

# CORE-OM

Patient name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

This form has 34 statements about how you have been over the last week. Please read each statement and think about how often you felt that way last week. Then tick the box which is closest to this.

## Responses

(0)	(1)	(2)	(3)	(4)
Not at all	Only occasionally	Sometimes	Often	Most or all the time

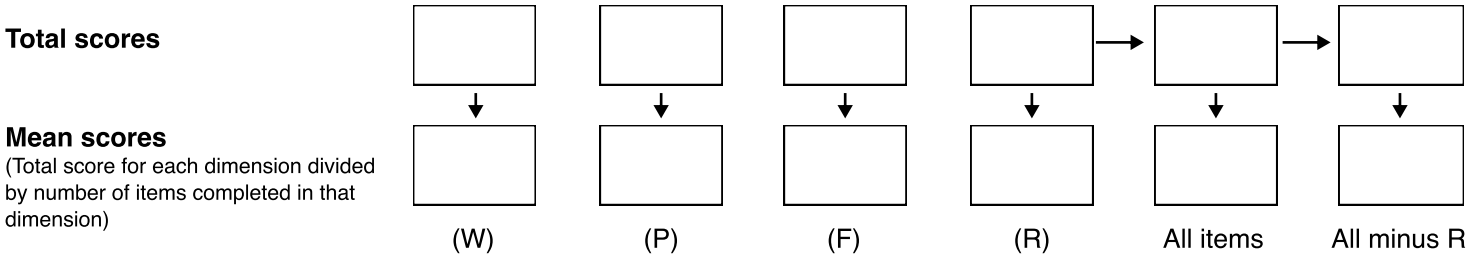
Over the last week...	(0)	(1)	(2)	(3)	(4)	Office use only
1. I have felt terribly alone and isolated.						F
2. I have felt tense, anxious, or nervous.						P
3. I have felt I have someone to turn to for support when needed.						F
4. I have felt OK about myself.						W
5. I have felt totally lacking in energy and enthusiasm.						P
6. I have been physically violent to others.						R
7. I have felt able to cope when things go wrong.						F
8. I have been troubled by aches, pains, or other physical problems.						P
9. I have thought of hurting myself.						R
10. Talking to people has felt too much for me.						F
11. Tension and anxiety have prevented me doing important things.						P
12. I have been happy with the things I have done.						F

(0)	(1)	(2)	(3)	(4)
Not at all	Only occasionally	Sometimes	Often	Most or all the time

Over the last week...	(0)	(1)	(2)	(3)	(4)	Office use only
13. I have been disturbed by unwanted thoughts and feelings.						P
14. I have felt like crying.						W
15. I have felt panic or terror.						P
16. I made plans to end my life.						R
17. I have felt overwhelmed by my problems.						W
18. I have had difficulty getting to sleep or staying asleep.						P
19. I have felt warmth or affection for someone.						F
20. My problems have been impossible to put to one side.						P
21. I have been able to do most things I needed to.						F
22. I have threatened or intimidated another person.						R
23. I have felt despairing or hopeless.						P
24. I have thought it would be better if I were dead.						R
25. I have felt criticized by other people.						F
26. I have thought I have no friends.						F
27. I have felt unhappy.						P
28. Unwanted images or memories have been distressing me.						P

(0)	(1)	(2)	(3)	(4)
Not at all	Only occasionally	Sometimes	Often	Most or all the time

Over the last week...	(0)	(1)	(2)	(3)	(4)	Office use only
29. I have been irritable when with other people.						P
30. I have thought I am to blame for my problems and difficulties.						W
31. I have felt optimistic about my future.						P
32. I have achieved the things I wanted to.						R
33. I have felt humiliated or shamed by other people.						W
34. I have hurt myself physically or taken dangerous risks with my health.						P



## Scoring and interpretation

Scores are presented as a total raw score (range 0-136) and a client average response from 0 – 4, which represents that average response on the Likert scale and allows for standardized comparison across subscales. Higher scores represent poorer overall functioning.

In addition, scores are presented as a percentile compared to a clinical normative sample, where a percentile of 50 represents the average psychological distress of someone seeking psychological intervention.

Scores are presented for the 4 subscales.

- Subjective well-being deficits (items 4, 14, 17, 31)
- Problems/symptoms (items 2, 5, 8, 11, 13, 15, 18, 20, 23, 27, 28, 30)
- Life functioning difficulties (1, 3, 7, 12, 10, 19, 21, 25, 26, 29, 32, 33)
- Risk/harm (9, 6, 16, 22, 24, 34)

When administered more than once two graphs are produced. The first shows the total clinical percentile over time, which compares respondents total score to other people seeking mental health support. The second graph represents subscale percentiles over time and is helpful for understanding the areas of improvement or deterioration and therefore targets for treatment. Both graphs can be useful in providing feedback to clients and assessing treatment responses.

**Additional notes****Healthcare professional's information**

Name:	License number:
Contact details:	Signature:

**Reference**

NovoPsych. (2021, March 1). *Clinical outcomes in routine evaluation (CORE-OM)*. <https://novopsych.com.au/assessments/outcome-monitoring/clinical-outcomes-in-routine-evaluation-core-om/>