DSM-5-TR

DSM-5-TR Self-Rated Level 1 Cross-Cutting Symptom Measure (DSM-5-TR)

This questionnaire is designed to provide an initial global assessment of common psychiatric symptoms in adults. It makes it possible to quickly identify the presence of clinically significant symptoms across different diagnostic categories, and can guide the clinician toward additional, more specific assessments. The tool is intended for use during the initial assessment or follow-up, to obtain an overview of the patient's mental health.

Number of questions	23 questions
Estimated duration	5 minutes
Language	English
Original name	DSM-5-TR Self-Rated Level 1 Cross-Cutting Symptom Measure
Target audience	Adults
Authors	American Psychiatric Association (2013)
Category	General

Preview of the 23 questions

During the past TWO (2) WEEKS, how much (or how often) have you been bothered by the following problems?

Little interest or pleasure in doing things?

None - Not at all | Slight - Rare, less than a day or two | Mild - Several days | Moderate - More than half the days | Severe - Nearly every day

During the past TWO (2) WEEKS, how much (or how often) have you been bothered by the following problems?

Feeling down, depressed, or hopeless?

None - Not at all | Slight - Rare, less than a day or two | Mild - Several days | Moderate - More than half the days | Severe - Nearly every day

During the past TWO (2) WEEKS, how much (or how often) have you been bothered by the following problems?

Feeling more irritated, grouchy, or angry than usual?

None - Not at all | Slight - Rare, less than a day or two | Mild - Several days | Moderate - More than half the days | Severe - Nearly every day

During the past TWO (2) WEEKS, how much (or how often) have you been bothered by the following problems?

Sleeping less than usual, but still have a lot of energy?

None - Not at all | Slight - Rare, less than a day or two | Mild - Several days | Moderate - More than half the days | Severe - Nearly every day

During the past TWO (2) WEEKS, how much (or how often) have you been bothered by the following problems?

Starting lots more projects than usual or doing more risky things than usual?

None - Not at all | Slight - Rare, less than a day or two | Mild - Several days | Moderate - More than half the days | Severe - Nearly every day

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a scale from 0 to 4 (0: none, not at all; 1: slight, rare, less than a day or two; 2: mild, several days; 3: moderate, more than half the days; 4: severe, nearly every day). A score of 2 or higher in one or more domains suggests the need for an additional assessment specific to that symptom domain. Score interpretation should always take the overall clinical context into account.

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 Laura V. - Online Psychologist