Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC: GENERAL INDEX

Measure: NATA suggestion for mental health-related survey.


Adapted from: Carroll JFX, McGinley JJ. A screening form for identifying mental health problems in alcohol/other drug dependent persons. Alcohol Treat Quarterly 2001;19:33-47. 18

1. I often have trouble sleeping.

2. I wish I had more energy most days of the week.

3. I think about things over and over.

4. I feel anxious and nervous much of the time.

5. I often feel sad or depressed.

6. I struggle with being confident.

7. I don’t feel hopeful about the future.

8. I have a hard time managing my emotions (frustration, anger, impatience).

9. I have feelings of hurting myself or others.

Scoring: Responses of “Yes” or “No.”

Interpretation: Any response of “Yes” should lead to follow-up discussion between the student-athlete and a member of the primary athletics health care provider team and/or point person for determination about whether the student-athlete should be referred to a licensed mental health professional for further evaluation.