

CAT-MH®

# Your clients are unique. Your mental health testing should be too.

## Introducing CAT-MH®: Mental health assessment at the speed of life

Every minute counts in mental health care. That’s why CAT-MH® delivers comprehensive mental health evaluations across nine essential domains in just 10 minutes or less. Using cutting-edge adaptive technology, each assessment personalizes itself to your patient’s responses, delivering clinical-grade precision without the lengthy wait times of traditional testing.

### CAT-MH® assesses nine essential mental health domains:

- Depression
- Anxiety
- Suicidality
- PTSD
- Substance Use Disorder
- Psychosis
- Mania/Hypomania
- ADHD
- Social Determinants of Health

#### Traditional mental health assessments can be:





- Time-consuming (often taking hours)
- Prone to practice effects with repeated use
- Limited in scope and flexibility
- Inefficient for busy clinical settings

#### CAT-MH® provides an alternative.

- **Speed:** 75% faster than traditional methods
- **Precision:** Adaptive technology ensures accuracy
- **Comprehensive:** Nine validated domains in one suite
- **Flexible:** Configurable to your exact needs

## The science behind the speed

- Multidimensional Item Response Theory (MIRT)
- Computer Adaptive Testing (CAT)
- Validated against structured clinical diagnostic interviews (SCID-DSM-5)
- Large item banks prevent practice effects
- Real-time adaptation to patient responses
- Clinical-grade precision in minutes

 <b>Validated</b> <p>The CAT-MH® has been validated against structured clinical diagnostic interviews (SCID-DSM-5) and published in top-tier peer-reviewed journals such as <i>JAMA Psychiatry</i>.</p>	 <b>Large Item Bank</b> <p>The CAT-MH® adaptively selects a small optimal set of items from a large bank of approximately 1,500 items, targeted to each person's current or historical level of severity.</p>
 <b>Precise Measurement</b> <p>Instead of fixing the items and allowing the precision of measurement to vary, we fix the precision of measurement and allow the items to vary. The result is a dramatic increase in the precision of measurement with the same and in some cases even lower burden of measurement for the patient and the complete elimination of clinician burden.</p>	 <b>Quick Administration</b> <p>In an average of 2 minutes per module, patients can be screened for anxiety, depression, substance use disorder, psychosis, suicidality, PTSD, social determinants of health, adult ADHD, and mania/hypomania, with precision equal to what would have taken hours to achieve with traditional fixed length tests.</p>

### Perfect for:

- Private practice psychologists
- Mental health counselors
- Healthcare institutions
- Group practices
- Treatment monitoring

Stop spending hours on assessment.

Start spending time where it matters most... with your clients.

Ready to experience the difference?

Learn more at [PearsonAssessments.com/CAT-MH](https://PearsonAssessments.com/CAT-MH).

800-627-7271 | [PearsonAssessments.com](https://PearsonAssessments.com)



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