



CATS Assessment Measures Descriptions

A-DES:

Name: Adolescent Dissociative Experiences Survey

Author/Publisher: Armstrong, J.G., Putnam, F.W., Carlson, E.B., Libero, D.Z., & Smith, S.R. (1997)

Ages: 13-17 years

Number of items: 30

Completed by: Client self-report

Assesses: Dissociation along a continuum from normative to clinically significant experiences

Scoring & Interpretation: Yields one sum score with recommended guidelines for interpretation

Normed: No

Psychometrics: The A-DES was initially found to have split-half reliability, and strong internal consistency, with a Cronbach's alpha of 0.93, and those of its subscales ranging from 0.72 to 0.85

ADI:

Name: Abbreviate Dysregulation Inventory, Self Report

Author/Publisher: Mezzich, A.C., Tarter, R.E., Giancola, P.R., Kirisci, L. (2001)

Ages: 10-21 years

Number of items: 30

Completed by: Client self-report

Assesses: Dysregulation (similar to executive functioning)

Scoring & Interpretation: Yields a total score and 3 subscale scores (Emotional, Behavioral and Cognitive Dysregulation), with an established cut point for interpretation

Normed: No

Psychometrics: The ADI's subscales have been found to have strong internal consistency, with a Cronbach's alpha ranging from 0.71 to 0.93

ASR:

Name: Adult Self-Report

Author/Publisher: ASEBA/Achenbach & Rescorla

Ages: 18 – 59 years

Number of items:

Completed by: Client self-report

Assesses: Internalizing and externalizing behavior problems

Scoring & Interpretation: Yields a total problems score; internalizing & externalizing broadband scale scores, substance use scale, and 8 syndrome subscales: Anxious/Depressed, Withdrawn, Somatic Complaints, Thought Problems, Attention Problems, Aggressive Behavior, Rule-Breaking Behavior, Intrusive, and DSM oriented subscales.

Normed: Yes; T-score and percentiles available

Psychometrics: Internal consistency of subscales and scales ranges from .51 (thought problems) to .97 (total problems); Test-retest correlations range from .77 to .94.

BAM:

Name: Body Awareness Measure

Author/Publisher: Justice Resource Institute/Laura Stone

Ages: 10-21

Number of items: 24

Completed by: Client self-report

Assesses: Somatic sensory alternations resulting from trauma

Scoring & Interpretation: Yields three independently interpreted subscales: Somatic Sensory Sensitivity; Somatic Problems; Body Awareness

Normed: No

Psychometrics: An initial assessment of the psychometric properties of the SAM indicates strong internal consistency, with a Cronbach's alpha of 0.875

BDI:

Name: Beck Depression Inventory II

Author/Publisher: Pearson/Beck, Steer & Brown

Ages: 13-30 years

Number of items: 21

Completed by: Client self-report

Assesses: Depression

Scoring & Interpretation: Single score indicating severity of depression

Normed: Yes; T-scores & percentiles available

Psychometrics: Good clinical sensitivity (Coefficient Alpha = .92); Internal consistency of 0.9 and test-retest reliability ranging from 0.73 to 0.96

BRIEF-Adult:

Name: Behavior Rating Inventory of Executive Functioning - Adult

Author/Publisher: PAR/Roth, Isquith & Gioia

Ages: 18-90 years

Number of items: 75

Completed by: Client self-report

Assesses: Executive functioning

Scoring & Interpretation: Overall summary score; broadband scales of Behavioral Regulation & Metecognition; 9 subscales: Inhibit, Self-Monitor, Plan/Organize, Shift, Initiate, Task Monitor, Emotional Control, Working Memory, Organization of Materials

Normed: Yes; T-scores & percentiles available

Psychometrics: Cronbach's alphas range from 0.55 to 0.96

BRIEF-Parent:

Name: Behavior Rating Inventory of Executive Functioning – Parent Version

Author/Publisher: PAR/Gioia et al.

