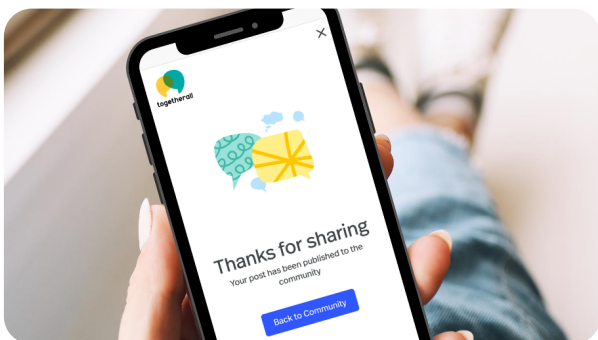


Self-Assessment Overview

What is Togetherall?

Togetherall is an award-winning digital mental health service available at togetherall.com. It offers 24/7 support, with trained clinicians online at all times, as well as a range of helpful tools and resources.

Togetherall is widely commissioned in the NHS, as well as by local authorities, employers, universities, and the Armed Forces. The service also offers anonymous peer and community support, moderated and facilitated by trained clinicians.



What are self assessments?

Togetherall's self assessments are short questionnaires which offer a way to capture how a member may be feeling and gauge their development over time.

How do people use self assessments?

Self assessments are available to all members of Togetherall at togetherall.com. Members can complete the self assessments at anytime, and they can take each assessment as many times as they like. A member can keep track of their results over time and see how they have been progressing.

What self-assessments are available?

Anxiety about Health

This test will help members identify if they worry too much about their health. This questionnaire uses a standard clinical measure for anxiety about health:

- Health Anxiety Inventory. © Salkovskis P.M., et al. (2002).

Anxiety

This test will help members gauge how anxious they may be feeling. This questionnaire uses a standard clinical measure for anxiety:

- GAD7. © 1999 Pfizer Inc.

Concern about drinking

Members can take this test if they are concerned about their drinking habits. This questionnaire is a standard clinical measure concerning alcohol:

- Michigan Alcohol Screening Test © Selzer, M.L. (1971)

Concern about drug use

Members can take this test if they are concerned about their drug use and understand more. This questionnaire is a standard clinical measure concerning drug use:

- Drug Abuse Screening Test (DAST) © Harvey A. Skinner.

Concern about eating

Members can take this test if they are concerned about their drinking habits. This questionnaire uses a standard clinical measure concerning eating:

- EAT-26 © David M. Garner et al., (1982)

Depression

This test will help members look at how low or depressed they may be feeling. Please be aware that this questionnaire is a standard clinical measure for low mood:

- PHQ9. © 1999 Pfizer Inc.

Fears and phobias

This test will help members look at how fearful they may be. In particular, it looks at fears of being in busy public places (sometimes known as agoraphobia); being around others (social fear) and fear of injuries involving blood. Please be aware that this questionnaire is a standard clinical measure for fears and phobias

- © Marks, I.M & Mathews, A.M (1979)



General distress

This test will help members reflect upon feelings of worried or if they are faced with concerns about others. This questionnaire is a standard clinical measure for distress:

- **Kessler Psychological Distress Scale K10**
© Kessler R.

Loss or trauma

This test will help members understand the impact that a loss or trauma may have had on them. This questionnaire is a standard clinical measure concerning loss or trauma:

- **Impact of Event Scale - Revised (IES-R)**
©Weiss and Marmar 1997.

Obsessive or compulsive tendencies

This test can help members understand whether they may have obsessive or compulsive tendencies. This questionnaire is a standard clinical measure concerning obsessive or compulsive habits:

- **Obsessive Compulsive Inventory.** © Foa, E.B., et al (1998)

PTSD (For Armed Forces members)

If members are concerned that they may be experiencing symptoms related to PTSD, this test will provide members with more information. This questionnaire is a standard clinical measure specifically for the armed forces for PTSD:

- **The Military PTSD Checklist - PCL-M** is a 17 item measure. DSM-IV (11/1/94)
Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division

Self-esteem

This test will help members understand their own levels of self-esteem better. This questionnaire is a standard clinical measure concerning self-esteem:

- **Developed by Rosenberg, Morris. 1989.**

Sleeping

This test can help members understand whether stress or anxiety may be contributing to poor sleeping pattern. This questionnaire is a standard clinical measure concerning sleep:

- **This is an adapted short form of the Sleep Test measure created by the Sleep Disorders Center of Alabama, utilizing and expanding on their 6 items indicating Insomnia, adding 3 items which explore MH components**



Social fear

This test will help members to look at how fearful they may be of being around others (social fear). This questionnaire is a standard clinical measure for social fear:

- **2000 The Royal College of Psychiatrists. Kathryn M. Connor et al., Social Phobia Inventory (SPIN)**

Wellbeing

This test helps members look at their general wellbeing. Please be aware that this is a standard validated test giving a measure of wellbeing:

- **Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008**

