



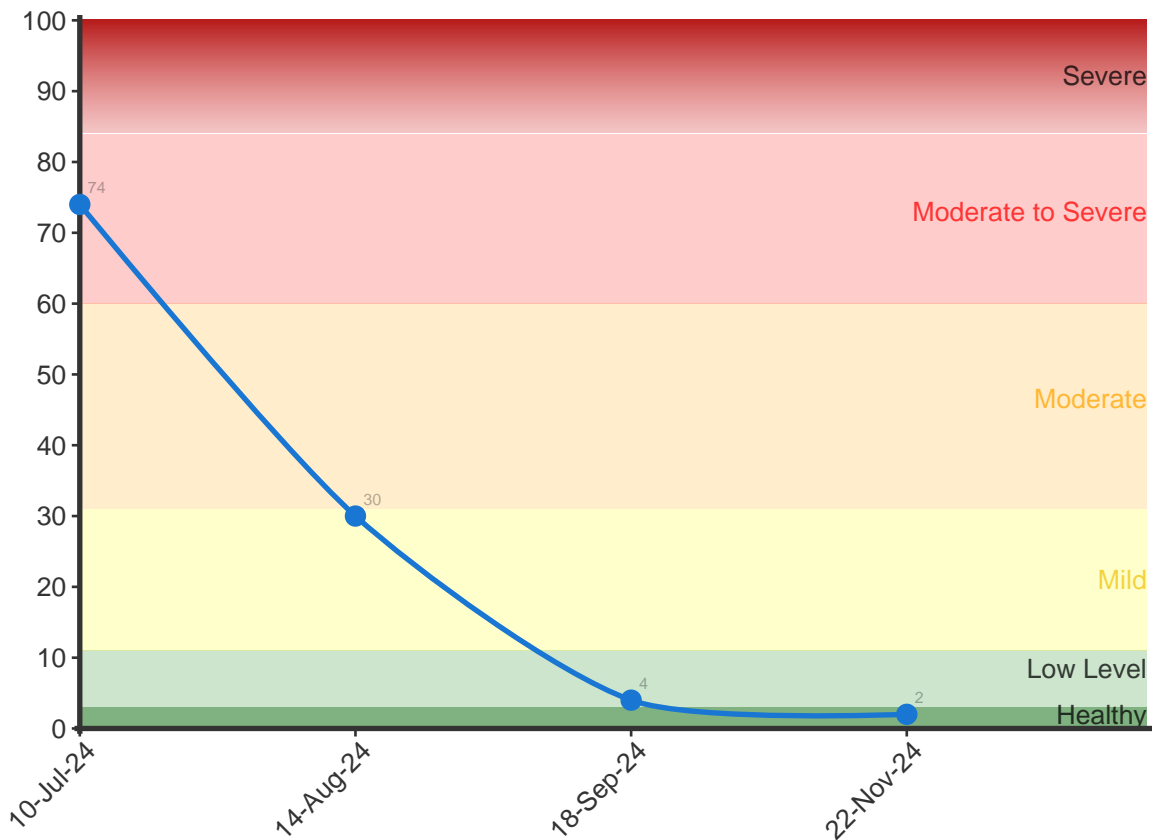
Clinical Outcomes in Routine Evaluation (CORE-OM)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	22 Nov 2024
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	44s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score	Percentile	Descriptor
Total	12	2	Healthy
Well-being deficits	1	1	Healthy
Problems/symptoms	4	1	Healthy
Life functioning difficulties	7	7	Healthy
Risk/harm	0	3	No Risk Identified

