

# How to I benefit from the CAT-MH®?

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

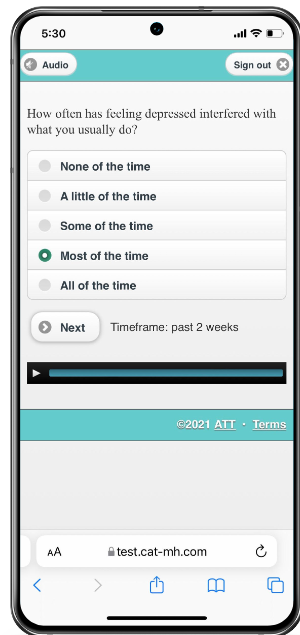
## WHAT IS THE CAT-MH®?

Computerized Adaptive Test for Mental Health (CAT-MH®) is an assessment tool validated by researchers to gain insight into the state of your mental health and wellbeing.

## 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 to complete on your own time.

The assessment can be completed on any web-capable device, including by phone, tablet, or computer.



## WHAT TYPES OF QUESTIONS WILL THE CAT-MH® ASK?

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

- How much have you felt nothing was interesting or fun?
- Did you ever feel like you just couldn't relax or let your guard down?

## HOW DOES THE CAT-MH® WORK?

The CAT-MH® selects 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.

## WILL MY HEALTH INFORMATION BE KEPT SAFE?

Only your clinician will have access to your health information and assessment results.

## 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, with an optional audio toggle in the upper lefthand corner.

The assessment is available in Spanish or Chinese if that is your preferred language.

The questions may be different each time if you take the CAT-MH® more than once.