psychProfiler™

The *psychProfiler®* has been the most widely used Australian psychiatric / psychological / educational global screening instrument since 2004.

Updated to DSM-5

As little as $2 per use

What is the *psychProfiler®*

The *psychProfiler®* is a reliable and valid instrument that simultaneously screens for 20 of the most common psychiatric, psychological and educational disorders in children, adolescents, and adults.

Oriented to the Diagnostic and Statistical Manual of Mental Disorders (DSM: American Psychiatric Association, APA), the *psychProfiler®* provides an accessible and affordable global screening instrument that can be used in the early identification of disorders crucial to formal diagnosis, intervention and prevention of further mental health or educational problems.

The *psychProfiler®* has been developed over the past 15 years, including validation against a large mainstream and clinical sample, and has been updated to incorporate the recent advances in the DSM-5 (APA, 2013).

The *psychProfiler®* consists of two separate, yet conceptually similar instruments; namely the:

– *child and adolescent psychProfiler®* (CAPP)

– *adult psychProfiler®* (APP)

The *child and adolescent psychProfiler®* (CAPP) has three screening forms (Self, Parent, Teacher) that each take 15 minutes to complete and screens for 14 of the most prevalent psychiatric/psychological/educational disorders among those aged 2-18 years. Only the Parent-report and Teacher-report Forms are administered for children aged below 10 years due to the reading level requirements of the Self-report Form.

The *adult psychProfiler®* (APP) has two screening forms (Self, Observer) that each take 25 minutes to complete and screens for 17 of the most prevalent psychiatric/psychological/educational disorders among those aged 18 years and over.

The *psychProfiler®* is available as a paper-and-pencil test, or can be completed online on any computer or smart device (i.e. iPad, tablet), using email as the sole source of administration and report delivery.

Who Can Use the *psychProfiler®*

The *psychProfiler®* is a screening instrument, not a diagnostic tool, so there are no restrictions on who can administer it. In fact, it can be self or parent administered and a relevant health or educational professional approached should the screening results suggest the need for their involvement.

There are a large number of professionals from a wide variety of domains using the *psychProfiler®* on a regular basis with their patients/clients; such as General Practitioners, Paediatricians, Psychiatrists, Chiropractors, Psychologists, Counsellors, Teachers, Mental Health Nurses, Speech Pathologists, Occupational Therapists, Physiotherapists, Kinesiologists, Audiologists, Life Coaches and Human Resource Managers.

What Disorders are Included in the *psychProfiler®*

The 20 disorders included in the *psychProfiler® v5* (Langsford, Houghton and Douglas, 2014) are:
(CAPP = 1, APP = 2)

Anxiety Disorders:

* Generalised Anxiety Disorder [1,2]
* Panic Disorder [2]
* Separation Anxiety Disorder [1]
* Specific Phobia [2]

Attention-Deficit/Hyperactivity Disorder:

* Attention-Deficit/Hyperactivity Disorder [1,2]

Autism Spectrum Disorder:

* Autism Spectrum Disorder [1,2]

Bipolar and Related Disorders:

* Bipolar Disorder [2]

Communication Disorders:

* Language Disorder [1,2]
* Speech Sound Disorder [1,2]

Depressive Disorders:

* Persistent Depressive Disorder [1,2]
* Major Depressive Disorder [2]

Disruptive, Impulse-Control, & Conduct Disorders:

* Conduct Disorder [1]
* Oppositional Defiant Disorder [1]

Feeding and Eating Disorders:

* Anorexia Nervosa [1,2]
* Bulimia Nervosa [1,2]

Obsessive-Compulsive and Related Disorders:

* Obsessive-Compulsive Disorder [1,2]

Personality Disorders:

* Antisocial Personality Disorder [2]

Schizophrenia Spectrum and Other Psychotic Disorders:

* Schizophrenia [2]

Specific Learning Disorders:

* Specific Learning Disorder [1,2]

Trauma and Stressor-Related Disorders:
* Posttraumatic Stress Disorder [1,2]

Ways in Which the *psychprofiler*® Can Improve Assessment and Intervention

The *psychprofiler*® has successfully addressed many of the shortcomings of existing instruments, and improves assessment and intervention by:

✳ providing objective and reliable data from multiple observers using recognised diagnostic criteria (DSM; APA)

✳ optimising the efficiency of clinical interviewing, often being used prior to the first session