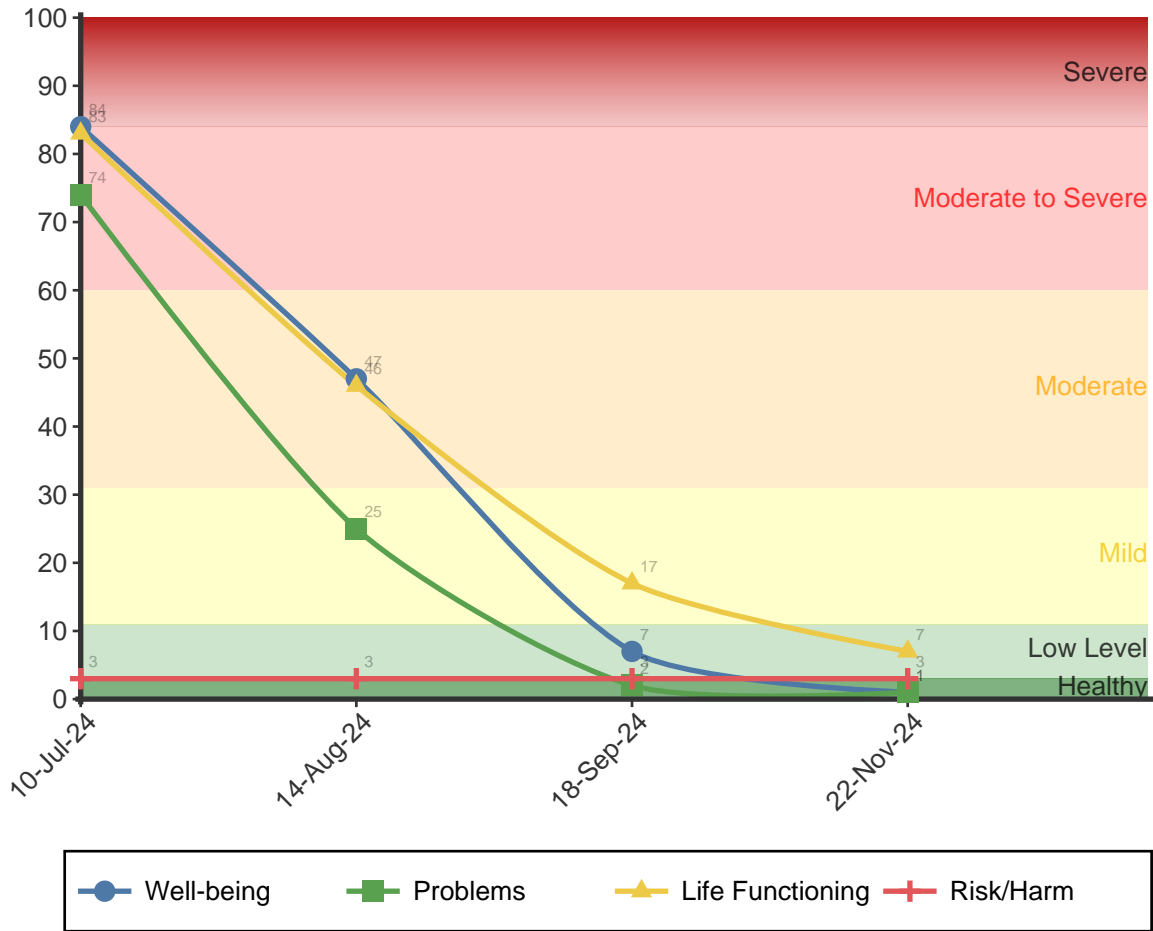
CORE-OM Total Clinical Percentile





Client Name | Generic Client

CORE-OM Subscale Clinical Percentiles



Interpretation

Since the respondent was first assessed on 10 July 2024, their total distress has significantly decreased, from Moderate-to-Severe to Healthy (score change = 64). A clinically significant change is defined as a change of 17 or more raw score points based on the Reliable Change Index criterion (RCI) (Barkham et al., 2006).

Overall, the results indicate the client is in the Healthy range and is not experiencing significant clinical psychological distress and suggests good overall functioning. They scored higher than 2% of people in the general population.

The client's score on the Subjective Well-being deficits subscale suggests overall contentment, with no significant distress reported regarding their positivity about life. They scored higher than 1% of people in the general population, placing them in the Healthy category.

The client's score on the Problems/Symptoms subscale indicates minimal reported psychological or physical distress, with no significant symptoms of anxiety, depression, or trauma. They scored higher than 1% of people in the general population, placing them in the Healthy category.



Client Name | Generic Client

Interpretation (cont.)

/> The client's score on the Life Functioning Difficulties subscale indicates minimal disruption in their daily life or relationships due to psychological factors. They scored higher than 7% of people in the general population, placing them in the Healthy category.

The score on the Risk/Harm subscale does not indicate risk of harm to self or others. They denied all questions associated with risk to self or others. Nevertheless, responses to this questionnaire should not be relied upon as the primary risk assessment method.

