



Clinician Manual

Information about e-hub Health
online self-help programs



e-hub Health Clinician Manual

This manual is designed for clinicians who wish to use e-hub Health programs as an adjunct to their own clinical practice, and for users who wish to understand the rationale and theoretical basis of e-hub Health programs.

The Clinician Manual provides information about:

- e-hub Health programs, including target users and evidence of effectiveness
- Detailed structure of the programs
- How the programs can be used, including as an adjunct to clinical practice
- Screening assessments used in e-hub Health programs and the tailored feedback provided to users



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About e-hub Health

Online self-help program delivery for mental health

e-hub Health delivers online self-help programs to improve mental health and well-being.

e-hub Health's self-help programs provide users with evidence-based information and skills training to prevent or manage the symptoms of common mental health problems, and provide organisations with tools for their employees, to reduce the costs associated with mental health issues in their workforce.

moodgym and e-couch were originally developed and evaluated over 15 years by researchers at The Australian National University.

e-hub Health is an Australian National University spin-off company managed by senior staff involved in the original development of the e-hub self-help programs. e-hub Health is now part of the Dialogue group of companies.

Acknowledgement of country

In the spirit of reconciliation e-hub Health acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Service user rights

e-hub Health complies with and promotes [The Australian Charter of Healthcare Rights](#) and [The Charter of Young People's Healthcare Rights](#).

e-hub Health acknowledges and respects the diversity of our service users, including diversity of ethnicity, gender, sexual orientation, religion, age and disability.

Our commitment to safety and quality

e-hub Health aims to contribute positively to the global community by providing ethical, safe and high-quality care in mental health services.

We are committed to maximising the safety and quality of service delivery, and e-hub Health's self-help programs are accredited to the [National Safety and Quality Digital Mental Health \(NSQDMH\) Standards](#) overseen by the Australian Commission on Safety and Quality in Health Care.

Governance and strategic direction

e-hub Health programs are monitored and regularly evaluated and reviewed to ensure alignment with best practice, service user needs, legislative compliance and positive service user experience.

To learn more about e-hub Health governance structure and strategic direction see the [Governance page of the e-hub Health website](#).

Partnering with consumers

e-hub Health is committed to engaging and partnering with consumers. We value consumer insights and the positive contribution they make in improving the safety and quality of our programs.

Service users and clinicians are encouraged to provide feedback and participate in the design and development of e-hub Health's digital mental health services. Please see the [Get Involved page of the e-hub Health website](#) for more information.

Why use e-hub Health programs

Easy access to high quality, evidence-based training

e-hub Health's online self-help programs are based on the best available evidence and evaluated through high-quality research. They can be used anonymously, 24 hours a day, from anywhere in the world.

e-hub Health programs are provided free of charge to Australians thanks to funding by the Australian Commonwealth Department of Health. They are available to users outside of Australia on a cost-effective subscription basis.

The programs are based on reviews of scientific literature, as well as relevant clinical and ethical guidelines, such as those of the Royal Australian and New Zealand College of Psychiatrists and the Australian Psychological Society. Ongoing delivery of e-hub Health programs is informed by the best practices outlined in the Australian National Safety and Quality Digital Mental Health (NSQDMH) Standards.

The effectiveness and impact of e-hub Health's self-help programs have been evaluated in a large number of published scientific studies by research groups within and outside of Australia. See the moodgym program effectiveness and e-couch program effectiveness sections for more information.

In addition, e-hub Health continuously collects and analyses quantitative and qualitative feedback from service users about their satisfaction with the programs, as well as user demographics and symptom levels. User feedback is regularly reviewed and actioned to ensure the safety and quality of the programs continues to meet the needs of consumers.

Service users consistently report high levels of satisfaction. e-hub Health regularly publishes program performance and effectiveness reports which are available from the [Evaluation and Performance page of the e-hub Health website](#).

Free program access is available for all clinicians. If you are a non-Australian clinician, please contact e-hub Health to obtain free access.



Ethical considerations including privacy

e-hub Health programs aim to provide self-help training to users as anonymously as feasible (and with minimal barriers to use), in order to encourage wide-ranging access from individuals throughout the community.

The programs collect as few identifying personal details as possible. Users of moodgym and e-couch do need to enter a valid email address in order to register an account (this is so they can recover their account details if required), however, service users are able to create a separate email address or account alias for this purpose if they so choose, to protect their anonymity.

Except for a welcome email, user-initiated password-reset emails and in extreme circumstances such as reporting a data breach or an extended disruption to services, emails are not sent to the service user's email addresses, in order to further respect their privacy when using the services. The only human interaction with service users occurs via responses to any emails received by the program support teams.

Service users are in control of their account and the data that they enter, and can initiate deletion of their account and all data through their account tools once logged in to the program.



Security of information

e-hub Health recognises the importance and legal obligations of ensuring that personal information is kept secure. In order to protect data that we collect from service users, e-hub Health has stringent systems in place for the collection, use, disclosure, storage, transmission, retention and destruction of data.

Full details about e-hub Health's policies for managing, using and disclosing personal information collected through the programs are available at the [moodgym Privacy Policy](#) and the [e-couch Privacy Policy](#).

e-hub Health programs



moodgym is an online interactive program designed to help users prevent and manage symptoms of depression and anxiety. It was developed by a multidisciplinary team at the Australian National University and has been evaluated in a large number of research trials. The original site was available to the public in April 2001. The current (fourth) version was launched in 2017 and can be accessed at moodgym.com.au.

What is moodgym

moodgym delivers training in cognitive behaviour therapy (CBT), an evidence-based psychotherapy commonly used in clinical practice. The cognitive therapy component is designed to change dysfunctional beliefs and thoughts, thereby lowering emotional distress. The behaviour component, which includes relaxation training, problem solving, and activity scheduling, is designed to identify factors in the environment that could change behaviours.



