		Date	ID		
Please mark under the heading that best fits you or circle Yes or No			Never 0	Sometimes 1	Often 2
-	1. Complain of aches or pains				
-	2. Spend more time alone				
-	3. Tire easily, little energy				
●	4. Fidgety, unable to sit still				
-	5. Have trouble with teacher				
-	6. Less interested in school				
●	7. Act as if driven by motor				
●	8. Daydream too much				
●	9. Distract easily				
-	10. Are afraid of new situations				
▲	11. Feel sad, unhappy				
-	12. Are irritable, angry				
▲	13. Feel hopeless				
●	14. Have trouble concentrating				
-	15. Less interested in friends				
■	16. Fight with other children				
-	17. Absent from school				
-	18. School grades dropping				
▲	19. Down on yourself				
-	20. Visit doctor with doctor finding nothing wrong				
-	21. Have trouble sleeping				
▲	22. Worry a lot				
-	23. Want to be with parent more than before				
-	24. Feel that you are bad				
-	25. Take unnecessary risks				
-	26. Get hurt frequently				
▲	27. Seem to be having less fun				
-	28. Act younger than children your age				
■	29. Do not listen to rules				
-	30. Do not show feelings				
■	31. Do not understand other people's feelings				
■	32. Tease others				
■	33. Blame others for your troubles				
■	34. Take things that do not belong to you				
■	35. Refuse to share				
◆	36. During the past three months, have you thought of killing yourself?			Yes	No
◆	37. Have you ever tried to kill yourself?			Yes	No

**FOR OFFICE USE ONLY**

- Plan for Follow-up  Annual screening  Return visit w/ PCP  Referred to counselor  
 Parent declined  Already in treatment  Referred to other professional

TS _____
Q 36 or Q 37=Y ◆ TS ≥ 30

## Administering, Scoring and Interpreting the PHQ-9 Screening Questionnaire

### Administering

- The youth self-report version of the Pediatric Symptom Checklist (PSC-Y) can be used with patients between the ages of 11 and 18 and takes less than five minutes to complete and score.
- The PSC-Y can be administered and scored by a nurse, medical technician, physical assistant, physician or other office staff.
- Patients should be left alone to complete the PSC-Y in a private area, such as an exam room or private area of the waiting room.
- Patients should be informed of their confidentiality rights before the PSC-Y is administered.
- It is recommended that parents are informed that a mental health checkup will be administered as part of the exam.
- The American Academy of Pediatrics and U.S. Preventive Service Task Force recommend that depression screening be conducted annually.

### Scoring

- **Each item on the PSC-Y is scored as follows:**  
 Never =0  
 Sometimes=1  
 Often=2
- **To calculate the score, add all of the item scores together:**  
 Total Score= \_\_\_\_\_ (range 0-70)  
 If items are left blank, they are scored as 0.  
 If four or more items are left blank, the questionnaire is considered invalid.  
 Note if either suicide question has been endorsed (Questions 36 and 37).
- **Score is positive if: Total Score  $\geq$ 30**  
**OR**  
 Recent suicidal ideation is reported (Q36)  
**OR**  
 Past suicide attempt is reported (Q37)

### Interpreting the Screening Results

- Patients that score positively on their PSC-Y should be evaluated by their primary care provider (PCP) to determine if the symptoms endorsed on the questionnaire are significant, causing impairment and warrant a referral to a mental health specialist or follow-up treatment by the PCP.
- For patients who score negatively on the PSC-Y, it is recommended that the PCP briefly review the symptoms marked as “sometimes” and “often” with the patient.
- The questionnaire indicates only the likelihood that a youth is at risk for a significant mental health problem or suicide; its results are not a diagnosis or a substitute for a clinical evaluation

The symbols on the questionnaire and below represent the different problem areas that are covered on the PSC-Y and lists out the items that correspond with problem areas. Though this does not affect the overall score, the purpose of this breakdown is to help guide the discussion with and evaluation of patients after screening and allows the PCP to focus on the main problem areas identified by the PSC-Y.

<b>Individual Problem Areas (For Interpretation Only)</b>			
<b>Internalizing Problems (i.e. Depression or Anxiety) ▲</b>	<b>Attention Problems (i.e. ADHD) ●</b>	<b>Externalizing Problems (e.g. Conduct Disorder, Oppositional Defiant Disorder) ■</b>	<b>Suicidality (if either question is endorsed, further assess for suicidal thinking and behavior and depression) ◆</b>
<ul style="list-style-type: none"> <li>• Feel sad, unhappy</li> <li>• Worry a lot</li> <li>• Feel hopeless</li> <li>• Seem to be having less fun</li> <li>• Down on yourself</li> </ul>	<ul style="list-style-type: none"> <li>• Fidgety, unable to sit still</li> <li>• Distract easily</li> <li>• Act as if driven by motor</li> <li>• Daydream too much</li> <li>• Have trouble concentrating</li> </ul>	<ul style="list-style-type: none"> <li>• Fight with other children</li> <li>• Tease others</li> <li>• Do not listen to rules</li> <li>• Do not understand other people’s feelings</li> <li>• Blame others for your troubles</li> <li>• Take things that do not belong to you</li> </ul>	<ul style="list-style-type: none"> <li>• Recent suicide ideation</li> <li>• Prior suicide attempt</li> </ul>
<b>Non-Categorizing Items</b>			
<ul style="list-style-type: none"> <li>• Complain of aches or pains</li> <li>• Spend more time alone</li> <li>• Tire easily, little energy</li> <li>• Do not show feelings</li> <li>• Have trouble with teacher</li> </ul>	<ul style="list-style-type: none"> <li>• Less interested at school</li> <li>• Are afraid of new situations</li> <li>• Are irritable, angry</li> <li>• Less interested in friends</li> <li>• Absent from school</li> </ul>	<ul style="list-style-type: none"> <li>• School grades dropping</li> <li>• Visit doctor with doctor finding nothing wrong</li> <li>• Have trouble sleeping</li> <li>• Feel that you are bad</li> </ul>	<ul style="list-style-type: none"> <li>• Want to be with parent more than before</li> <li>• Take unnecessary risks</li> <li>• Get hurt frequently</li> <li>• Act younger than children your age</li> </ul>