

E H I - 13

Emotional Health Inventory – 13 Item Version

Administration Guide

Introduction

These questions are designed to assess risk for some common mental health conditions. The items cover depression, mania, anxiety, obsessive-compulsive disorder, and posttraumatic stress disorder. This is by no means a comprehensive screen of all possible conditions. The objective is to identify some of the more prevalent conditions. Individuals providing positive responses indicating current emotional problems should be assessed by an appropriate professional.

Although the following questions cover content related to making diagnoses, this instrument is not a diagnostic tool. The purpose of these items is to assist in identifying those individuals who may have an emotional condition that could interfere with their ability to secure and maintain employment.

Administration

Under NO circumstance should the client be allowed to fill out the form.

This questionnaire is intended to be verbally presented. Read the directions and the first 12 numbered questions as written to the respondent. Only if the respondent answers “yes” to any of the first 12 questions should question 13 be asked.

One of the reasons for a verbal screening is to avoid reading or learning difficulties. Individuals with reading problems are often very ingenious in masking their disability. We want to be sure that the respondent understands the item and is not simply checking off answers.

The instructions and all of the numbered questions should be read to the respondent exactly as they are written. Do not reword any of the items when you read them. Only if the client indicates that she, or he, does not understand the item or a particular word should you attempt to assist the client by providing any synonym for a word or definition of a term.

Referral

If the respondent answers “yes” to one or more of the first 12 questions and to the last one; thus indicating a potential current problem, she, or he, should be referred for further evaluation. You should indicate the specific item(s) endorsed by the respondent in making the referral. If no problem is current, no referral should be made.

E H ITM

EMOTIONAL HEALTH INVENTORY – 13 Item Version

Norman G. Hoffmann, Ph.D. & Todd W. Estroff, M.D.

Name: _____

ID #: _____

Interviewer: _____

Date of Birth: _____ / _____ / _____
month day year

Current Date: _____ / _____ / _____
month day year

If you don't understand a question please let me know.

Some of the questions may sound unusual or strange, but I need to have an answer to each one.

NO YES

- ___ ___ 1. Has there ever been at least a two-week period when you felt depressed?
- ___ ___ 2. Have you ever had at least a two-week period when you lost interest in almost all enjoyable activities or were unable to get pleasure from almost anything?
- ___ ___ 3. Have you ever experienced more than several days when you felt unusually happy or "on top of the world" for no reason?
- ___ ___ 4. Has there been a period when you had so much energy that you were able to go for days with little or no sleep?
- ___ ___ 5. During any time did you find your thoughts racing or mixed up so you could hardly keep up with them?
- ___ ___ 6. Have you had distinct periods of intense fear or discomfort when there was no physical danger?
- ___ ___ 7. Do you worry about things or possible events even though others say there is no danger or problem?
- ___ ___ 8. Do you go out of your way to avoid situations, places, or things so that it interferes with your life?
- ___ ___ 9. Do you have repeated ideas, thoughts, or urges that bother you?
- ___ ___ 10. Do you need to do something special to make troubling ideas, thoughts, or urges go away?
- ___ ___ 11. Is there a past event or period of time that continues to bother you; and you can't get it out of your mind?
- ___ ___ 12. Do you experience any ideas or memories that bother you and keep coming back even though you don't want to think about them?

If any of the above are answered "yes", ask the following question:

- ___ ___ 13. Of the previous items, have any of them occurred in the last 3 months?

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