

COVID-19: SELF SCREENINGS

Department of Psychology -St Louis Children's Hospital

Below are tools to help you and your child better understand his or her emotions.

For general screening of emotional/behaviors concerns

The Symptom Checker by the Child Mind Institute is a rating scale for parents of children 1-18 years of age. It can provide information on possible psychiatric or learning problems.

<https://childmind.org/symptomchecker/>

For information on specific emotional concerns:

The Screen for Child Anxiety Related Disorders (SCARED) is a rating scale for children 8-18 years of age. It can be done by parents or children to assess anxiety in the areas of physical complaints of anxiety, separation anxiety, generalized anxiety and school worries.

<https://www.pediatricbipolar.pitt.edu/resources/instruments>

The Patient Health Questionnaire-9 (PHQ-9) is a tool for rating depression symptoms in children 12 years of age and older.

<https://www.mdcalc.com/phq-9-patient-health-questionnaire-9#next-stepsP>

Please remember, these tools are not a substitute for an evaluation by a medical or mental health professional. These tools cannot diagnose your child, but can show areas of concern to help you have a conversation with your child's physician.

