

How does my child benefit from the K-CAT®?

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

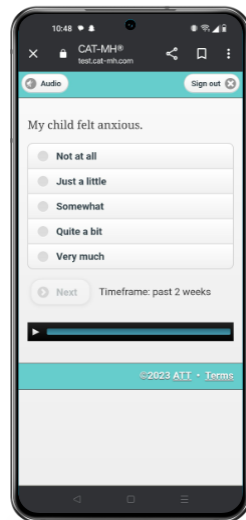
WHAT IS THE K-CAT®?

The Kiddie Computerized Adaptive Test for mental health (K-CAT®) is an assessment tool validated by researchers to gain insight into the state of your child's mental health and wellbeing.

HOW DO WE ACCESS THE K-CAT®?

You and your child can complete the K-CAT® in person or receive a unique link through text message or email to complete on your own time separately.

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



WHAT TYPES OF QUESTIONS WILL THE K-CAT® ASK?

The assessment will ask you to think about your child's mental health and ask questions about how you have noticed them feeling such as:

- My child has felt anxious, worried, or nervous about social situations.

It will also ask your child similar questions about their own mental health to get a complete picture such as:

- I worried about things.

HOW DOES THE K-CAT® WORK?

The K-CAT® selects questions that are most relevant to your child's mental health from a large item bank to quickly understand how they are feeling.

Statistical formulas within the K-CAT® calculate a precise severity score that you, your child, and your clinician can track over time.

Completing both a child and parent/caregiver assessment can provide additional insights used to inform your child's treatment plan.

WILL THIS HEALTH INFORMATION BE KEPT SAFE?

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

WHAT ELSE SHOULD I KNOW ABOUT THE K-CAT®?

The K-CAT® is quick and easy to use. Completing the assessment should take just a few minutes of you and your child's 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 if that is your preferred language.

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