Intended target users

Target users are any individuals aged 16 years or older who would like to prevent mental health problems or manage problems which are troubling but not incapacitating. However, the program may be accessed by any individual.

moodgym was originally designed as a depression prevention program for young people aged 16 and 25 years old, and the characters and examples used throughout the program are targeted at this age group. However, the program has been used by individuals of all ages and has been shown to be effective in adult population groups, and in the management of depression and anxiety symptoms.

The program is not appropriate for crisis help, and the program suggests that if a user's symptoms are distressing or limiting that they seek advice from a GP, mental health professional, psychologist or a specialist medical practitioner.

Effectiveness of moodgym

moodgym has been shown to be effective in reducing depressive and anxiety symptoms in users in a large number of published research trials undertaken by research groups within and outside of Australia. These include studies: in a range of settings (e.g., schools, universities, Lifeline, NHS Choices online); across the mental health care spectrum (from prevention to treatment); with different age groups (adults, adolescents); with a range of population groups (e.g. students, primary care patients, community users); in different countries; and with and without guidance. A meta-analysis of 12 studies (Twomey & O'Reilly, 2016) found that moodgym is effective at reducing depression and anxiety symptoms in adult populations, with some evidence suggesting that it is also effective at reducing general psychological distress.

Studies have also reported moodgym to be effective in reducing hazardous alcohol use, reducing suicide risk in high-risk populations, and in improving wellbeing and quality of life in users. User satisfaction of moodgym is high, and evaluation studies suggest that moodgym is a viable option for those who cannot access face-to-face therapy, and for those waiting for traditional services. There is also demonstrated cost effectiveness of translating moodgym.

Details of peer-reviewed research articles are listed in the References section.

How to access moodgym

moodgym is located at moodgym.com.au. To access the program users must first register an account with an email address and password. Once registered they are directed to brief screening quizzes for depression, anxiety and dysfunctional thinking and receive feedback about their responses. They are informed that the quizzes are not diagnostic tests and directed to check their mental health status with their health professional if appropriate. Information is provided to all users about how to seek help if the user is feeling suicidal, as well as general information about how to access other sources of help (GPs, psychological therapists, helplines).

The user can then complete five self-help modules which must be completed in order. The modules teach skills drawn from cognitive behaviour therapy (CBT). The modules include interactive exercises as well as diaries which can be saved and accessed at a later time.

Users can access the program at any time by logging in with their email address and password.

The program is completely self-directed and fully automated. There is no human involvement in the primary service delivery. Users can email the support team if they require technical support. If user emails are received which are clinical in nature, these are answered by a clinical psychologist who provides a range of referral and information options appropriate to that user.

moodgym is free for use by all Australians and is also accessible internationally on a subscription basis.

Free access is also available to all clinicians. If you are a non-Australian clinician, please contact e-hub Health to obtain free access.

ecouch

What is e-couch

e-couch is an online interactive program which provides evidence-based information and self-help for depression, general anxiety and social anxiety. e-couch also includes programs for separation and divorce, and loss and bereavement.

It was developed by a multidisciplinary team at the Australian National University and has been evaluated in high quality research trials. The original site was available to the public in June 2007 and the current (second) version was launched in 2021 and can be accessed at ecouch.com.au.



Intended target users

Target users are any individuals aged 16 years or older who are interested in learning more about common mental health problems and strategies which may help with feelings of depression or anxiety. However, the program may be accessed by any individual.

The program is not appropriate for crisis help, and the program suggests that if a user's symptoms are distressing or limiting that they seek advice from a GP, mental health professional, psychologist, or a specialist medical practitioner.

e-couch program effectiveness

The e-couch Depression program has been evaluated in three randomised controlled trials (RCTs). It has been shown to reduce depressive symptoms, compared to a control, in a randomly selected community sample and in people over 45 years old with a history of cardiovascular disease. The CBT and IPT depression modules have also been shown to be as effective as the extensively evaluated moodgym program in reducing depression symptoms.

The e-couch Anxiety & Worry program has been found to be effective in the treatment of Generalised Anxiety Disorder (GAD) in 18-30 year old individuals in the community, with both the e-couch program and SSRI medication found to be effective compared to a control website. The program has also been trialled for prevention of anxiety in young adults and when combined with email reminders was found to significantly reduce sensitivity to anxiety and 'number of days out of role'.

The e-couch Social Anxiety program has been evaluated in a randomised controlled trial with a large sample of community users which showed a small but statistically significant improvement in social anxiety symptoms. A study with a smaller sample also found that the program resulted in a significant reduction of symptoms in participants with social anxiety.

Details of peer-reviewed research articles are listed in the References section.

How to access e-couch

e-couch is located at ecouch.com.au. To access the program users must first register an account with an email address and password. Once registered, they are directed to brief screening quizzes for depression, anxiety and social anxiety, and receive feedback about their level of symptoms. They are informed that the quizzes are not diagnostic tests and directed to check their mental health status with their health professional if appropriate. Information is provided to all users about how to seek help if the user is feeling suicidal, as well as general information about how to access other sources of help (GPs, psychological therapists, helplines).

The user can then access the different program modules which include information and which teach skills drawn from a range of psychological therapies for which there is evidence of effectiveness (such as CBT, IPT, relaxation therapy, physical therapy). The modules include interactive exercises as well as diaries which can be saved and accessed at a later time.

Users can access the program at any time by logging in with their email address and password. The program is completely self-directed and fully automated. There is no human involvement in the primary service delivery. Users can email the support team if they require technical support. If user emails are received which are clinical in nature, these are answered by a clinical psychologist who provides a range of referral and information options appropriate to that user.

e-couch is free for use by all Australians and is also accessible internationally on a subscription basis.

Free access is also available to all clinicians. If you are a non-Australian clinician, please **contact** e-hub Health to obtain free access.

Detailed structure of e-hub Health programs

moodgym™



moodgym comprises five core modules. At the start and completion of the program, as well as the start of each module, users are required to complete the Goldberg Depression and Anxiety quizzes. The program has a linear structure - users must complete the program modules in order, with each module becoming available after the previous module has been completed.

Each module begins by reviewing the material covered in the previous module. At the end of each module, there is a summary of what has been covered, the user's Depression and Anxiety Quiz and goal setting. Users can also access the quizzes and interactive diaries and exercises at any time through a Workbook module.

