

# ASSESSMENTS



## QUICK SCREENS/ASSESSMENTS:

- **Perceived Stress Scale (PSS)**
  - Assesses stress levels within the last month
  - 4 item: [pss-4.pdf \(harvard.edu\)](#)  
(<https://scholar.harvard.edu/files/bettina.hoeppner/files/pss-4.pdf>)
  - 10 item: [perceived\\_stress\\_scale\\_pss-10.pdf \(harvard.edu\)](#)  
([https://scholar.harvard.edu/files/bettina.hoeppner/files/perceived\\_stress\\_scale\\_pss-10.pdf](https://scholar.harvard.edu/files/bettina.hoeppner/files/perceived_stress_scale_pss-10.pdf))
- **Patient Health Questionnaire (PHQ)**
  - Screen for depression and anxiety
  - PHQ-2: [phq-2.pdf \(umassmed.edu\)](#)  
(<https://www.umassmed.edu/globalassets/opioid/faculty-materials/updated-faculty-materials/phq-2.pdf>)
  - Brief PHQ, PHQ-4, PHQ-8, PHQ-9: [phqscreeners \(https://www.phqscreeners.com/\)](#)
- **Generalized Anxiety Disorder Scale (GAD)**
  - Screen for generalized anxiety disorder
  - 2 item: [GAD 2.pdf \(washington.edu\)](#) (<https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/3%20Assessment/Standardized%20Measures/GAD%202.pdf>)
  - 7 item: [phqscreeners \(https://www.phqscreeners.com/\)](#)
- **Staying Healthy Assessment**
  - Can use questions for quick screen of substance abuse
  - Q: In the past year, have you had: (men) 5 or more alcohol drinks in one day? (women) 4 or more alcohol drinks in one day?
  - Adult and Senior forms: [Staying Healthy Assessment Questionnaires \(ca.gov\)](#)  
(<https://www.dhcs.ca.gov/formsandpubs/forms/Pages/StayingHealthyAssessmentQuestionnaires.aspx>)

\*\*\*Online assessment calculator tool for PHQ-2, PHQ-9, GAD-2, GAD-7 as well as substance use screens for alcohol, drug, and opioid use.

- Provides you with assessment score, interpretation, and if further assessment is indicated
- [Generalized Anxiety Disorder 2-item \(GAD-2\) - Mental Health Screening - National HIV Curriculum \(uw.edu\)](#) (<https://www.hiv.uw.edu/page/mental-health-screening/gad-2>)

## ASSESSMENTS:

- **Brief- COPE**
  - Administration time: approximately 10 minutes
  - Use to see what coping strategies a person uses in times of stress
  - [Brief - Coping Orientation to Problems Experienced Inventory \(Brief-COPE\) \(novopsych.com.au\) \(https://novopsych.com.au/wp-content/uploads/2023/03/brief-cope\\_PDF-assessment-scoring.pdf\)](https://novopsych.com.au/wp-content/uploads/2023/03/brief-cope_PDF-assessment-scoring.pdf)
- **Life Balance Inventory (LBI)**
  - Administration time: approximately 10 minutes
  - Use to see how balanced a person's activities are across subcategories: health, relationships, challenge, and identity
  - Contains the Perceived Stress Scale
  - [LBI survey :: St. Catherine University \(stkate.edu\) \(http://minerva.stkate.edu/LBI.nsf#:~:text=The%20Life%20Balance%20Inventory%20%28LBI%29%20was%20developed%20by,important%20needs%3A%201.%20Have%20basic%20health%20and%20safety\)](http://minerva.stkate.edu/LBI.nsf#:~:text=The%20Life%20Balance%20Inventory%20%28LBI%29%20was%20developed%20by,important%20needs%3A%201.%20Have%20basic%20health%20and%20safety)

## OTHER TOOLS:

- **Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals**
  - [Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals - Extension \(colostate.edu\) \(https://extension.colostate.edu/disaster-websites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/\)](https://extension.colostate.edu/disaster-websites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/)
- **Ag Health Risk Assessment**
  - [Ag Health Risk Assessment - AgriSafe Network \(https://www.agrisafe.org/ag-health-risk-assessment/\)](https://www.agrisafe.org/ag-health-risk-assessment/)