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.





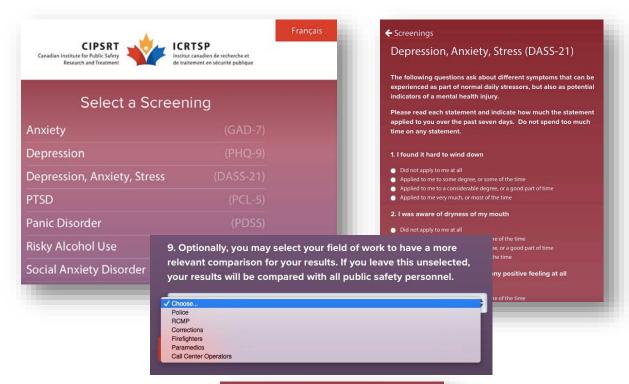
Research and Treatment

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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 You Lower Average Higher Anxiety Result: Normal Relative to PUBLIC SAFETY PERSONNEL, your score is lower than average You Lower Average Higher Stress Result: Mild Relative to PUBLIC SAFETY PERSONNEL, your score is slightly higher than average You Lower Average Higher Email your results to yourself In an emergency, always call 911 or contact the emergency service nearest you.