Getting started module

Users are introduced to the characters that are used throughout the program to explain concepts, and complete and receive tailored feedback on the Goldberg Depression and Anxiety quizzes and the Warpy Thoughts Quiz.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Warpy Thoughts Quiz

Feelings module (Why you feel the way you do)

The Feelings module introduces users to Cognitive Behaviour Therapy concepts, including:

- Connections between thoughts and feelings
- Identifying the emotional consequences of various thinking patterns
- Learning to identify unhelpful thoughts in oneself and other people
- Specific thought patterns associated with vulnerability to depression, including perceptions of situations, the self and the future, as well as attributions of external events.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz

Exercises

- Identifying Negative Thoughts
- Auto Talk Quiz
- Bad Hair Day
- Three Encounters of an Emotional Kind Goal setting

Thoughts module (Changing the way we think to feel better)

The Thoughts module provides further information about identifying and overcoming unhelpful cognitive patterns. Users are introduced to the cognitive distortions listed by Burns in his book *Feeling Good* (described in moodgym as 'Warpy Thoughts') and complete exercises to practise identifying these distortions. Methods for contesting each distortion type are reinforced through practice exercises.

The user is then encouraged to identify areas of personal vulnerability using their responses to the Warpy Thoughts Quiz, which provides feedback about the prominence of key depressive schemas (such as perfectionism, need for approval and love, and entitlement).

Finally, there is a brief intervention aimed at improving self-esteem, which includes setting goals for improving self-care behaviour.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Warpy Thoughts Quiz

Exercises

- Review the 10 types of warped thinking Bad hair day
- Auto-talk quiz
- My psychological strengths and weaknesses
- What Do I Think of Myself?
- Being Nice to Myself Goal setting

Unwarping module (Changing warped thoughts)

In the Unwarping module users are introduced to additional techniques for responding to negative thoughts including a range of self-monitoring exercises and other cognitive interventions, such as behavioural and cognitive experiments and coping self-talk.

Specific interventions are provided for the schemas discussed in the previous module and users can choose which of these are most relevant to them. The self-esteem intervention in this module focuses on actively increasing positive events through behavioural activation.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Pleasant Events Quiz

Exercises

- The Reporter's Notebook
- I Do Have Some Positive Features
- Surveying the Scene
- I'll Not Cry Even If I Want To (Need for Approval)
- The Phantom and the Phantome (Need to be Loved)
- Near Death Experience (Need to Succeed)
- Weekly Plan to Overcome Perfectionism (Need to be Perfect)
- Seeing the Alternatives Pleasant Events
- Activity plan
- Goal setting

Destressing module (Knowing what makes you upset)

The Destressing module provides information about stress responses and how they interact with cognitive patterns.

Major life events and chronic low-level stressors are examined, and the user is encouraged to use self-assessment exercises to identify the major sources of stress currently affecting them and to develop coping strategies. This module also provides information about relaxation and three types of relaxation interventions (progressive muscle relaxation, guided imagery and music).

Finally, problem-solving is introduced and users are encouraged to apply it to their own situation through using an interactive exercise.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Life Whacks Quiz

Exercises

- Analysing my Life Whacks
- Life Whacks Plan of Action
- Relaxation downloads
- Problem solving Goal setting

Relationships module (Relationships and how they work)

The Relationships module provides a brief intervention about coping with relationship breakdown that includes cognitive and behavioural strategies.

This module also explores users' perceptions of their relationship with their parents, provides further self-assessment and teaches strategies for improving family relationships and managing unhelpful cognitions related to difficulties with parents. These strategies include cognitive restructuring, communication skills and functional analysis.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Mum and Dad Quiz

Exercises

- Goldberg Depression Quiz
- Goldberg Anxiety Quiz
- Mum and Dad Quiz

Wrapping up module

After the core modules, users complete a further Depression and Anxiety Quiz and are able to review their progress and see a summary of the material covered in the program.

Assessments

Goldberg Depression Quiz
Goldberg Anxiety Quiz
Warpy Thoughts Quiz

ecouch



e-couch is a dynamic, open-ended program that provides five discrete programs – Depression, Anxiety & Worry, Social Anxiety, Divorce & Separation and Loss & Bereavement. Each program has an information module which provides psychoeducation about the area of concern and an overview of the evidence base for key interventions. The user can also access self-help modules tailored to these five conditions/situations.

Australian users of e-couch are required to complete Goldberg Depression and Anxiety Quizzes and the Social Phobia Screener after registration before accessing the content, and receive feedback about their symptom levels. All users can access the symptom quizzes and feedback at any time through the program workbook modules.

Users can freely choose which programs to work with and can access the modules in any order. e-couch is much less structured than moodgym and has no obvious 'completion' point.

Depression program

The e-couch Depression program may be helpful for people who are experiencing symptoms of depression. It is delivered in six modules.

Beat Depression Information module

The Beat Depression Information module is a psycho-education intervention, and provides evidence-based information about depression, including what depression feels like, how it is diagnosed, how common depression is, and what treatments work.

Exercises

None

Cognitive Behaviour Therapy module

This module introduces Cognitive Behaviour Therapy concepts, and includes training on how to identify cognitive distortions (called 'warpy thoughts' in e-couch) and assumptions, how to reframe warpy thoughts, and pleasant events scheduling.

There are 3 sub-modules which must be completed in order:

1. **Thinking about thinking sub-module** This section focuses on identifying and naming warped thoughts, and learning how they can lead to depression.
2. **Changing your thinking sub-module** In this sub-module the user learns techniques to change warped thoughts and assumptions to improve their mood.
3. **Changing your behaviour sub-module** This sub-module focuses on how changing behaviour can improve mood, and pleasant events scheduling to support behaviour change.

Exercises

- Common assumptions and expectations My situations & assumptions
- Walking the warp diary
- Warp wallop exercise
- Warp wallop practice

- Walloping the warp diary
- My action test
- My coping abilities
- My action test
- My coping abilities

Interpersonal Psychotherapy module

The Interpersonal Psychotherapy (IPT) module focuses on what has been happening in the user's life recently, and how this, and in particular relationships with others, may influence mood.