Note, the clinical samples were updated on 22 November 2024, so percentile calculations before this date may vary slightly from current percentiles. To recalculate percentiles you can follow [this guide](#).

Scoring and Interpretation Information

For comprehensive information on the CORE-OM, [see here](#).

Both a raw score and a clinical percentile are given for the total scale and each of the four subscales. Higher scores indicate poorer well-being, greater distress, more functional impairment, and higher risk across the past week.

- 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)

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

When administered more than once, two graphs are produced. The first shows the total percentile over time, which compares respondents' total score to others 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 response.

Severity ranges are reported for the CORE-OM, ranging from Healthy to Severe:

- 0-20 Healthy: Minimal psychological distress; typical of a non-distressed population without mental health concerns.
- 21-33 Low: Some distress related to everyday challenges or temporary situations, within the general population range.
- 34-50 Mild: Noticeable psychological discomfort, early signal of a trend towards mental health concerns.
- 51-67 Moderate: Emerging psychological distress
- 68-84 Moderate-to-Severe: noticeable distress that is likely to be interfering with daily functioning
- 85-136 Severe: Significant distress impacting several life domains, substantially impacting well-being and daily functioning.



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

A total raw score of 33 is the established cut-off for distinguishing between clinical and non-clinical populations (Barkham et al., 2006; Connell et al., 2007).

A change of 17 raw score points or more is considered to exceed the reliable change index (RCI) threshold for changes that may be due to measurement error or chance acting alone, indicating meaningful improvement or deterioration (Barkham et al., 2006).

Therefore, to be sure that a client has made a reliable change, a score difference of 17 or more should be observed. Given that most of the severity ranges are approximately 17 points in size, a person scoring at the higher end of moderate (65) will move to the 'mild' range if their score exceeds the RCI. Typically, a score that exceeds the RCI corresponds with a change in severity level, with the exception being the severe category (Barkham et al., 2006).

Client Responses

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
1	I have felt terribly alone and isolated	0	1	2	3	4
2	I have felt tense, anxious or nervous	0	1	2	3	4
3	I have felt I have someone to turn to for support when needed	4	3	2	1	0
4	I have felt O.K. about myself	4	3	2	1	0
5	I have felt totally lacking in energy and enthusiasm	0	1	2	3	4
6	I have been physically violent to others	0	1	2	3	4
7	I have felt able to cope when things go wrong	4	3	2	1	0
8	I have been troubled by aches, pains or other physical problems	0	1	2	3	4
9	I have thought of hurting myself	0	1	2	3	4
10	Talking to people has felt too much for me	0	1	2	3	4
11	Tension and anxiety have prevented me doing important things	0	1	2	3	4
12	I have been happy with the things I have done	4	3	2	1	0
13	I have been disturbed by unwanted thoughts and feelings	0	1	2	3	4



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Client Responses (cont.)

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
14	I have felt like crying	0	1	2	3	4
15	I have felt panic or terror	0	1	2	3	4
16	I made plans to end my life	0	1	2	3	4
17	I have felt overwhelmed by my problems	0	1	2	3	4
18	I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
19	I have felt warmth or affection for someone	4	3	2	1	0
20	My problems have been impossible to put to one side	0	1	2	3	4
21	I have been able to do most things I needed to	4	3	2	1	0
22	I have threatened or intimidated another person	0	1	2	3	4
23	I have felt despairing or hopeless	0	1	2	3	4
24	I have thought it would be better if I were dead	0	1	2	3	4
25	I have felt criticised by other people	0	1	2	3	4
26	I have thought I have no friends	0	1	2	3	4
27	I have felt unhappy	0	1	2	3	4
28	Unwanted images or memories have been distressing me	0	1	2	3	4
29	I have been irritable when with other people	0	1	2	3	4
30	I have thought I am to blame for my problems and difficulties	0	1	2	3	4
31	I have felt optimistic about my future	4	3	2	1	0
32	I have achieved the things I wanted to	4	3	2	1	0



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Client Responses (cont.)

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
33	I have felt humiliated or shamed by other people	0	1	2	3	4
34	I have hurt myself physically or taken dangerous risks with my health	0	1	2	3	4