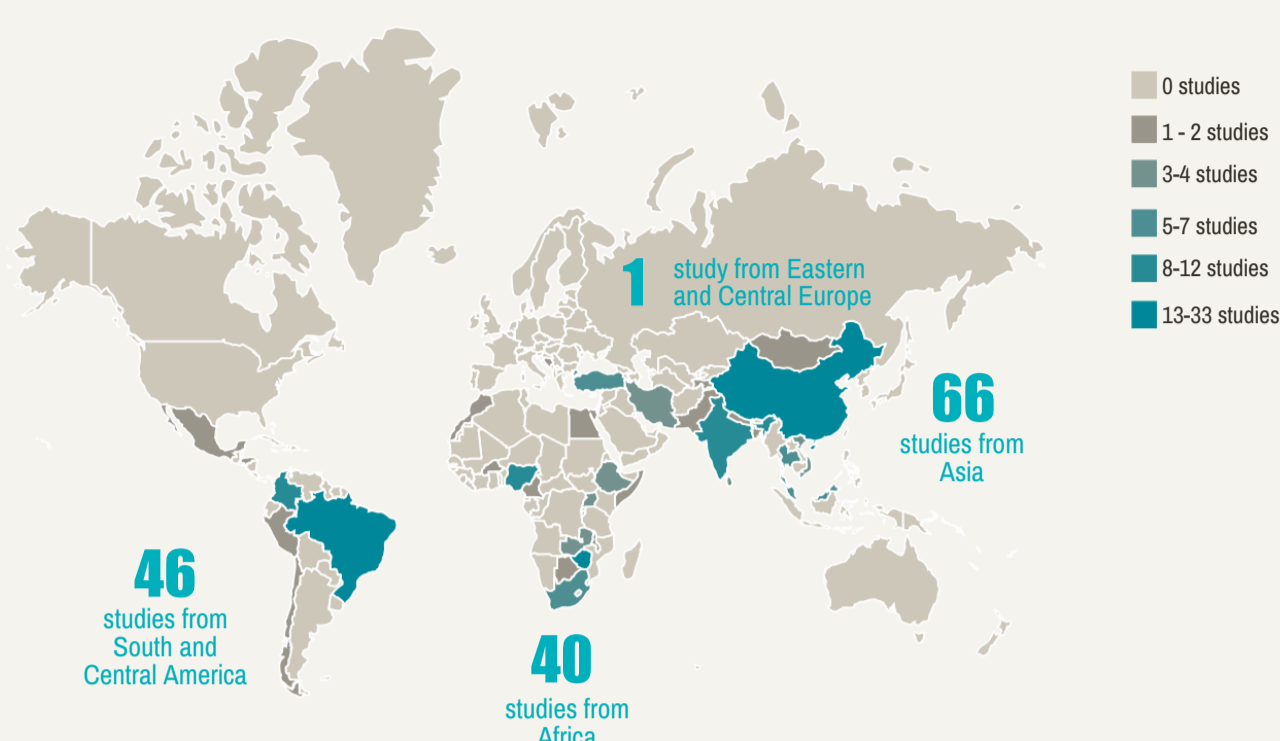


VALIDATED SCREENING TOOLS

for common mental disorders in low- and middle-income countries

FINDINGS FROM A SYSTEMATIC REVIEW OF 153 STUDIES

273 screening tools validated* for use in **36** countries



* Validated screening tools are tools that have been tested within the local context against a gold standard diagnostic interview administered by a medical professional

RECOMMENDATIONS



VALIDATE WHERE POSSIBLE

Wherever possible, a chosen screening tool should be validated against a gold standard diagnostic assessment in the specific context in which it will be employed.



CHECK THE DATABASE OF TOOLS

If validating your own screening tool isn't possible, check the database to see if a tool has already been validated for the country and context in which you're working:

[Download the searchable database](#)



USE THE FOLLOWING GUIDE TO AID YOUR SELECTION

In general some tools tend to perform better than others for different disorders:

COMMON MENTAL DISORDERS



General

Tool: SRQ-20



With physical illness

Tool: GHQ-12

DEPRESSIVE DISORDERS ONLY



General

Tool: HADS-D



With good literacy levels

Tool: PHQ-9



Perinatal

Tool: EPDS

ANXIETY DISORDERS ONLY

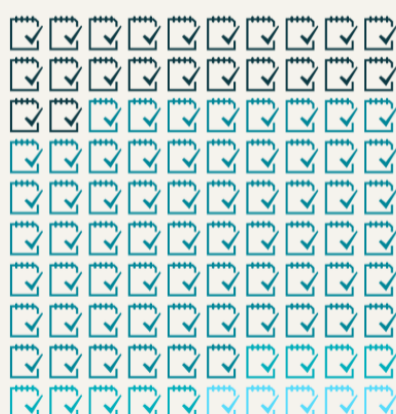


Tool: HADS-A

SRQ = Self Reported Questionnaire
GHQ = General Health Questionnaire
HADS-D = Hospital Anxiety and Depression Scale for Depression
HADS-A = Hospital Anxiety and Depression Scale for Anxiety
PHQ = Patient Health Questionnaire
EPDS = Edinburgh Postnatal Depression Scale

MORE VALIDATION STUDIES ARE NEEDED

Most screening tools in the review focussed on depressive disorders



61 Any common mental disorder

175 Depressive disorders only

24 Anxiety only

13 Post-traumatic distress disorders only

More child and adolescent screening tools are needed



11%

children and adolescent common mental disorder screening tools



20 - 50%

proportion of the total population under age 15 in Low- and Middle-Income Countries