

There are several possible approaches for obtaining a mental health update. The following have been chosen by our experts for consideration.

Rosen: Brief Mental Health Update

Following are suggested questions for obtaining a brief mental health update. The first 5 are suggested for regular use. Additional questions can be offered depending on the child and situation.

1. “Tell me, in general, how you think things have been going for you lately?”
2. “Many of my other patients have been talking to me about ‘stress’; what are the things that are most stressful for you these days? How do you manage stress?”
3. “How would you describe your mood over the past few weeks? Does this seem any different from usual for you?”
4. “Does it seem that you’ve been feeling more irritable or angry lately?”
5. “What changes have you noticed lately in your sleeping?”
6. “How has your energy level been lately? Have you been feeling more tired or more restless than usual?”
7. “What types of fun things have you done lately?”
8. “Have there been any changes in how you are getting along with people, like your parents, your family, or your friends?”
9. “I notice that your weight has changed since the last time I saw you. What do you think about that?”

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Dubowitz: Clinical Parent Screening Questionnaire

1. Lately, do you feel down, depressed, or hopeless?
2. During the past month, have you felt very little interest or pleasure in the things you used to enjoy?

Source: Dubowitz H, Feigelman S, Lane W, et al. Screening for depression in an urban pediatric primary care clinic. *Pediatrics*. 2007;119:435–443

CRAFFT: Substance Abuse Screening

The CRAFFT lead-in questions can be used during a brief encounter with an adolescent:

During the past 12 months, did you...

1. Drink any alcohol (more than a few sips)?
2. Smoke any marijuana or hashish?
3. Use anything else* to get high?

*“Anything else” includes illegal drugs, over-the-counter and prescription drugs, and things that you sniff or “huff.”

If answers to any of these questions are yes, go to the full CRAFFT, below. (Positive CRAFFT screen is “yes” response to 2 or more questions). If no, ask the CAR question:

C: Have you ever ridden in a CAR driven by someone (including yourself) who was high or had been using alcohol or drugs?

R: Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

A: Do you ever use alcohol or other drugs while you are by yourself or ALONE?

F: Do you ever FORGET things you did while using alcohol or drugs?

F: Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?

T: Have you ever gotten into TROUBLE while you were using alcohol or drugs?

Source: Knight JR. Adolescent substance use: screening, assessment, and intervention. *Contemp Pediatr*: 1997;14(4):45–72. In: Jellinek M, Patel BP, Rroehle MC, eds. *Bright Futures in Practice: Mental Health Toolkit. Volume II*. Elk Grove Village, IL: American Academy of Pediatrics; 2009.

Task Force on Mental Health Algorithm Teams: Brief Mental Health Update by Age

Using an Acute Care Visit for a Brief Mental Health Update: Suggested Questions by Age ^a		
Ages 0 to 5 y	Ages 5 to 12 y	Ages 12 to 21 y (parent/child separately)
<ul style="list-style-type: none"> ▪ How have things been going since our last visit? ▪ How are you coping with [the presenting acute illness]? ▪ How is [the illness] affecting your child, other than primary symptoms? ▪ (If an injury) How did it happen? ▪ How is your child sleeping, in general and in light of the condition? ▪ How are things going at home in general? ▪ Is there anything else that's worrying you about parenting your child? 	<ul style="list-style-type: none"> ▪ How have things been going since our last visit? ▪ How are you coping with [the presenting acute illness]? ▪ How is [the illness] affecting your child, other than primary symptoms? ▪ (If an injury) How did it happen? ▪ How is your child sleeping, in general and in light of the condition? ▪ How is everyone getting along at home? ▪ Has your child been enjoying school? (To the child) How's school going? ▪ What is the best part of parenting this child? What is the most difficult part? ▪ Do you have any worries or concerns about your child's mental health, emotions, or behaviors? 	<ul style="list-style-type: none"> ▪ How have things been going since our last visit? ▪ How are you/is your child coping with [the presenting acute illness]? ▪ How is [the illness] affecting you/your child, other than primary symptoms? ▪ (If an injury) How did it happen? Had anyone been drinking or using drugs? ▪ How are you/is your child sleeping, in general and in light of the condition? ▪ How are you/is your child getting along at home? At school? ▪ [Parents of] teenagers often mention that they are having difficulties with stress, worries, or changes in mood—has this been a problem for you/your child?

^aSelect questions as appropriate to the clinical circumstances and time available.

Source: Task Force on Mental Health algorithm teams, group discussion, fall 2005

Brief Depression Screen (Validated for Adults): PHQ-2

Brief Substance Use Screen: CRAFFT Lead-in Questions

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of *Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit*. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.

