You are the expert on your health. You know how you’re feeling and coping with everyday life.

You are invited to fill in the attached BASIS-32® (Behaviour and Symptom Identification Scale) questionnaire. Mental health services use a number of outcome measures to help assess your mental health, wellbeing and recovery.

The BASIS-32® is completed by consumers; the other outcome measures are completed by case managers.

You can give your completed form to your case manager or doctor. Ask them to discuss your answers with you.

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Instructions:
Put a tick in the circle which best describes the degree of difficulty you have been experiencing in each area during the PAST TWO WEEKS.

To what extent are you experiencing difficulty in the area of:

1. Managing day-to-day life (eg. getting to places on time, handling money, making everyday decisions)
2. Household responsibilities (eg. shopping, cooking, laundry, cleaning, other chores)
3. Work (eg. completing tasks, performance level, finding/keeping a job)
4. School (eg. academic performance, completing assignments, attendance)
5. Leisure time or recreational activities
6. Adjusting to major life stresses (eg. separation, divorce, moving, new job, new school, a death)
7. Relationships with family members
8. Getting along with people outside of the family
9. Isolation or feelings of loneliness
10. Being able to feel close to others
11. Being realistic about yourself or others
12. Recognising and expressing emotions appropriately
13. Developing independence, autonomy
14. Goals or direction in life
15. Lack of self-confidence, feeling bad about yourself
16. Apathy, lack of interest in things
17. Depression, hopelessness
18. Suicidal feelings or behaviour
19. Physical symptoms (eg. headaches, aches and pains, sleep disturbance, stomach aches, dizziness)
20. Fear, anxiety or panic
21. Confusion, concentration, memory
22. Disturbing or unreal thoughts or beliefs
23. Hearing voices, seeing things
24. Manic, bizarre behaviour
25. Mood swings, unstable moods
26. Uncontrollable, compulsive behaviour (eg. eating disorder, handwashing, hurting yourself).

Please specify:
27. Sexual activity or preoccupation
28. Drinking alcoholic beverages
29. Taking illegal drugs, misusing drugs
30. Controlling temper, outbursts of anger, violence
31. Impulsive, illegal or reckless behaviour
32. Feeling satisfaction with your life

Thank you for taking the time to complete the BASIS-32®, now if you are comfortable doing so, you can return it to your case manager or doctor. Make sure you ask them to discuss your answers with you and also how your concerns will be reflected in your care plan.
BASIS-32® is a questionnaire to find out about how you think things are going.

The questionnaire:

- is not a test – there are no right or wrong answers
- is offered at regular time points
- includes 32 questions covering areas such as:
  - relation to self and others
  - daily living
  - depression and anxiety
  - impulsive and addictive behaviour
  - psychosis.
- can be jointly filled out by you and a translator, family member/carer, friend or consumer consultant.

Your privacy will be protected.

Your completed BASIS-32®:

- becomes part of your confidential medical record
- may be discussed as part of your treating team review
- is available to your service without identifying you personally to improve services for you and other consumers.

It can be used as a conversation starter between you and your case manager, helping track your recovery over time.

The questionnaire can help you:

- chat about your responses
- plan and achieve your goals
- be involved in your recovery plan
- help your case manager know how you are travelling (which may be different to how they think you are travelling!)
- used to involve your friends and family.

Your views are important and you have the right to:

- not complete the BASIS-32® or to only answer the questions you are comfortable with
- ask your case manager about anything you are unsure about
- ask for a copy of your BASIS-32® responses mapped over time
- ask for a copy of your recovery, care or treatment plan.

Feedback from some consumers about the BASIS-32® includes:

‘You see how far you’ve come and whether you’ve slid back’.

‘I found the BASIS-32® useful when clinicians showed me the outcomes graph over time. Once it was explained I really could see treatment making a difference’.

‘I sometimes feel like I am treading water and not getting anywhere. The graph that my clinician showed me, which was based on my answers, showed that I WAS making progress.’

‘I do like having a mini debate about where I’m at’.

‘A lot is pretty confronting – sometimes for the better’.

‘Some of these things you would never have thought of’.

‘Anything that makes you aware has got to be beneficial’.