Ages: 6-18 years

Number of items: 86

Completed by: Clinician/care-giver

Assesses: Executive functioning

Scoring & Interpretation: Overall summary score; broadband scales of Behavioral Regulation & Metecognition; 8 subscales: Inhibit, Monitor, Plan/Organize, Shift, Initiate, Emotional Control, Working Memory, Organization of Materials

Normed: Yes; T-scores & percentiles available

Psychometrics: Cronbach's alpha coefficients ranging from 0.80 to 0.98 in both normative and clinical samples. The measure also has strong test-retest reliability, with correlations ranging from 0.76 to 0.85

BRIEF-Preschool:

Name: Behavior Rating Inventory of Executive Functioning – Preschool Version

Author/Publisher: PAR/Gioia et al.

Ages: 2-5 years

Number of items: 63

Completed by: Clinician/care-giver

Assesses: Executive functioning

Scoring & Interpretation: Overall summary score; 3 broadband scales of Inhibitory Self Control, Flexibility & Emergent Metacognition; 5 subscales of Inhibit, Shift, Emotional Control, Working Memory, Plan/Organize

Normed: Yes; T-scores & percentiles available

Psychometrics: Demonstrates high internal consistency (Cronbach's alphas ranging between 0.80 and 0.95) and moderate test-retest reliability (correlations ranging between 0.78 and 0.90)

BRIEF-2:

Name: Behavior Rating Inventory of Executive Function 2

Author/Publisher: PAR/Gioia et al.

Ages: 5-18 years

Number of Items: 63

Completed by: Parent

Assesses: Executive function and self-regulation in children and teens with neurological conditions.

Scoring & Interpretation: Inhibit, Self-Monitor, Shift, Emotional Control, Initiate, Working Memory, Plan/Organize, Task-Monitor, and Organization of Materials; 3 validity scales (Inconsistency, Negativity, and Infrequency); Behavioral Regulation Index, Emotion Regulation Index, and Cognitive Regulation Index combine to form a Global Executive Composite

Normed: Yes; T-scores and percentiles available

Psychometrics: Demonstrates high/strong internal consistency (Cronbach's alphas ranging between 0.86 and 0.93) and test-retest stability (correlations ranging between 0.67 to 0.92)

CAM:

Name: Children's Alexithymia Measure

Author/Publisher: Way et al.

Ages: 5-17 years

Number of items: 14

Completed by: Clinician/care-giver

Assesses: Ability to recognize, distinguish between, and express feelings (alexithymia)

Scoring & Interpretation: Yields one sum score with recommended guidelines for interpretation

Normed: No

Psychometrics: Preliminary examination of the CAM has demonstrated strong internal consistency, yielding a Cronbach's alpha of 0.92. CAM scores have been found to correlate strongly ($r = 0.73$) with other child measures of alexithymia

CBCL 1.5-5:

Name: Child Behavior Checklist-Preschool (1½ -5)

Author/Publisher: ASEBA/Achenabach & Rescorla

Ages: 1.5-5 years

Number of items: 99

Completed by: Clinician/care-giver

Assesses: Internalizing and externalizing behavior problems

Scoring & Interpretation: Yields a total problems score; internalizing & externalizing broadband scale scores, and 7 syndrome subscales: Emotionally Reactive; Anxious/Depressed, Somatic Complaints, Withdrawn, Sleep Problems, Attention Problems, Aggressive Behavior, and DSM oriented subscales.

Normed: Yes; T-scores & percentiles available

Psychometrics: Test-retest correlation range from 0.68 to 0.92. See CBCL 6-18 for more information.

CBCL 6-18:

Name: Child Behavior Checklist

Author/Publisher: ASEBA/Achenabach & Rescorla

Ages: 6-18 years

Number of items: 120

Completed by: Clinician/care-giver

Assesses: Internalizing and externalizing behavior problems

Scoring & Interpretation: Yields a total problems score; internalizing & externalizing broadband scale scores, and 8 syndrome subscales: Withdrawn/Depressed, Anxious/Depressed, Somatic Complaints, Social Problems, Thought Problems, Attention Problems, Rule-Breaking Behavior, Aggressive Behavior, and DSM oriented subscales.

Normed: Yes; T-scores & percentiles available

Psychometrics: The subscales range in internal consistency, with Cronbach's alphas ranging from 0.63 (acceptable) to 0.97 (excellent). The measure also has adequate test-retest reliability ($r \geq 0.80$) and inter-rater reliability ($r \geq 0.57$)

CDC:

Name: Child Dissociative Checklist

Author/Publisher: Putnam et al.