Users complete the Stressful Events Quiz to assess the number and distress rating of life events in the past 12 months, and receive feedback about this.

The user can then access any of 4 sub-modules (in any order):

- **Grief sub-module** This section provides information about grief, and teaches techniques to help deal with grief.
- **Role disputes sub-module** This section examines the nature and quality of the user's relationships and potential conflicts about expectations within relationships.
- **Role changes sub-module** This sub-module promotes understanding that changing circumstances often result in changing relationships and teaches strategies to cope with role transitions.
- **Problems making relationships sub-module** In this section the user learns strategies to improve relationships.

Assessments

Stressful events quiz

Exercises

- My relationships
- My relationship diagram
- The quality of my relationships
- Resolving role disputes
- Coping with role changes

Problem-solving module

The Problem-solving module introduces problem-solving skills to help users to organise their thoughts, break challenges up into smaller steps and keep feelings separate from decision-making. It aims to help users cope better with stressful events and reduce the feeling of being overwhelmed.

The user is taken through a step by step interactive problem-solving workbook, with examples.

Exercises

- Problem-solving steps

Physical Activity module

The Physical Activity module teaches strategies for increasing or maintaining physical activity. It includes an interactive guide to assess where the user is at with respect to physical activity, and then 5 sub-modules which can be accessed at any time (in any order):

- **Not ready yet sub-module** For users who are not currently doing any physical activity and haven't begun thinking about starting.
- **Thinking about it sub-module** For users who are thinking about physical activity and intend to start in the future.
- **On your way sub-module** For users who are already incorporating some physical activity into their life.
- **Taking action sub-module** For users who have been doing moderate physical activity on five or more days per week.
- **Keep it up sub-module** For users who have successfully made physical activity part of their life on a daily basis.

Physical Activity module

Exercises

- My rewards
- My activity log (typical days)
- My goals
- My support crew

Relaxation module

The Relaxation module include information about breathing and relaxation exercises (which can be accessed in any order):

- **Mindfulness meditation sub-module** This section includes an mp3 download and printable mindfulness meditation steps.
- **Progressive muscle relaxation sub-module** This section includes an mp3 download and printable steps.

Exercises

- Mindfulness meditation
- Progressive muscle relaxation

Users can complete the Depression and Anxiety quizzes, receive feedback about their symptom levels and see their symptom score progress, at any time through the Depression program workbook.

Anxiety & Worry program

The Anxiety & Worry program may be helpful for people who experience anxiety and worry about different areas of life. It is delivered in four modules.

Anxiety & Worry Information module

The Anxiety & Worry Information module is a psycho-education intervention, and provides evidence-based information about anxiety, including the difference between anxiety, stress and worry, different types of anxiety disorders and how common they are, and what treatments work.

Exercises

None

Cognitive Behaviour Therapy module

The Cognitive Behaviour Therapy module includes training in cognitive behaviour therapy concepts specifically focusing on anxiety and worry. It includes 4 sub-modules which can be completed in any order:

- **Dealing with the meaning and purpose of worry sub-module** This sub-module helps the user to identify unhelpful beliefs about worry and uncertainty.
- **Dealing with the act of worry sub-module** This section focuses on detecting worry and how to redirect attention and postpone worry until a later time.
- **Dealing with the content of your worries sub-module** In this sub-module users are guided to assess whether worries are realistic and how to apply problem-solving techniques for specific worries.
- **Dealing with your feelings sub-module** This section encourages the user to explore the feelings behind specific worries.

Exercises

- Common assumptions and expectations My situations & assumptions
- Walking the warp diary
- Warp wallop exercise
- Warp wallop practice

- Walloping the warp diary
- My action test
- My coping abilities
- My action test
- My coping abilities

Physical Activity module

The Physical Activity module teaches strategies for increasing or maintaining physical activity. It includes an interactive guide to assess where the user is at with respect to physical activity, and then 5 sub-modules which can be accessed at any time (in any order):

- **Not ready yet sub-module** For users who are not currently doing any physical activity and haven't begun thinking about starting.
- **Thinking about it sub-module** For users who are thinking about physical activity and intend to start in the future.
- **On your way sub-module** For users who are already incorporating some physical activity into their life.
- **Taking action sub-module** For users who have been doing moderate physical activity on five or more days per week.
- **Keep it up sub-module** For users who have successfully made physical activity part of their life on a daily basis.

Exercises

- My rewards
- My activity log (typical days)
- My goals
- My support crew

Relaxation module

The Relaxation module include information about breathing and relaxation exercises (which can be accessed in any order):

- **Mindfulness meditation sub-module** This section includes an mp3 download and printable mindfulness meditation steps.
- **Progressive muscle relaxation sub-module** This section includes an mp3 download and printable steps.

Exercises

- Mindfulness meditation
- Progressive muscle relaxation

Users can complete the Depression and Anxiety quizzes, receive feedback about their symptom levels and see their symptom score progress, at any time through the Anxiety & Worry program workbook.

Social Anxiety program

The Social Anxiety program provides information about social anxiety or social phobia - the intense anxiety that some people experience in social or performance situations. It is delivered in six modules.

Social Anxiety Information module

The Social Anxiety Information module is a psycho-education intervention, and includes evidence-based information about social anxiety, including what social anxiety feels like and why it can become a problem, where shyness fits in, how social anxiety is diagnosed and how common it is, and what treatments work.

Exercises

None

Exposure Practice module

The Exposure Practice module introduces exposure practice and graded exposure techniques. Users are guided to record and rate social and performance situations which provoke anxiety, and then can decide whether to practise handling a stressful social situation using a 6-step exposure practice.

Exercises

- My list of situations
- My safety behaviours
- 6-step exposure practice

Modifying Your Thinking module

The Modifying Your Thinking module teaches cognitive behaviour therapy techniques for changing thoughts and predictions about social situations. In particular, this module encourages the user to re-estimate the likelihood of the dreaded thing actually happening and to de-catastrophise any consequences.

