CLINICAL OUTCOMES in ROUTINE EVALUATION

CORE-10 v.1a

Site ID

Client ID

letters only / numbers only

Sub codes

Therapist ID / numbers only (1) / numbers only (2)

Date form given D D / M M / Y Y Y Y

Stage Completed
S Screening
R Referral
A Assessment
F First Therapy Session
P Pre-therapy (unspecified)
D During Therapy (review)
L Last therapy session
X Follow up 1
Y Follow up 2

Episode Stage

Gender
Male
Female

Age

IMPORTANT - PLEASE READ THIS FIRST

This form has 10 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.
Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week...

	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1 I have felt tense, anxious or nervous	0	1	2	3	4
2 I have felt I have someone to turn to for support when needed	4	3	2	1	0
3 I have felt able to cope when things go wrong	4	3	2	1	0
4 Talking to people has felt too much for me	0	1	2	3	4
5 I have felt panic or terror	0	1	2	3	4
6 I made plans to end my life	0	1	2	3	4
7 I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
8 I have felt despairing or hopeless	0	1	2	3	4
9 I have felt unhappy	0	1	2	3	4
10 Unwanted images or memories have been distressing me	0	1	2	3	4

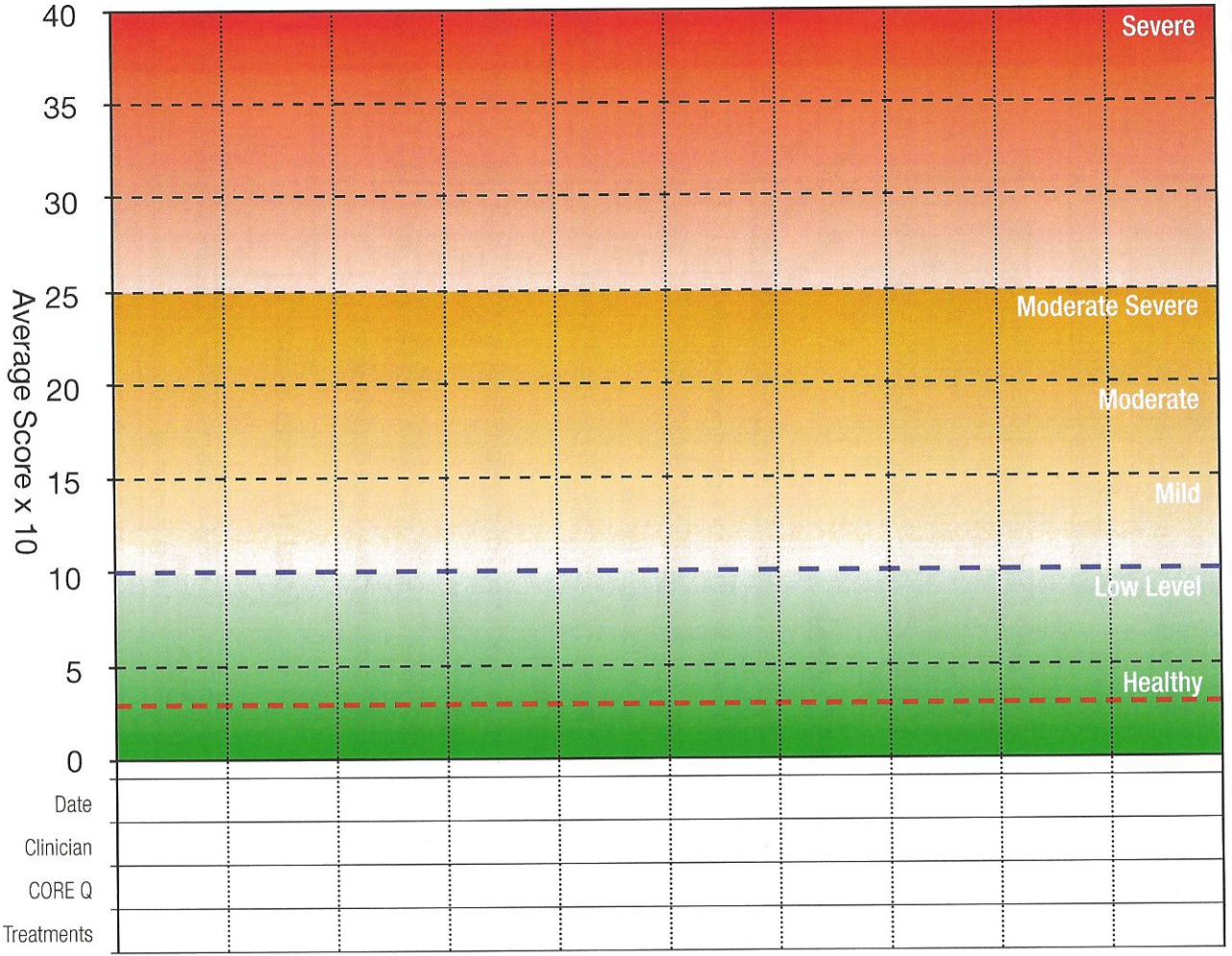
Total (Clinical Score*)

* **Procedure:** Add together the item scores, then divide by the number of questions completed to get the mean score, then multiply by 10 to get the Clinical Score.
Quick method for the CORE-10 (if all items completed): Add together the item scores to get the Clinical Score.

Thank you for your time in completing this questionnaire

Patient

Managing Clinician



WW - Watchful Waiting
SP - Supportive Sessions (eg as given by a GP)
EX - Exercise
BB - Bibliotherapy
GSH - Guided Self Help
CCBT - Computerised Cognitive Behavioural Therapy
CBT - Cognitive Behavioural Therapy
CL - Counselling
MED - Medication
REF - Referral
OTH - Other

CLINICAL OUTCOMES in ROUTINE EVALUATION SYSTEM