Ages: 5-12 years

Number of items: 20

Completed by: Clinician/care-giver

Assesses: Dissociation

Scoring & Interpretation: Yields a single sum score with guidelines for interpretation but no cut-offs

Normed: No

Psychometrics: The CCD has strong internal consistency, as determined by Cronbach's alpha (0.95), Guttman split-half reliability coefficient (0.94) and Spearman-Brown coefficient (0.94)

CDI-2:

Name: Children's Depression Inventory

Author/Publisher: Kovacs

Ages: 7-17 years

Number of items: 28

Completed by: Client self-report

Assesses: Depression

Scoring & Interpretation: Yields a total depression score; 2 index scales of Emotional Problems and Functional Problems; 4 subscales: Negative Mood, Interpersonal Problems, Ineffectiveness, Negative Self-Esteem

Normed: Yes, T-scores and percentiles available

Psychometrics: The CDI-2 is a nationally normed measure that demonstrates adequate to high internal consistency across the total scale and subscales for all ages, with Cronbach's alphas ranging from 0.67 to 0.91

CRAFFT:

Name: Car, Relax, Alone, Forget, Friends, Trouble

Author/Publisher: Knight et al.

Ages: 12-21 years

Number of Items: 6

Completed by: Client self-report

Assesses: Screens adolescents for substance-related problems and disorders

Scoring & Interpretation: 6-item CRAFFT test and 2 criterion standards

Normed: Yes, T-scores and percentiles are available

Psychometrics: CRAFFT demonstrates an acceptable degree of internal consistency (standardized α of 0.68 and Cronbach's alpha ranging from 0.64-0.85) and good to excellent test-retest reliabilities (0.77)

MAIA-2:

Name: Multidimensional Assessment of Interoceptive Awareness 2

Author/Publisher: Jones & Wolf et al.

Ages: 18-69 years

Number of Items: 32

Completed by: Self-report

Assesses: Interoception awareness (how in tune someone is to their body), mind-body awareness.

Scoring & Interpretation: 8-factor structure: Noticing, Not-Distracting, Not-Worrying, Attention Regulation, Emotion Awareness, Self-Regulation, Body Listening, and Trust

Normed: Yes, T-scores and percentiles are available

Psychometrics: Low internal consistency reliability for 2 of its scales. Cronbach's alphas were less than optimal (ranging from 0.64 to 0.83), as two were below the standard criterion of 0.70. The Not-distracting scale has been improved by adding additional items.

MAIA-Y:

Name: Multidimensional Assessment of Interoceptive Awareness Youth

Author/Publisher: Jones and Wolf et al.

Ages: 7-17 years

Number of Items: 32

Completed by: Self-report

Assesses: Interoception awareness (how in tune someone is to their body), mind-body awareness (sensation, interpretation, and integration of internal somatic signals).

Scoring & Interpretation: 8-factor scale structure: Noticing, Not-Distracting, Not-Worrying, Attention Regulation, Emotion Awareness, Self-Regulation, Body Listening, and Trust) which address 5 dimensions of body awareness (Awareness of Body Sensations, Emotional Reaction and Attentional Response to Sensations, Capacity to Regulate Attention, Awareness of Mind-Body Integration, and Trusting Body Sensations).

Normed: Yes, T-scores and percentiles are available

Psychometrics: Cronbach's alpha ranges from 0.66-0.87

PSI-4-SF:

Name: Parenting Stress Index-4, Short Form

Author/Publisher: PAR/Abidin

Ages: 0-12 years

Number of items: 36

Completed by: Caregiver

Assesses: Parenting-related caregiver stress and perception of parent-child relationship

Scoring & Interpretation: Yields a total parenting stress score and 3 subscale scores: Parental Distress, Parent-Child Dysfunctional Interaction, Difficult Child

Normed: Yes, T-scores and percentiles available

Psychometrics: The PSI-4-SF has strong internal consistency, with a Cronbach's alpha of 0.95 and subscales ranging from 0.88 to 0.90, as well as good test-retest reliability. The PSI-4-SF has strong convergent validity with the PSI-4.

