



## Interpreting Scores in the ACHA-NCHA III

[www.acha.org/NCHA](http://www.acha.org/NCHA)

### Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

McNeely J, Strauss SM, Rotrosen J, Ramaular A, Gourevitch MN. Validation of an audio computer-assisted self-interview (ACASI) version of the alcohol, smoking, and substance involvement screening test (ASSIST) in primary care patients. *Addiction*. 2016; 111(2):233-44.

World Health Organization. The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST): Manual for use in primary care. 2010. WHO Press, Geneva, Switzerland. Available online: <https://www.who.int/publications/i/item/978924159938-2>.

The ASSIST generates a Substance Specific Involvement Score (SSIS) for each of 12 different substances (tobacco, alcohol, cannabis, cocaine, prescription stimulants, meth, inhalants, sedatives or sleeping pills, hallucinogens, heroin, prescription opioids, and other substances). The range for each SSIS is 0-39, where the higher the score reflecting a higher level of risk associated with that substance use. Each of the 12 SSIS's are then collapsed into a risk category of low risk, moderate risk, or high risk.

### The Connor-Davidson Resilience Scale (CD-RISC2) <http://www.connordavidson-resiliencescale.com>

Conner KM, Davidson JTR. Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*. 2003; 18:76-82.

Vaishnavi S, Conner K, Davidson JRT. An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. *Psychiatry Res*. 2007; 152(2-3):293-297

The CD-RISC2 generates a score between 0 and 8, with higher scores reflecting greater resilience.

### Diener Flourishing Scale – Psychological Well-Being (PWB)

Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D, Oishi S, Biswas-Diener R. New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*. 2010; 97(2):143-156.

The Diener PWB generates a score between 8 and 56, with higher scores reflecting a higher level of psychological well-being.

### Food Security

Blumberg SJ, Bialostosky K, Hamilton WL, Briefel RR. The effectiveness of a Short Form of the Household Food Security Scale. *Am J Public Health*. 1999; 89(8):1231-1234.

USDA, Economic Research Service, Food Security Survey Tools. Six-item Short Form. Available at: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools/>.

USDA Food Security 6-item Short Scale Score (5 items when self-administered) generates a score between 0 and 6, with higher scores reflecting lower levels of food security. The score is then collapsed into one of three categories: a score of 0-1 reflects high or marginal food security, a score of 2-4 reflect low food security, and a score of 5-6 reflects very low food security. Combining those with low food security and very low food security will reflect the portion of the sample with food insecurity.

### **Kessler 6 (K6)**

Kessler RC, Barker PR, Colpe LJ, Epstein JF, Gfroerer JC, Hiripi E, Howes MJ, Normand SL, Manderschied RW, Walters EE, Zaslavsky AM. Screening for serious mental illness in the general population. *Arch Gen Psychiatry*. 2003; 60(2):184-9.

Kessler RC, Green, JG, Gruber MJ, Sampson NA, Bromet E, Cuitan M, Furukawa TA, Gureje O, et al. Screening for serious mental illness in the general population with the K6 screening scale: Results from the WHO World Mental Health (WMH) Survey Initiative. *Int J Methods Psychiatr Res*. 2010; 19(0-1):4-22.

The Kessler 6 generates a score between 0 and 24, with higher scores reflecting higher levels of psychological distress and serious mental illness. The score is then collapsed into two categories: a score of 0 to 12 reflects no or low psychological distress, and a score of 13-24 reflects serious psychological distress.

### **UCLA Loneliness Scale**

Hughes ME, Waite LJ, Hawkley LC, Cacioppo, JT. A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Res Aging*. 2004; 26(6):655-672.

The Short UCLA Loneliness Scale (ULS3) generates a score between 3 and 9, with higher scores reflecting higher levels of loneliness. The score is then collapsed into one of two categories: a score of 3-5 reflects a negative screening for loneliness, and a score of 6-9 reflects a positive screening for loneliness.

### **The Suicide Behaviors Questionnaire – Revised (SBQ-R)**

Osman A, Bagge CL, Gutierrez PM, Konick LC, Kopper BA, Barrios FX. The suicidal behaviors questionnaire-revised (SBQ-R): Validation with clinical and nonclinical samples. *Assessment*. 2001; 8(4):443-454.

Scoring the SBQ-R: <https://youthsuicideprevention.nebraska.edu/wp-content/uploads/2019/09/SBQ-R.pdf>

The SBQ-R generates a score between 3 and 18, with higher scores reflecting higher risk for suicide. The score is then collapsed into one of two categories: a score of 3-6 reflects a negative screening for suicide risk, and a score of 7-18 reflects a positive screening for suicide risk.