

## GHQ-12 Administration and Scoring Guideline

1. Screen is explained to client as a way to check in on how they are doing with their emotional health and well-being. It is not a diagnostic test. It is a screen. Before you start with the interview or give them the screen if there is no interpreter, let them know that no matter how the screen turns out, they are welcome to talk with a counselor.
2. Administer screen.
3. Add points.
4. Interpretation:
  - a. 0-12 points—no concerns
  - b. 13-24 points—offer a referral to a mental health professional if they feel they would like to talk with a mental health professional, but this is not a result that requires an urgent appointment/referral
  - c. 25-36 points—strongly suggest a referral to a mental health professional and contact the professional to schedule an appointment. Share the screen with that MH professional. You cannot force anyone to accept a referral. Hopefully they will be willing to accept it and go to the appointment.
5. Remind them that this is a screen—not a diagnostic test. With their score you want to make sure that someone who is a primary care or mental health professional sees it and talks with them further to determine if there is need for medication and/or counseling or other therapy.
6. Once they have completed the screening questions, ask them if there is anything else that they would like to share with you.