RCIL:

Name: Risk and Positive Change Indicator Checklist

Author/Publisher: Justice Resource Institute

Ages: 0-99 years

Number of items: 46

Completed by: Clinician/provider

Assesses: Functional outcomes in Education, Employment, Housing, Permanency, Community Involvement, Social Relationships, Sexual Health, Personal Competency, Risk Behavior

Scoring & Interpretation: Development of scoring system in progress; qualitative interpretation only

Normed: No

Psychometrics: N/A

SDoH:

Name: Social Determinants of Health (youth and adults versions available)

Author/Publisher: JRI Health Law Institute

Ages: 0-18 for youth version; 19+ for adult version

Number of Items: 22 – 28

Completed by: Clinician/provider

Assesses: Physical Health; Mental Health; Psychosocial Stress; Perceived Change in Access to Needs as a Result of Services

Scoring & Interpretation: Yields a sum score for each subscales that can be compared between intake and discharge

Normed: No

Psychometrics: N/A

SIPA:

Name: Stress Index of Parents of Adolescents

Author/Publisher: Peter Sheras, Richard Abidin

Ages: 11 – 19 years

Number of Items: 112 - 120

Completed by: Parent/Caregiver

Assesses: Identifies stressful areas in parent-adolescent interactions in parents of adolescents.

Scoring & Interpretation: Adolescent Characteristics: Moodiness/Emotional Lability; Social Isolation/Withdrawal; Delinquency/Antisocial; Failure to Achieve or Persevere. Parent Characteristics: Life Restrictions; Relationship with Partner; Social Alienation & Incompetence/Guilt

Psychometrics: Internal consistency coefficients range from 0.80 to 0.90. Test-retest reliability coefficients for the subscales range from 0.74 to 0.91

TSCYC:

Name: Trauma Symptoms Checklist for Young Children

Author/Publisher: PAR/Briere

Ages: 3-12 years

Number of items: 90

Completed by: Clinical/Caregiver

Assesses: Child trauma response and related symptomatology

Scoring & Interpretation: Yields a total PTSD Score, 3 PTSD symptom Cluster Scores (Avoidance, Intrusions, Arousal), 5 other subscales: Anxiety, Depression, Anger/Aggression, Dissociation, Sexual Concerns

Normed: Yes, T-scores and percentiles available

Psychometrics: Alpha coefficients are good to excellent, ranging from 0.81 for Sexual Concerns to 0.93 for the Posttraumatic Stress Total Scale, with an average subscale alpha of 0.87

TSI-2:

Name: Trauma Symptom Inventory-2

Author/Publisher: PAR/Briere

Ages: 18-88 years

Number of items: 136

Completed by: Client Self-Report

Assesses: Complex trauma symptomatology

Scoring & Interpretation: 10 clinical subscales: Anxious Arousal, Depression, Anger/Irritability, Intrusive Experiences, Defensive Avoidance, Dissociation, Sexual Concerns, Dysfunctional Sexual Behavior, Impaired Self-Reference, Tension Reduction Behavior; and 3 validity scales

Normed: Yes, T-scores and percentiles available

Psychometrics: The original TSI subscales had coefficient alphas ranging from 0.70 to 0.90, with a mean alpha of 0.87

UCLA PTSD-RI:

Name: UCLA Posttraumatic Stress Disorder Reaction Index for the DSM 5

Author/Publisher: Pynoos & Steinberg

Ages: 7-18 years

Number of items: 31

Completed by: Client Self-Report

Assesses: DSM 5 Trauma symptoms

Scoring & Interpretation: Yields a PTSD severity score and a categorical classification regarding meeting diagnostic criteria for PTSD

Normed: Not yet

Psychometrics: Convergent validity of the PTSD-RI has been established based on comparison to PTSD diagnosis, with cut-off scores on the PTSD-RI correctly identifying 90% of individuals meeting DSM diagnostic criteria. The measure correlates highly with other PTSD measures. Internal consistency ranged from good to excellent with Cronbach's alphas ranging from 0.76-0.89 on the cluster subscales, and 0.94 on the total scale.