✳ assisting accurate diagnosis of disorders that share similar symptomology (i.e. differential diagnosis implications)

✳ providing more accurate investigation of the presence of multiple disorders (i.e. comorbidity implications)

✳ helping open the lines of communication, especially in relation to sensitive issues

✳ incorporating crucial self-report information in the detection of socio-emotional/internal disorders

✳ aiding the early identification of disorders, thus preventing further mental health problems

✳ identifying the more covert disorders (often in mainstream) that would often remain unnoticed and untreated

✳ aiding with the formulation of treatment programmes by identifying a large number of individual behaviours

✳ evaluating the effectiveness of intervention, before, during, and after intervention

✳ improving the accessibility of high quality assessment, including rural and remote areas

✳ improving referral procedures by providing a comprehensive individual profile

psychprofiler® Complimentary Quotes

"I use the CAPP with every family I consult with. It is a great tool for the solo practitioner because it is easy to administer, quick to score and easy to interpret and feed back to parents and teachers. I have found it particularly useful for children and adolescents referred through Medicare Better Access to Psychological Services as it provides information which may have otherwise been difficult to gather within the limited session model of psychological services. I love it!"

Dr Rebecca Coleman, Registered Psychologist, SOUTH AUSTRALIA

"The careful development and testing of the self-report instrument provides the educational / clinical community with a very useful tool that can increase early sensitivity and overcomes previously existing problems in screening for morbidity".

Professor Stuart McNaughton, University of Auckland, NEW ZEALAND

"I found it a useful screening tool for when I am having trouble developing rapport with an adolescent, or indeed if I don't feel I am getting the full clinical picture".

Josh Davis, School Counsellor, Hale School, WESTERN AUSTRALIA

"The *child and adolescent psychprofiler*® (CAPP) is an excellent screening instrument. I ask all clients to complete the CAPP prior to their first appointment. It allows me to quickly acquire the information I need to address the educational, behavioural, and developmental needs of each client. I recommend the CAPP to psychologists and other mental health professionals working with children and adolescents".

Dr Michelle Andrews, Psychologist, The Educational Psychology Centre, VICTORIA

"The validity and reliability checks were thorough, such as those pertaining to the readability of the CAPP and the triangulation method applied. What an invaluable contribution it is to the profession".

Dr Terry de Jong, University of Cape Town, SOUTH AFRICA

"The APP is a comprehensive screening tool that seems to cover the most common adult disorders. I have been using it with clients for several months and have found it to be very useful in aiding diagnosis and, thorough analysis of individual item responses, identifying specific issues and problem areas".

Patricia Purnell-Webb, Registered Psychologist, QUEENSLAND

"The *psychprofiler*® has been used by GPs and Psychologists in this region. Initial indications from these healthcare professionals have been very favourable".

Martin Weatherston, CEO, MidWest GP Network, WESTERN AUSTRALIA

"I think the tool is an exceptional instrument"

Ruth Freeman, National Manager, Psychology Services, Centrelink, CANBERRA

"I love it! I deal with adults, mostly in an EAP capacity in large organisations, so get the full spectrum of disorders and mental illness. I find the APP invaluable in early assessment, particularly where there might be comorbidity. My clients find it non-threatening and it enables them to be engaged with me early in their care plan and in the process of understanding and managing their difficulties. I find it doesn't present equity issues and fear that can arise from psychometric testing. The APP is a great tool to articulate from, should the client require further testing. Its easy portability for on-site work with clients is also a major plus and the time-efficiency of this instrument is another feature. It is invaluable in my practice. No wonder the APP is destined for greater things".

Jeannene Chapman, Registered Psychologist, Sydney, NEW SOUTH WALES

"I used the PP last week to really good effect ...the responses gave me a great deal of material to work with, it gave me some really good questions to ask, and her explanations on why she put things were where the real gems were to be found".

Rev Paul Russell, Registered Psychologist and Chaplain, WESTERN AUSTRALIA

psychprofiler® Costs

Keeping the *psychprofiler*® affordable is very much a priority for the authors; as such, individual assessments can be completed online from as little as $5 each. Sets of paper forms, and licenses for regular usage, are also available at heavily discounted prices resulting in regular assessments being as little as $2 each.

Visit www.psychprofiler.com for the online versions of both the CAPP and the APP, a full list of current costs, example reports, and more general information.