



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:	CAT-MH® provides an alternative.
• Time-consuming (often taking hours) • Prone to practice effects with repeated use • Limited in scope and flexibility • Inefficient for busy clinical settings	• 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

 Validated 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>.	 Large Item Bank 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.
 Precise Measurement 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.	 Quick Administration 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.

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 **CAT-MH UK**