CATS Assessment Measures Descriptions

**A-DES:**
*Name:* Adolescent Dissociative Experiences Survey  
*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internalizing & externalizing broadband scale scores, substance use scale, and 8 syndrome subscales: Anxious/Depressed, Withdrawn, Somatic Complaints, Thought Problems, Attention Problems, Aggressive Behavior, Rule-Breaking Behavior, Intrusive, and DSM oriented subscales.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/Achenbach & Rescorla
Ages: 6-18 years
Number of items: 120
Completed by: Clinician/care-giver
Assesses: Internalizing and externalizing behavior problems
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 $\alpha$ 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).
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.