

ADAPTIVE TESTING | UNRIVALED
TECHNOLOGIES | MEASUREMENT
VALIDATED • PRECISE • ACCURATE

About the **CAT-MH**[®]

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About the CAT-MH®

1 Brief Description

CAT-MH® is a suite of measures validated for depression, anxiety, suicidality, mania/hypomania, substance use disorder, post-traumatic stress disorder (PTSD), psychosis, adult attention-deficit/hyperactivity disorder (ADHD), and social determinants of health. It is a mental health and substance use disorder assessment tool that administers a small and optimal subset of questions tailored to an individual's level of severity.

The CAT-MH® uses computer adaptive testing based on multidimensional item response theory (MIRT) to provide precise measurement of mental health concerns in a very short period of time. Any single module takes only 1–3 minutes. This precision measurement of common mental health concerns provides busy clinicians with an efficient means of collecting maximum patient health data in the shortest amount of time.

The CAT-MH® is designed to provide personalized assessment of mental health concerns that allows for efficient screening across a variety of settings, providing clinicians intake data as well as a reliable, precise method for measurement of outcomes over time. MIRT and Computer Adaptive Testing (CAT) mean that individuals can be assessed over time with novel item sets, thus eliminating response bias and personalizing each assessment. The breadth of constructs available to be measured provides a broad screen of mental health issues valuable for all patients and students.

2 Quick Facts

Publisher:	Adaptive Testing Technologies
Appropriate ages:	18+
Administration languages:	English, Spanish
Administration time:	1–3 minutes per module
Administration options:	On-screen administration (OSA) Remote on-screen administration (ROSA)
Pricing model:	Pay per test session (one, some, or all modules), report included
Report options:	Score Report

3 About the Publisher

Adaptive Testing Technologies (ATT) was founded by Professor Robert D. Gibbons, Blum-Riese Professor of Biostatistics at the University of Chicago. ATT's technology is based on over a decade of continuous National Institute of Mental Health funded research. ATT has grown to be the leader in the design, testing, and implementation of large-scale Computerized Adaptive Test (CAT) systems for complex traits, such as mental health assessment. ATT's rollout of the Computerized Adaptive Test - Depression Inventory (CAT-DI) was published in the November 2012 issue of JAMA Psychiatry. It was the first CAT for depression based on MIRT. In addition to the CAT for depression, the CAT-MH® now consists of a complete suite of validated measures for diagnostic screening and continuous severity measurement of mental health and substance use disorders as well as suicidality. They have developed and validated a parallel set of measures for youth, the K-CAT®, which will be offered on Q-global® in early 2026.

4 Modules

The following modules are available in Q-global.

Test Modules
Depression (CAT-DI)
Anxiety Disorder (CAT-ANX)
Suicide (CAT-SS)
Mania/Hypomania (CAT-MANIA)
Substance Use Disorder- Initial Assessment (CAT-SUD-E)
Substance Use Disorder - Outcome Monitoring (CAT-SUD)
PTSD-Diagnosis (CAD-PTSD)
PTSD-Expanded (CAT-PTSD-E)
Psychosis - Self-Report (CAT-PSYCHOSIS)
Adult ADHD (CAT-ADHD)
Social Determinants of Health (CAT-SDoH)

See the Creating a CAT-MH® Administration for detailed descriptions of each Test Module. See the CAT-MH® Interpretive Guide for details about the measurements (scores and/or categories) provided for each Test Module. Both documents are available in the Q-global Resource Library.

5 Administration and Pricing Options Overview

Administration Options

Q-global offers the following administration options in English or Spanish. Note that administration options vary by assessment.

1. **OSA:** The test is administered to the examinee or rater on-screen on a web-enabled device via the Q-global software.
2. **ROSA:** The examinee or rater is sent an email invitation with a link to launch and administer the questionnaire at a remote location.

Pricing Options

Pearson offers pay-per-report (usages) for administration scoring and reporting on Q-global: one (1) usage is required for administration, scoring, and reporting of a single CAT-MH® test session. Each test session (usage) may include one, some, or all of the available modules. Note that only one of the substance-use disorder modules and one of the PTSD modules can be included in a single test session, if selected.

6 Report Options

CAT-MH® Score Report

The Score Report will provide detailed information about scores/metrics on all modules administered in the session. See the CAT-MH® Interpretive Guide provided in the Q-global Resource Library for details about the scores/metrics provided for each module.

7 Scoring and Reporting Rules

Administration Rules

Administration and Scoring of the CAT-MH® is only available digitally

The administration of this assessment cannot be completed if any of the following conditions are true:

- Identification number is missing or invalid, or first or last name of examinee is missing or invalid
- Birth date is missing or invalid
- Administration date is missing or invalid
- Birth date is later than the administration date
- Age is less than 18 years
- No test module has been selected

8 Additional Resources

For more information about CAT-MH®, including FAQs, informational videos, and other resources visit: