**Outcomes Measurement Tools**

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| **Tool** | **Measures** | **Activity** | **Comments** |
| Beck’s Anxiety Inventory (BAI) | Anxiety | No specific kind of activity | Use with groups who are dealing directly with service users who have been previously diagnosed with mental health issues (including anxiety) |
| Beck’s depression Inventory | Depression | No specific kind of activity | Use with groups who are dealing directly with service users who have been previously diagnosed with mental health issues (including depression) |
| CORE | Subjective well-being, Problems/symptoms, Life functioning & Risk/harm | Counselling | No requirement to use other tools such as GHQ12 or Rosenberg |
| Domestic Abuse Star | Domestic Abuse | No specific kind of activity |  |
| GHQ12 | Mental well-being | No specific kind of activity | To be used if the clients have a diagnosed specific mental health issue e.g. eating disorder or use with general population in order to detect mental health issues ( see LINK BELOW for use with general population in NI ) [www.dhsspsni.gov.uk/health\_service\_use\_ni6.pdf](http://www.dhsspsni.gov.uk/health_service_use_ni6.pdf) |
| Rosenberg Self Esteem Scale | Self-esteem | No specific kind of activity | To be used with clients to ascertain levels of self-esteem.  |
| Specifically tailored evaluation questionnaires | It is not possible to measure a shift in emotional wellbeing between the time one and time two junctures | One-day events and time limited workshops | Use template provided by the researcher to evaluate the perceptions of programme participants or create a customised pre and post evaluation questionnaire based on a likert scale to assess knowledge acquisition, skills, ability, confidence, etc |
| Strengths and Difficulties Questionnaire (SDQ) | Behavioural and emotional problems in children and adolescents | Counselling | Suitable for children but quite complicated so don’t recommend unless group is familiar with it. |
| Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) | General well-being scale | Mental health problems prevention programmes | Appropriate for use with adults and children aged 13+ to ascertain levels of mental well being |