

Mental Health Screening Instruments for Children 6-21 Years of Age

The following mental health screening instruments have been reviewed and recommended for Child and Teen Checkups (C&TC) by the Minnesota Departments of Human Services (DHS) and Health (MDH). These instruments also align with Minnesota Community Measurements.

General mental health screening instruments

Public domain (or licensed for use in Minnesota)

- **Pediatric Symptom Checklist-35 items (PSC)** or **Youth Self-Report (PSC-Y)**: 4 to 18 years
- **Pediatric Symptom Checklist-17 items (PSC-17)**: 4 to 18 years
Note: Only the Parent version of the PSC-17 is recommended as validated.
- **Global Appraisal of Individual Needs (GAIN-SS)**: 12 years to adult; screens for mental health *and* substance abuse

Depression screening instruments

Public Domain

- **Kutcher Adolescent Depression Scale (KADS)**: 12 to 17 years
- **Patient Health Questionnaire-9 items (PHQ-9)**: 13 years to adult
- **PHQ-9 Modified for Teens/Adolescents** (also commonly called PHQ-A): 12 to 18 years
- **PHQ-2** (first two items of the PHQ-9): first-stage screener for 12 years and older; follow with PHQ-9 or other robustly validated depression screen if PHQ-2 score is 2 or higher

Proprietary

- **Beck Depression Inventory II (BDI-II)**: 13 years to adult
- **Beck Depression Inventory Fast Screen (BDI-FS)**: 13 years to adult
- **Children's Depression Inventory II (CDI-2)**: 7 to 17 years

More detailed information

Refer to the [Detailed Comparison Table of Recommended Mental Health Screening Instruments \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us) for more information on each instrument, including:

- Review criteria (sensitivity, specificity, reliability)
- Time and qualifications for administration and scoring
- Language/cultural appropriateness
- Where to find more information and obtain the instrument

For younger children

For a list of social-emotional/mental health screening tools for children ages 0 through 5 years, refer to [Developmental and social-emotional screening of young children \(0-5 years of age\) in Minnesota \(www.health.state.mn.us\)](http://www.health.state.mn.us).

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health. For questions or to obtain this information in a different format, call 651-201-3760 or email health.childteencheckups@state.mn.us.

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