



## CAT-MH®: IMPLEMENTATION FUNDAMENTALS

Presented by: Kelly Lee, PhD  
Date: Thursday, September 10, 2026  
Time: 9:00 a.m. – 12:15 p.m. ET  
Delivery Method: Live Webinar  
Instructional level: Intermediate  
Sponsored by: NCS Pearson, Inc.

### Course Description

This webinar offers a comprehensive overview of the CAT-MH®, detailing its structure, benefits, and applications. Participants will explore how CAT-MH contrasts with traditional measures, understand the basics of adaptive testing, and appreciate the significance of statistical reliability in mental health assessments. The session will also cover the administration, scoring, and interpretation of the CAT-MH using case examples and practical illustrations.

### Learner Outcomes

*After completing this webinar, participants will be able to:*

1. Describe the key features and advantages of the CAT-MH compared to traditional assessment tools
2. Explain the principles of adaptive testing methodologies
3. Evaluate the significance of mental health measurement
4. Differentiate module metrics and interpretation across domains
5. Apply results to case illustrations and understanding of implementation

### Time-Ordered Agenda

10 minutes	Training introduction
35 minutes	Introduction to the CAT-MH
20 minutes	Administration and scoring of the CAT-MH
20 minutes	Metric interpretation
90 minutes	Module interpretation and case studies
5 minutes	Q&A



### About the Presenters

Dr. Kelly Lee is a licensed psychologist in Texas and clinical faculty member at Texas A&M University. She graduated with her doctorate in counseling psychology at the University of Houston in 2016, and her research and clinical interests are in psychoeducational assessment and assessment supervision.

### Disclosure

**Financial:** Kelly Lee is employed by Pearson Clinical Assessment.

**Nonfinancial disclosure:** There are no relevant nonfinancial relationships to disclose.

NCS Pearson, Inc., the sponsor of this webinar, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists. This offering will include information that pertains to the effective and appropriate use and interpretation of the CAT-MH Mental Health Assessment (CAT-MH®), published by NCS Pearson. No other assessments will be discussed during this presentation.

### References

- Gibbons, R. D., Alegria, M., Markle, S., Fuentes, L., Zhang, L., Carmona, R., Collazos, F., Wang, Y., & Baca-García, E. (2020). Development of a computerized adaptive substance use disorder scale for screening and measurement: The CAT-SUD. *Addiction, 115*(7), 1382–1394. <https://doi.org/10.1111/add.14938>
- Gibbons, R. D., & deGruy, F. V. (2019). Without wasting a word: Extreme improvements in efficiency and accuracy using computerized adaptive testing for mental health disorders (CAT-MH). *Current Psychiatry Reports, 21*, Article 67. <https://doi.org/10.1007/s11920-019-1053-9>
- Gibbons, R. D., Kupfer, D., Frank, E., Moore, T., Beiser, D., & Boudreaux E. D. (2017). Development of a computerized adaptive suicide scale. *Journal of Clinical Psychiatry, 78*(9), 1376–1382. <https://doi.org/10.4088/JCP.16m10922>
- Gibbons, R. D., Weiss, D. J., Pilkonis, P. A., Frank, E., Moore, T., Kim, J. B., & Kupfer, D. J. (2012). Development of a computerized adaptive test for depression. *JAMA Psychiatry, 69*(11), 1104–1112. <https://doi.org/10.1001/archgenpsychiatry.2012.14>
- Graham, A. K., Minc, A., Staab, E., Beiser, D. G., Gibbons, R.D., & Laiteerapong, N. (2019). Validation of the computerized adaptive test for mental health in primary care. *Annals of Family Medicine, 17*, 23–30. <https://doi.org/10.1370/afm.2316>



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