Exercises

- My list of situations
- Thoughts and predictions
- Switching roles

Attention Practice module

The Attention Practice module teaches users to feel less anxious by shifting the focus of attention away from oneself in social situations.

Exercises

None

Social Skills Training module

The Social Skills Training module encourages the user to practise aspects of social communication in order to develop confidence in social situations.

Exercises

Social skills practice

Relaxation module

The Relaxation module includes information about simple breathing techniques to help focus the user and steady their heart rate. It also teaches Progressive muscle relaxation (includes mp3 download and printable PMR steps).

Exercises

Progressive muscle relaxation

Users can complete the Social Phobia Screener (SOPHS) and the Depression and Anxiety quizzes, receive feedback about their symptom levels and see their symptom score progress, at any time through the Social Anxiety program workbook.

Divorce & Separation program

The Divorce & Separation program may be helpful for people currently going through a relationship separation or who have separated recently. It is delivered in five modules.

Divorce & Separation Information module

The Divorce & Separation Information module covers the many feelings that can happen in divorce and separation, and why this can put the user at risk of depression. It includes factors that affect how you might feel, what you can miss when you separate, practical advice about coping with divorce and separation, and how divorce can affect your children and tips to help them adjust.

Exercises

None

Problem-solving module

The Problem-solving module introduces problem-solving skills to help users to organise their thoughts, break challenges up into smaller steps and keep feelings separate from decision-making. It aims to help users cope better with stressful events and reduce the feeling of being overwhelmed.

The user is taken through a step by step interactive problem-solving workbook, with examples.

Exercises

Problem-solving steps

Cognitive Behaviour Therapy module

The Cognitive Behaviour Therapy module provides training in cognitive behaviour therapy concepts to challenge dysfunctional thinking and to help protect against depression.

Content includes identifying catastrophic thinking, reframing thoughts, improving coping skills, and making realistic predictions about the future.

Exercises

- My assumptions
- My warps workbook
- My coping skills
- Picturing myself coping better
- My coping diary
- Coping skills I want to learn
- Making realistic predictions

Dealing with Anger module

The Dealing with Anger module focuses on how to cope better with anger, including personal triggers and anger warning signs, reframing thoughts, coping strategies, expressing anger appropriately, assertiveness and how to shed resentment.

Exercises

- My anger warning signs
- Mindfulness meditation
- Progressive muscle relaxation
- My anger triggers
- Reframing destructive thoughts
- Dealing with resentment

Physical Activity module

The Physical Activity module teaches strategies for increasing or maintaining physical activity. It includes an interactive guide to assess where the user is at with respect to physical activity, and then 5 sub-modules which can be accessed at any time (in any order):

- **Not ready yet sub-module** For users who are not currently doing any physical activity and haven't begun thinking about starting.
- **Thinking about it sub-module** For users who are thinking about physical activity and intend to start in the future.
- **On your way sub-module** For users who are already incorporating some physical activity into their life.
- **Taking action sub-module** For users who have been doing moderate physical activity on five or more days per week.
- **Keep it up sub-module** For users who have successfully made physical activity part of their life on a daily basis.

Exercises

- My rewards
- My activity log (typical days)
- My goals
- My support crew

Users can complete the Depression and Anxiety quizzes, receive feedback about their symptom levels and see their symptom score progress, at any time through the Divorce & Separation program workbook.

Loss & Bereavement program

The Loss & Bereavement program may be helpful for people who have recently lost someone or something they care about and is delivered in three modules.

Bereavement & Loss Information module

The Bereavement & Loss Information module helps the user to understand grief and emotional reactions which commonly occur with loss, myths about grief and loss, and the stigma which can accompany grieving for losses.

Exercises

None

Self-help for Grief module

The Self-help for Grief module includes suggestions of approaches which can help with grief, including:

- acceptance of the need to grieve
- finding comfort
- keeping connections with the person who has died
- journal writing
- dealing with birthdays or anniversaries.

This module also includes a simple breathing technique for anxiety as well as progressive muscle relaxation and mindfulness meditation training (including mp3 downloads and details of the steps for printing).

Exercises

My sources of comfort

Changing Unhelpful Thinking module

This module teaches cognitive behaviour therapy techniques for detecting and changing cognitive distortions (called 'warpy thinking' in e-couch) and assumptions, dealing with feelings of guilt, and reframing unhelpful thoughts.

Exercises

- Spotting my assumptions
- My warps workbook

Users can complete the Depression and Anxiety quizzes, receive feedback about their symptom levels and see their symptom score progress, at any time through the Loss & Bereavement program workbook.

How to use e-hub Health programs

e-hub Health programs can be used to build resilience, prevent the development of mental health difficulties and to promote wellbeing. They can also be used at any point in recovery to learn symptom management skills.

When an individual wants to work on mental health challenges, the programs can be used as a form of self-help and the user can work through the program themselves or with the support of a carer or health professional.

Mental health professionals are also able to incorporate the programs into their practice as self-help (for example within a stepped care service or as a suggested resource for clients on waiting lists), as guided self-help or as an adjunct to other therapies.

Four ways the programs can be used

1 Symptom prevention and building resilience

e-hub Health programs can be used to build resilience, promote wellbeing and help prevent the development of symptoms. moodgym in particular was designed with this purpose in mind and research has indicated that it can be useful in preventing depression and anxiety in adolescents (O’Kearney, 2006; Calear, 2009) and university students (Guille 2015; Howell, 2018; McDermott, 2019).

2 Self-help for management of symptoms

e-hub Health programs can be used by individuals who want to learn strategies for managing common mental health challenges such as anxiety and depression. The programs are self-directed and users are provided with tailored feedback about their symptom levels, including information about whether the program is appropriate for their situation. Users are also provided with detailed information about how to access other sources of help, including emergency and crisis help.

There is a large body of evidence demonstrating the effectiveness of both the moodgym and e-couch programs for reducing mental health symptoms in self-directed users (see References section).

