



JUST RELEASED: The CIPSRT Suite of On-line Anonymous Self-Screening Tools

One of the easiest ways to for an individual to assess whether he or she is experiencing symptoms of a mental health condition that may warrant additional attention is to complete a brief anonymous screening measure. **CIPSRT recently released a suite of online screening tools for depression, anxiety, depression/anxiety/stress disorder, post-traumatic stress disorder (PTSD), panic disorder, social anxiety disorder, and alcohol use.**

After answering a brief series of on-line screening anonymous questions, Public Safety Personnel can receive immediate feedback. The individual respondent's responses are first scored using published procedures. Subsequently, the individual respondent's score is compared to published "cut-off" scores and to the available published averages for one or more other groups (e.g., how their score compares to scores provided by a large sample of other Public Safety Personnel). The currently available data allows for comparisons to a broad sample of Public Safety Personnel or to several samples of specific Public Safety Personnel in the same field (i.e., corrections, fire, paramedics, police, RCMP, and others).

The results of on-line anonymous self-screening tool allow individual respondents to be better informed regarding their own symptoms and to have preliminary feedback that can help them decide about accessing additional resources. The driving force behind the development and release of the CPSRT suite of on-line self-screening tools, was the CIPSRT team's desire to rapidly give something back to the Public Safety Personnel on the front line.

The complete suite of on-line anonymous self-screening tools can be found on the CIPSRT Website at <https://www.cipsrt-icrtsp.ca>

From the **Home page**, mouse over to **Select a Screening Test**;

From the **Select a Screening Test page**, select one of the proposed self screening tools.



CIPSRT
Canadian Institute for Public Safety
Research and Treatment

ICRTSP
Institut canadien de recherche et
de traitement en sécurité publique

Français

Select a Screening

Anxiety	(GAD-7)
Depression	(PHQ-9)
Depression, Anxiety, Stress	(DASS-21)
PTSD	(PCL-5)
Panic Disorder	(PDSS)
Risky Alcohol Use	
Social Anxiety Disorder	

9. Optionally, you may select your field of work to have a more relevant comparison for your results. If you leave this unselected, your results will be compared with all public safety personnel.

✓ Choose...

- Police
- RCMP
- Corrections
- Firefighters
- Paramedics
- Call Center Operators

Screenings

Depression, Anxiety, Stress (DASS-21)

The following questions ask about different symptoms that can be experienced as part of normal daily stressors, but also as potential indicators of a mental health injury.

Please read each statement and indicate how much the statement applied to you over the past seven days. Do not spend too much time on any statement.

1. I found it hard to wind down

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of time
- Applied to me very much, or most of the time

2. I was aware of dryness of my mouth

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of time
- Applied to me very much, or most of the time

DASS-21 Results

Your responses may be consistent with published levels of clinically significant symptoms based on self-report symptoms; as such, if you are concerned, we recommend you contact your family physician or another appropriate health care professional.

Depression Result: Normal

Relative to PUBLIC SAFETY PERSONNEL, your score is slightly lower than average

Lower Average Higher

Anxiety Result: Normal

Relative to PUBLIC SAFETY PERSONNEL, your score is lower than average

Lower Average Higher

Stress Result: Mild

Relative to PUBLIC SAFETY PERSONNEL, your score is slightly higher than average

Lower Average Higher

Email your results to yourself

In an emergency, always call 911 or contact the emergency service nearest you.