

Behavioral Health Symptoms Identification Tool

This Behavioral Health Symptom identification tool lists the core diagnostic criteria and associated features of common behavioral health disorders. At a glance, you are able to see unique symptoms for a specific disorder, and clusters of symptoms that overlap from one disorder to another. This tool addresses only the symptoms of behavioral disorders and does not address criteria related to duration and functional impairment. When patients exhibit these symptoms, you should refer the member for behavioral health evaluation and treatment.

Symptoms	ADHD	Major Depressive Episodes	Generalized Anxiety Disorder	Bipolar Manic Episodes	Schizophrenia	Substance Use/Abuse
Misplaces or loses necessary items	*					
Difficulty organizing	*					
Fails to give close attention to detail, makes careless mistakes	*					
Lack of follow-through/fails to finish tasks	*					
Blurts out answers before questions are completed	*					
Difficulty engaging in leisure activities quietly	*					
On the go, as driven by a motor	*					
Does not seem to listen	*					
Avoids tasks that require sustained mental effort	*					
Forgetfulness or memory problems	*					
Depressed mood: reported as feeling sad or empty or by other as tearfulness		*				
Change in appetite and related weight changes		*				
Psychomotor retardation (slowed movement, speech, thinking)		*				
Indecisiveness		*				
Feelings of worthlessness		*				
Excessive or inappropriate guilt		*				

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Recurrent thoughts of death or suicide		*				
Decreased sexual interest						
Body aches and pains						
Slowed, uninflected, or absent speech		*			*	
Diminished interest or pleasure in usual activities		*				
Insomnia/hypersomnia, sleep disturbance		*	*			
Fatigue or loss of energy		*	*			
Feelings of anxiety or phobias			*			
Excessive worry			*			
Muscle tension			*			
Trembling, twitching, feeling shaky, muscle aches associated with muscle tension						
Somatic symptoms (sweating, nausea, diarrhea)						
Exaggerated startle response						
Conditions associated with stress (irritable bowel syndrome, headaches)						
Worry may interfere with attention to tasks						
Perfectionism or worry about quality of performance						
Alcohol or substance abuse						
Potential for psychotic features						
Delusions		*			*	
Risk of suicidal behavior						
Occupational problems			*			
Academic problems			*			
Difficulty concentrating or sustaining attention to tasks	*	*	*			

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Agitation/restlessness	*	*	*	*		
Irritability/temper outbursts			*			
Marital/family problems						
Distractibility	*			*		
Talking excessively				*		
Difficulty awaiting turn	*					
Impulsiveness	*					
Poor judgment				*		
Euphoria						
Inflated self-esteem or grandiosity				*		
Decreased need for sleep				*		
Flight of ideas or racing thoughts				*		
Increase in goal-directed activity/excessive planning				*		
Increased sociability						
Excessive spending/foolish investments				*		
Sexual indiscretion/excessive sexual interest				*		
Disorganized or bizarre social behavior						
Disregard for ethical concerns						
Hostility or threats to others						
Labile mood						
Disorganized speech					*	
Grossly disorganized or catatonic behavior					*	
Potential for assaultive behavior					*	
Hallucinations					*	
Negative symptoms (affective flattening, avolition)					*	
Recurrent substance use resulting in a failure to fulfill major role obligations at work/school/home						*

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Repeated absences from or poor work, neglect of children or household						*
Recurrent substance use in situations in which it is physically hazardous (driving an automobile, etc)						*
Recurrent substance-related legal problems (arrests for substance-related disorderly conduct)						*
Continued substance use despite having persistent/recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (i.e. Arguments, with spouse about consequences of intoxication, physical flights)						*
Need a markedly increased amounts of the substance to achieve intoxication or desired effect						*
Withdrawal is manifested by avoiding withdrawal symptoms						*
Substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption.						*