

# A questionnaire about you and how you are feeling – now that you are starting therapy



## 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    0    1    2    3    4    5    Severely affected

                      

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    0    1    2    3    4    5    Severely affected

                      

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    0    1    2    3    4    5    Very hard

                      

## Question 4

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

Very good    0    1    2    3    4    5    Very bad

                      



Client ID	
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## Therapist Assessment Form – pre therapy

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

clinic / surgery ID	client ID or initials	client age or DOB
therapist ID	client gender	
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)

<p><b>Asian or Asian British</b></p> <p>Bangladeshi <input type="checkbox"/></p> <p>Indian <input type="checkbox"/></p> <p>Pakistani <input type="checkbox"/></p> <p>Other Asian background (please specify) <input type="checkbox"/></p>	<p><b>Chinese or Other ethnic groups</b></p> <p>Chinese <input type="checkbox"/></p> <p>Other ethnic group (please specify) <input type="checkbox"/></p>	<p><b>White</b></p> <p>British <input type="checkbox"/></p> <p>Irish <input type="checkbox"/></p> <p>Other White background (please specify) <input type="checkbox"/></p>
<p><b>Black or Black British</b></p> <p>Caribbean <input type="checkbox"/></p> <p>African <input type="checkbox"/></p> <p>Other Black background (please specify) <input type="checkbox"/></p>	<p><b>Mixed background</b></p> <p>White &amp; Asian <input type="checkbox"/></p> <p>White &amp; Black African <input type="checkbox"/></p> <p>White &amp; Black Caribbean <input type="checkbox"/></p> <p>Other Mixed background (please specify) <input type="checkbox"/></p>	<p><b>client's first language:</b></p> <div style="border: 1px solid black; height: 20px; width: 100%;"></div>

## 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:** \_\_\_\_\_