# ChecKIT

## Assessing & tracking mental health concerns is easy with...

# ChecKIT

ChecKIT

Administration and Scoring of the Generalized Anxiety Disorder-7 (GAD-7)

PAR Staff
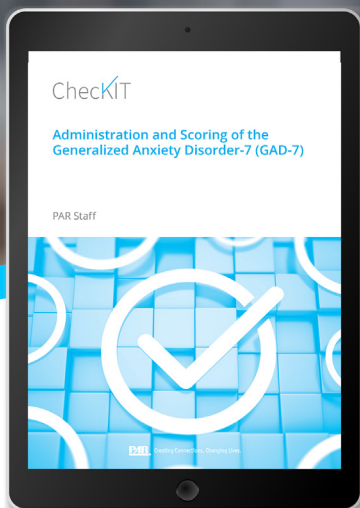
## Administration, scoring, and interpretive text—all online!

ChecKIT simplifies detecting, tracking, and monitoring mental health concerns with brief checklists. ChecKIT can also help you obtain targeted information about depression, anxiety, or alcohol dependence. Administer the family of checklists either at or between appointments. Your clients can easily complete a checklist— even on their mobile phone!

## ChecKIT

**PURPOSE** Online mental health checklists and screeners for detection and monitoring

**AGE** Varies

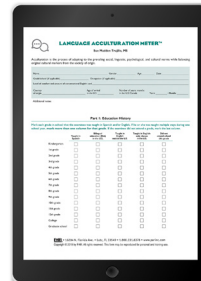**FORMAT** Online administration and scoring via PARiConnect

**TIME** 2 minutes

**QUAL** A

# Included with each usage is a technical paper providing administration and scoring guidance
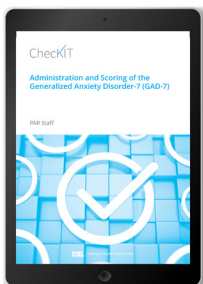
## NOW AVAILABLE ON ChecKIT

**The Language Acculturation Meter (LAM)** helps determine your client's level of English-language acculturation.
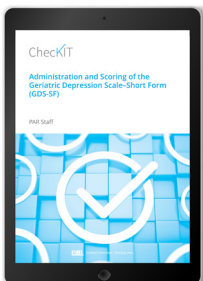
**The Generalized Anxiety Disorder-7 (GAD-7)** is ideal for use in research and clinical practice.
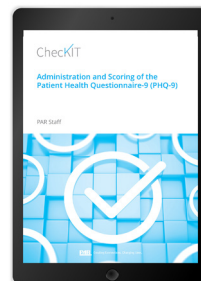
**The Michigan Alcoholism Screening Test (MAST)** is a 24-item questionnaire that screens for alcohol dependence and alcohol-related behaviors.

**The Geriatric Depression Scale–Short Form (GDS-SF)** is a 15-item questionnaire that screens for depression in adults 55 and older and can effectively differentiate between individuals with and without depression.

**The Patient Health Questionnaire-9 (PHQ-9)** is a 9-item depression screener designed for use with adults in a primary care setting; it has garnered overwhelming popularity in research and clinical practice.

## FEATURES AND BENEFITS

- **Time manager:**
  **Not enough room on your schedule?** Stay connected with clients between therapy sessions by sending them a questionnaire via a HIPAA-compliant link. Identify clients who may need follow up sooner.

- **Valuable information:**
  Included with each administration is a report with interpretive text that can be easily incorporated into your notes.

- **Mix and match inventory:**
  Log in to PARiConnect to select any combination of checklists from your inventory. **Administration and scoring are sold in packages of 5.**

- **Tracking:**
  Quickly detect early signs of symptoms, track mood levels, or monitor the progress of interventions with checklists that take 2 minutes to complete.

PAR | parinc.com | f in ▶