3 Guided self-help

Guided self-help means that the individual works through the program as a self-help intervention, but stays in touch with a supporter as they do so.

Guided self-help is different to therapy, because the main treatment is the program itself rather than the contact being provided by the support person. A guided self-help supporter should be familiar with the programs, be able to support people who have mental health problems and be able to assist the program user to find other forms of help as necessary.

Usually a way of keeping in touch will be agreed at the beginning of the program. This can involve contact by phone, email, videoconferencing and/or face to face meetings, depending on the expertise of the support person.

Follow-ups can be arranged regularly at specific times (such as once a week), when particular milestones are reached in the programs (eg, after completion of a module), and/or at the request of the person completing the program. It can be helpful to arrange a follow-up when the person has finished their online program to discuss outcomes and provide additional referrals or treatment as required.

In some situations, psychological therapists may encourage people to learn symptom management skills by using the programs as a form of self-help or guided self help. This may be useful where, for example, it has been agreed to use direct contact sessions to work on other issues or in ways that are more dependent on the therapeutic relationship.

4 Adjunct to other therapies

[moodgym](#) and [e-couch](#) can also be incorporated as an adjunct to the therapy provided by a qualified psychological therapist. This adjunctive use can occur in either individual or group settings.

Research has shown that the addition of moodgym to a brief face to face individual CBT intervention for young people with mild-moderate levels of depression and anxiety was more effective than the face to face intervention by itself (Sethi, 2010).

The next section provides more detailed information for clinicians about adjunctive use of the programs.



Incorporating the programs within clinical practice

e-hub Health programs may be used as an adjunct to clinical practice.

Therapists may choose to work in a structured manner through each part of the program with a client and discuss the material in detail as part of the therapy. This helps the individual to understand the material more deeply and practice using the skills in their everyday life. This is similar to using a therapy manual except that e-hub Health programs are freely available and subject to vigorous evaluation and research.

Alternatively, clinicians may choose to use specific parts of the programs that are the most relevant to their client's therapy – for example, the Interpersonal Psychotherapy module in the e-couch Depression program, or the Relaxation module in the e-couch Anxiety & Worry program.

We suggest that the clinician first introduces the client to the program and discusses expectations about how the program may be useful. Each week the individual can be directed to complete a particular section or module(s) in their own time.

In order to facilitate discussion about the content, the individual might then choose to log in to the program to review the exercises in the workbook and the content with the clinician during therapy sessions. Alternatively the individual may be encouraged to print out module summary pages or score feedback for review and discussion with the clinician.

**e-hub Health
does not provide
in-house clinicians to
support users.**

moodgym and e-couch area self-directed training programs. However, clinicians will require knowledge of the content of the modules and the interpretation of assessment scores in order to use the program as part of therapy sessions (see the Detailed structure and Symptom screening assessments sections of this manual for more information).

It may also be helpful to consider the following at the beginning of therapy:

→ Clinician contact

At a minimum, the clinician would provide an initial assessment and orientation to the program, a follow-up when their client has completed the program, and be accessible while the individual is completing the program. Generally the therapist will meet with the individual regularly to discuss their progress and experience of the program content and exercises, as well as planning and goals for the next modules to be completed.

Clinician contact may be face-to-face or through modes such as telephone or videoconferencing, but clinicians should only use those modalities for which they have suitable expertise, including an understanding of the security implications of different technologies.

→ Criteria for withdrawal or for suggesting alternative treatment

As in all interventions, it is important to have a means of monitoring the user's progress and be able to suggest alternative treatments if the treatment is not suitable or if the person's situation or functioning has deteriorated.

→ Access to information

e-hub Health programs do not provide access for clinicians to monitor users' progress or responses. Therefore individuals need to either print out specific information from the program to share with the therapist (for example depression and anxiety symptom quiz results) or the individual can log into the program to review content and workbook responses with the therapist during sessions.

Users decide which information to provide to therapists and it is recommended that this be negotiated at the beginning of therapy.

→ Crisis support

The development of a plan for crisis support remains the responsibility of treating clinicians. e-hub Health programs provide contact information for emergency services, but the programs are automated training resources and do not provide crisis support.

Sample weekly structures

Clinicians may choose to use e-hub Health programs in a structured way or to direct their clients to specific modules. Sample structures are provided here as examples of how the programs might be used on a weekly basis.

Sample 7-week moodgym program

Week	Modules
Week 1	Getting started module
Week 2	Feelings module
Week 3	Thoughts module
Week 4	Unwarping module
Week 5	De-stressing module
Week 6	Relationships module
Week 7	Wrapping up module and revision of incomplete exercises

Sample 8 week e-couch Depression program

Week	Modules
Week 1	Beat Depression Information module
Week 2	Cognitive Behaviour Therapy module: Thinking about thinking sub-module
Week 3	Cognitive Behaviour Therapy module: Changing your thinking sub-module
Week 4	Cognitive Behaviour Therapy module: Changing your behaviour sub-module
Week 5	Interpersonal Psychotherapy module (Choose 2 or more sub-modules)
Week 6	Problem-solving module
Week 7	Physical Activity module Relaxation Module
Week 8	Revision of incomplete exercises and workbooks, planning of strategies to continue.

Sample 8 week e-couch Anxiety & Worry program

Week	Modules
Week 1	Anxiety & Worry Information module
Week 2	Cognitive Behaviour Therapy module: Dealing with the meaning and purpose of worry sub-module
Week 3	Cognitive Behaviour Therapy module: Dealing with the act of worry sub-module
Week 4	Cognitive Behaviour Therapy module: Dealing with the content of worries sub-module
Week 5	Cognitive Behaviour Therapy module: Dealing with your feelings sub-module
Week 6	Physical Activity module
Week 7	Relaxation module
Week 8	Revision of incomplete exercises and workbooks, planning of strategies to continue.

