

ATS - For Mental Health

We are increasingly asked about the capabilities of ATS with regards to monitoring/evaluating Mental Health for athletes. Our Athlete Forms can be used for this purpose. Results may be seen using our data miner or selected reports.



Existing Forms:

- Adult ADHD Self-Report Scale
- Alcohol Use
- Cannabis Use
- Center for Epidemiologic Studies
- Eating Attitudes Test-26
- Generalized Anxiety Disorder
- Insomnia Severity Index
- Patient Health Questionnaire (PHQ-9)
- Sick Control One Fat Food
- Study Demographics

Athletes fill out forms privately and securely via the Athlete Portal, Athlete Smartphone or ATS Kiosk.

Question	Yes/No-Range	Ref
DEPRESSION		
Over the past two weeks, how often have you		
Scoring: None or a little of the time=0 points, Some of the time=1 point, Most of the time=2 points, All of the time=3 points.		
Been feeling low in energy, slowed down? *	<input type="checkbox"/> 0 to 3	2
Blamed yourself for things? *	<input type="checkbox"/> 0 to 3	3
Had poor appetite? *	<input type="checkbox"/> 0 to 3	4
Had difficulty falling asleep, staying asleep? *	<input type="checkbox"/> 0 to 3	5
Been feeling hopeless about the future? *	<input type="checkbox"/> 0 to 3	6
Been feeling blue? *	<input type="checkbox"/> 0 to 3	7
Been feeling no interest in things? *	<input type="checkbox"/> 0 to 3	8
Had feelings of worthlessness? *	<input type="checkbox"/> 0 to 3	9
Thought about or wanted to commit suicide? *	<input type="checkbox"/> 0 to 3	10
Had difficulty concentrating or making decisions? *	<input type="checkbox"/> 0 to 3	11
Interpretation:		
Score of 0-8: symptoms are not consistent with a major depressive episode. A complete evaluation is not recommended, except in the case of a positive response to the suicide question (item 9). Score of 9-16: Symptoms are consistent with a major depressive episode. Presence of a major depressive disorder is likely. A complete evaluation is recommended. Severity level is typically mild or moderate, depending upon the degree of impairment. Score of 17-30: Symptoms are strongly consistent with criteria for a major depressive episode. Presence of major depressive disorder is very likely. A complete evaluation is strongly recommended. In this higher range, the severity level may be more severe and require immediate attention. Note: Further evaluation is recommended for any individual who scores one point or more on the suicide question (item 9), regardless of the total score. *		12

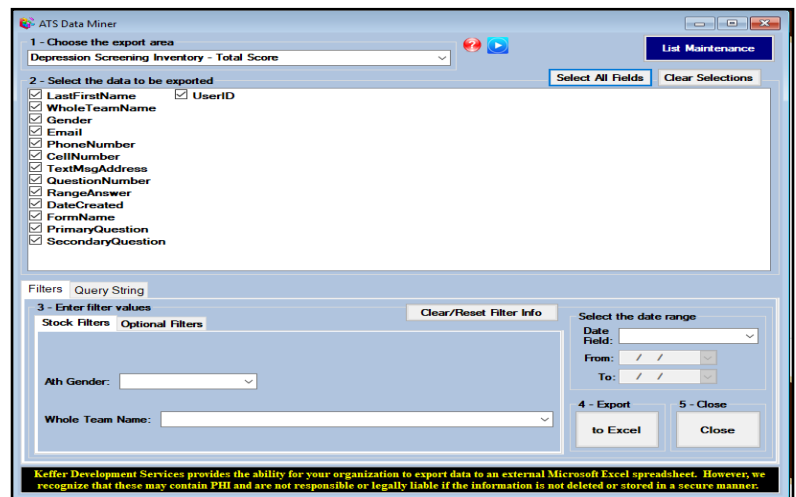
The Results can be pulled form reports or information can be reviewed via the data miner.

1. Forms for an Athlete & Form
2. Unprinted Forms for a Specific Form
3. Forms for a Specific Form by Date Range
4. Forms for a Specific Form & Team by Date Range
5. Athlete/Form History Report
6. List of Athletes for a Form by Date Range

General or Specific Reports

- General - Adult ADHD
- General - Alcohol
- General - Cannabis Use
- General - Center for Epidemiological
- General - Eating Att Test-26
- General - Gen Anxiety Disorder
- General - Insomnia Severity
- General - Patient Health Questions
- General - Sick Control One Fat Food
- General - Study Demographics

ATS Data Miner tool



Athletic Trainer System
24 Village Park Drive
Grove City, PA 16127

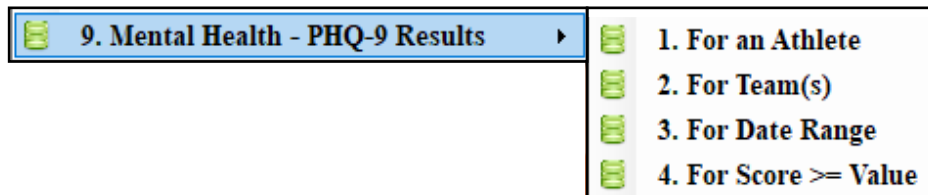
1-888-328-2577 info@athletictrainersystem.com
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A growing area in the Athletic Training field is mental health. In response to inquiries from our client our next release will include the PHQ-9 online form.



Below is the menu allowing users to check results in various ways...including filtering by the overall score.



KDS Demo School
PHQ-9 from 01/01/2019 to 07/01/2019

Anderson, Bobby Men CC Basketball
Men Basketball
Men Baseball
Coed Summer Program
Coed Student Body

	a	b	c	d	e	f	g	h	i	Score
06/18/2019	2	2	2	0	0	0	4	4	4	18
06/20/2019	1	2	3	0	0	2	2	1	1	12

Bonder, Danny B Coed Student Body

	a	b	c	d	e	f	g	h	i	Score
06/20/2019	1	2	3	0	0	2	2	1	1	12
06/22/2019	2	2	2	0	6	0	0	0	2	14

Davis, Malcolm Coed JV Football 2

	a	b	c	d	e	f	g	h	i	Score
06/18/2019	1	1	1	0	0	0	2	2	2	9
06/20/2019	1	2	3	0	0	2	2	1	1	12

Edwards, Byron Coed Student Body

	a	b	c	d	e	f	g	h	i	Score
06/18/2019	2	2	2	0	0	0	4	4	4	18
06/20/2019	1	2	3	0	0	2	2	1	1	12

0 = Not at all 1 = Several Days 2 = More than half the days 3 = Nearly every day

For a copy of the standard PHQ-9 form with a guide for interpreting scores and actions please use this link:
www.athletictrainersystem.com/pdf_files/phq-9.pdf

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