

CCAPS — Screen

v. 11/2019

CCAPS-ID: 568072

Date: 10/11/2019

Area of Distress	Level of Distress
Depression <i>(Feelings of isolation, apathy, worthlessness, sadness)</i>	Moderate
Generalized Anxiety <i>(Racing thoughts, tension, possible panic attacks)</i>	Elevated
Social Anxiety <i>(Feelings of shyness, self-consciousness, and social discomfort)</i>	Moderate
Academic Distress <i>(Lack of confidence in academics, concentration difficulties, problems completing school-work)</i>	Moderate
Eating Concerns <i>(Preoccupation with food, concern about overeating)</i>	Elevated
Frustration <i>(Problems with temper, anger, irritability)</i>	Moderate
Family Distress <i>(Stress in family relationships)</i>	Low
Alcohol Use <i>(Overuse of alcohol, negative consequences from drinking)</i>	Elevated
Thoughts of Ending My Life <i>(Ranges from benign passing thoughts to serious suicidal thoughts with intentions to act)</i>	Yes

Interpretive Guide

Based on your responses:

- **Elevated**: further evaluation is recommended.
- **Moderate**: if these concerns are problematic, consider further evaluation.
- **Low**: no action is needed at this time.

You reported thoughts of ending your life in the last two weeks: Further evaluation by a mental health professional is recommended unless the item was endorsed accidentally, OR you misunderstood the time-frame of the question (last two weeks).

Local Resources

Counseling and Psychological Services: 1-555-555-5555
National Suicide Prevention Lifeline: 1-800-273-8255
Crisis Text Line: Text CONNECT to 741741