Sample 6-8 week e-couch Social Anxiety program

Week	Modules
Week 1	Social Anxiety Information module
Week 2	Exposure Practice module (decide if want to try - if not skip to Week 4)
Week 3	Revisit Exposure Practice module
Week 4	Modifying Your Thinking module
Week 5	Revisit Modifying Your Thinking module and/or Exposure Practice module
Week 6	Social Skills training module Attention Practice module
Week 7	Relaxation module
Week 8	Revision of incomplete exercises and workbooks, planning of strategies to continue.

Sample 6 week **e-couch** Loss & Bereavement program

Week	Modules to complete
Week 1	Bereavement & Loss Information module
Week 2	Self-help for Grief module
Week 3	Changing Unhelpful Thinking module
Week 4	Revisit Changing Unhelpful Thinking module
Week 5	Explore other programs of interest (in particular the Depression program)
Week 6	Revision of incomplete exercises and workbooks, planning of strategies to continue and/or other program modules to complete.

Sample 8 week **e-couch** Divorce & Separation program

Week	Modules
Week 1	Divorce & Separation Information module
Week 2	Problem-solving module
Week 3	Cognitive Behaviour Therapy module
Week 4	Revisit Cognitive Behaviour Therapy module
Week 5	Dealing with anger module
Week 6	Physical Activity module
Week 7	Explore other programs of interest (in particular the Depression program)
Week 8	Revision of incomplete exercises and workbooks and planning of strategies to continue and/or other program modules to complete.

[illegible]

31

Goldberg Quiz items

Each item is answered with a 'yes/no' response.

Depression Quiz

Have you been lacking in energy?

Have you lost interest in things?

Have you lost confidence in yourself?

Have you felt hopeless?

Have you had difficulty concentrating?

Have you lost weight (due to poor appetite)?

Have you been waking early?

Have you felt slowed up?

Have you tended to feel worse in the morning?

Anxiety Quiz

Have you felt keyed up or on edge?

Have you been worrying a lot?

Have you been irritable?

Have you had difficulty relaxing?

Have you been sleeping poorly?

Have you had headaches or neck aches?

Have you had any of the following: trembling, tingling, dizzy spells, sweating, diarrhoea, or needing to pass water more often than usual?

Have you been worrying about your health?

Have you had difficulty falling asleep?



Goldberg Quiz scoring

Items are scored 0 (no) or 1 (yes) and summed.

Symptom severity ranges used to determine tailored feedback

Tailored feedback is provided on the basis of four score ranges. The cut-offs for these score ranges vary as a function of age and gender.

Cut-offs for score ranges for the Goldberg Anxiety and Depression Quizzes (M=Male, F=Female)

20				40				60			
Anxiety		Depression		Anxiety		Depression		Anxiety		Depression	
M	F	M	F	M	F	M	F	M	F	M	F
0-2	0-2	0-2	0-2	0-2	0-1	0-1	0-1	0-1	0	0-1	0-1
3-5	3-5	3-5	3-5	3-5	2-4	2-5	2-4	2-3	1-2	2-4	2-3
6-7	6-7	6-7	6-7	6-7	5-7	5-7	5-6	4-6	3-5	5-6	4-5
8-9	8-9	8-9	8-9	8-9	8-9	8-9	7-9	7-9	6-9	7-9	6-9

The normalised data categories are based from the data of 7,500 community-based individuals in Australia who participated in the PATH Through Life Longitudinal Study conducted by the Australian National University. A description of the study sample can be found in Jorm (2003).

moodgym™ tailored feedback

Goldberg Depression

Low range feedback

You scored in the low range.

Your responses suggest that you have no depression symptoms or only a few symptoms of depression at the moment.

If you do not have difficulties with depression right now, moodgym might give you some clues as to why you cope well, how emotions develop, and how greater resilience might be achieved. It might give you insights into the feelings of others who are more likely not to cope well.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

that something unfortunate has occurred in the last few weeks and you haven't got over it, even though you normally cope very well;

you have symptoms but they are not troubling you;

you may have made mistakes in how you have answered the questions.

If you scored in this range, for the first two reasons, then moodgym may also be of great interest to you, since it aims to improve the way you approach situations in life. Keep a record of your score and you will be able to see if you improve with time.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

Middle range feedback

You scored in the middle range.

You have a few symptoms of depression, but no more than the average person your age. moodgym may help you improve your coping ability and protect you from stressful events in the future.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

High to very high range feedback

You scored in the high to very high range.

You have more symptoms of depression than the average person. This may mean that you have difficulty coping some or all of the time; that you might be very vulnerable to depression; that you might be depressed. You may have experienced an acute stressful event in the recent past. moodgym may be of use to you, and may especially help you sort out your feelings. However, we would also suggest that you seek the help of a GP or a mental health professional, a psychologist or a specialist medical practitioner to check out your mental health status.

People with depression scores in this range may feel that they don't want to go on and may even have thoughts about suicide. If you are experiencing suicidal feelings or thoughts, please seek help as soon as possible. See information about suicide risk and sources of help.

Middle to high range feedback

You scored in the middle to high range.

You have more depression symptoms than the average person your age. This may mean a number of things:

- that you will be likely to be more vulnerable to becoming upset or miserable by events that others do not react to;

Goldberg Anxiety

Low range feedback

You scored in the low range.

Your responses suggest that you have no anxiety symptoms or only a few symptoms of anxiety. You may be feeling confident at the moment. Stay here and learn why you have such coping strategies.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

Middle range feedback

You scored in the middle range.

You have a few symptoms of anxiety, but no more than the average person. To improve your coping ability for the future stay with moodgym.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

Middle to high range feedback

You scored in the middle to high range.

You have more anxiety symptoms than the average person. You may be more upset by stressful events or by your own mistakes, or you may be more timid and then grumpy because of missed opportunities.

If you scored in this range, then moodgym may be of great interest to you, since it aims to improve the way you approach situations in life. Keep a record of your anxiety score and you will be able to see if you improve with time.

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.

