

Measures on Youth Mental Health used within Integrated Youth Services

Jigsaw		
Indicator/Measure	Data Source	Details
Presenting issue	HEADSS Framework	n/a
Consultation or referral pathway	Weekly referral meetings	n/a
Type of support provided	Jigsaw Data System	n/a
Psychological distress	<p>Clinical Outcome Routine Evaluation (CORE) questionnaires :</p> <ul style="list-style-type: none"> - CORE-10 for 17-25 year olds - YP-Core for 12-16 year olds 	<ul style="list-style-type: none"> - "Assesses commonly experienced symptoms of anxiety and depression, and associated aspects of social functioning. " - "Items are scored on a four-point Likert scale, and the range on both measures is 0-40 with higher scores indicating higher levels of distress. " - "The CORE-10 has established cut-off points for levels of psychological distress, with a score below 10 representing non-clinical levels of distress and a score of 11 or above denoting clinical distress. " - "Within the non-clinical range, there are two categories representing healthy and low levels of distress, while scores in the clinical range of distress can be further subdivided into mild, moderate, moderate/severe, and severe categories." - "It is not currently possible to determine clinically significant change on the TP-Core, but rates of reliable change can be measured. " - "The CORE-10 and YP-CORE have been widely used in evaluation of counselling services, and the psychometric properties of these scales are well-established. "

References:

O'keeffe L, O'Reilly A, O'Brien G, Buckley R, Illback R. Description and outcome evaluation of Jigsaw: an emergent Irish mental health early intervention programme for young people. Irish Journal of Psychological Medicine. 2015 Mar;32(1):71-7.

Headspace		
Indicator/Measure	Data Source	Details
Clinical presentation characteristics	<ol style="list-style-type: none"> 1. Self-reported reason for presentation 2. Clinician diagnosis according to relevant WHO ICD-10 classifications of mental and behavioural disorders 	n/a
Psychological distress	Self-report using Kessler Psychological Distress Scale K-10	n/a
Stage of illness	Clinician estimate using categories	Categories: <ul style="list-style-type: none"> - No mental disorder - Mild to moderate symptoms - Subthreshold symptoms not reaching full diagnosis - Diagnosed disorder - Periods of remission - Serious and ongoing disorder without periods of remission
Days out of role & Days cut back	Self-reported	Number of days incapacitated because of psychological distress gauged based on two questions: <ul style="list-style-type: none"> - "In the last 4 weeks, how many days were you totally unable to work, study, or manage your day-to-day activities because of these feelings" - "Aside from those days in the last 4 weeks, how many days were you able to work or study or manage your day to day activities, but had to cut down on what you did because of these feelings".
Social Inclusion	Self-reported	Feelings of being socially supported, or included, was gauged using the question: <ul style="list-style-type: none"> - "Do you feel like there are people who are there for you" Responses recorded on a 5-point scale form "never" to "all of the time".

Physical health	Self-reported	<p>Measure assesses the frequency by which physical health problems are the primary cause of psychological distress in the last four weeks. This measurement was based on responses to the question:</p> <ul style="list-style-type: none"> - "In the last 3 weeks, how often have physical health problems been the main cause of these feelings" <p>Rated on a 5-point scale from "none of the time" to "all of the time".</p>
Binge Drinking	Self-reported	<p>Binge drinking classified as excessive consumption of alcohol on a single occasion. Binge drinking was gauged using responses to question:</p> <ul style="list-style-type: none"> - "During the last 30 days, on how many days did you have 4 or more standard drinks of alcohol in a row, that is, within a couple of hours" <p>Reponses were record on a scale from 0 days to 20 or more days.</p>
Cannabis use	Self-reported	Cannabis consumption related to whether or not the young person has used cannabis during the last 30 days.
Overall functioning	Social and Occupational Functioning Assessment Scale (SOFAS)	n/a
Treatment services provided	Clinician recording	<ul style="list-style-type: none"> - CBT - Interpersonal therapy - Acceptance and commitment therapy - Psychoeducation (including skills training and relaxation strategies) - General and supportive counselling - Mindfulness-based therapies - Motivational interviewing - Problem-solving therapy - Other
Youth satisfaction	Developed a scale	Through a rigorous and participatory process involving key experts, service provers and service users, this study has resulted in the development of a scale that can appropriately measure the level of user satisfaction with youth-friendly early intervention services. Scale items, domains,

		and their relation to WHO framework for youth friendly services and their results.
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References:

Rickwood DJ, Telford NR, Parker AG, Tanti CJ, McGorry PD. Headspace—Australia’s innovation in youth mental health: who are the clients and why are they presenting. *Med J Aust.* 2014 Feb 3;200(2):108-1.

Rickwood DJ, Mazzer KR, Telford NR, Parker AG, Tanti CJ, McGorry PD. Changes in psychological distress and psychosocial functioning in young people visiting headspace centres for mental health problems. *Medical journal of Australia.* 2015 Jun;202(10):537-42.

Hilferty F, Cassells R, Muir K, Duncan A, Christensen D, Mitrou F, Gao G, Mavisakalyan A, Hafekost K, Tarverdimaghani Y, Nguyen H. Is headspace making a difference to young people’s lives? Final report of the independent evaluation of the headspace program.

Simmons MB, Parker AG, Hetrick SE, Telford N, Bailey A, Rickwood D. Development of a satisfaction scale for young people attending youth mental health services. *Early intervention in psychiatry.* 2014 Nov;8(4):382-6.