

How do I benefit from the CAT-MH™?

Understanding how you are doing is important to the process of planning what's next in your treatment or care. The CAT-MH™ was created to make that process easier, faster, and more accurate so that your visits can focus on what to do next instead of assessment.

What is the CAT-MH™?

- Computerized Adaptive Test for Mental Health
- An adaptive mental health measurement and screening system validated by researchers.
- Pronounced 'cat m h'.

How do I get access to the CAT-MH™?

- You can complete the CAT-MH™ in person or receive a unique link through text message or email.

What types of questions will the CAT-MH™ ask?

You will be asked questions about how you have been feeling recently. The assessment will ask you to think about a certain time period and ask questions such as:

- How much of the time have you felt downhearted and blue?
- Did you ever feel like you just couldn't relax or let your guard down?

Will my health information be kept safe?

- Only your clinician will have access to your health information.

What else should I know about the CAT-MH™?

- The CAT-MH™ is quick and easy to use. Completing the assessment should take just a few minutes of your time.
- The questions will be automatically read to you. If you prefer not to have the audio on, you can turn it off in the upper left-hand corner.
- The assessment is available in Spanish if that is your preferred language.
- The questions may be different if you take the CAT-MH™ more than once.

How does the CAT-MH™ work?

- Computerized adaptive testing (CAT) works by selecting questions that are most relevant to you from a large item bank to quickly understand how you are feeling.
- Statistical formulas within the CAT-MH™ calculate a precise severity score that you and your clinician can track over time.
- Your results inform and improve your treatment plan by helping your clinician understand how you are doing.