Common feedback (all score ranges)

All feedback includes expandable sections about how to seek additional help:

- **More information if you or someone you know is feeling suicidal**
This section includes information about how to access emergency and crisis services - specifically in Australia, United Kingdom, United States and Canada - as well as how to find local services in other parts of the world.
- **More information on sources of help**
This section provides information about different health professionals that can provide support, assessment and treatment options. Details of support helplines and information services in Australia, United Kingdom, United States and Canada are also listed.
- **Am I going mad?**
This section notes concerns that individuals sometimes have that they are "going mad" and explains the differences between psychotic experiences and other issues. The user is encouraged to seek advice from a health professional if they are concerned.

High to very high range feedback

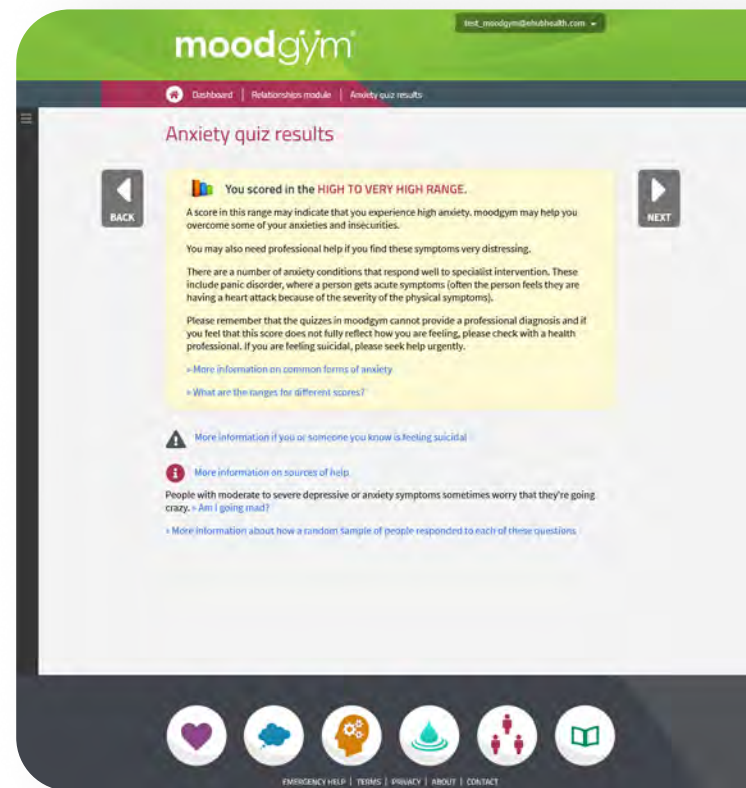
You scored in the high to very high range.

A score in this range may indicate that you experience high anxiety. moodgym may help you overcome some of your anxieties and insecurities.

You may also need professional help if you find these symptoms very distressing.

There are a number of anxiety conditions that respond well to specialist intervention. These include panic disorder, where a person gets acute symptoms (often the person feels they are having a heart attack because of the severity of the physical symptoms).

Please remember that the quizzes in moodgym cannot provide a professional diagnosis and if you feel that this score does not fully reflect how you are feeling, please check with a health professional. If you are feeling suicidal, please seek help urgently.



Common feedback (all score ranges)

All feedback includes expandable sections about how to seek additional help:

- **More information if you or someone you know is feeling suicidal**
This section includes information about how to access emergency and crisis services - specifically in Australia, United Kingdom, United States and Canada - as well as how to find local services in other parts of the world.
- **More information on sources of help**
This section provides information about different health professionals that can provide support, assessment and treatment options. Details of support helplines and information services in Australia, United Kingdom, United States and Canada are also listed.
- **Am I going mad?**
This section notes concerns that individuals sometimes have that they are "going mad" and explains the differences between psychotic experiences and other issues. The user is encouraged to seek advice from a health professional if they are concerned.

ecouch tailored feedback

Goldberg Depression

Low range feedback

You scored in the low range.

Your responses suggest that you have no or few symptoms of depression at the moment.

e-couch might give you some clues as to why you cope well, how emotions develop, and how greater resilience might be achieved. It might also give you insights into the feelings of others who are more likely not to cope well.

Middle range feedback

You scored in the middle range.

You have a few symptoms of depression, but no more than the average person your age.

e-couch should provide you with the skills to improve your coping ability and protect you from stressful events in the future.

Middle to high range feedback

You scored in the middle to high range.

You have more depression symptoms than the average person your age. There are many reasons why you might have scored in this range.

Perhaps you tend to become upset by events that others don't react to. Perhaps you have recently experienced a traumatic event.

e-couch may also be of great interest to you, since it aims to improve the way you approach situations in life.

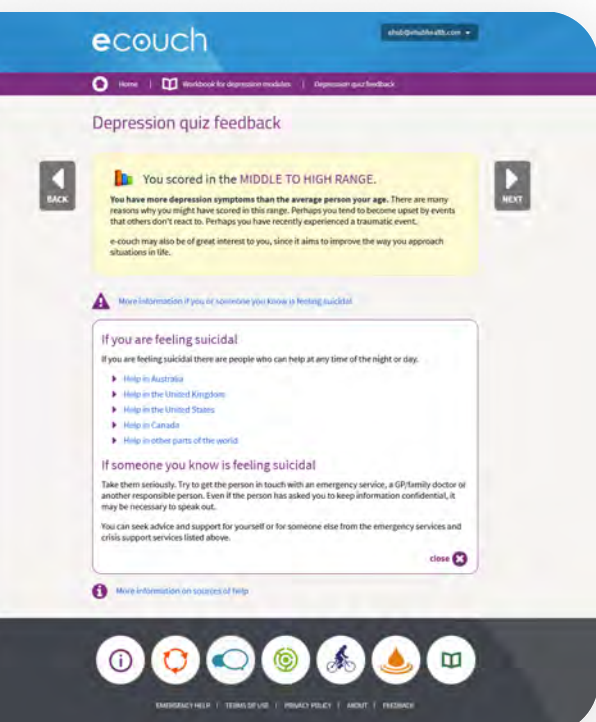
High to very high range feedback

You scored in the high to very high range.

You have more symptoms of depression than the average person. This may mean that you have difficulty coping some or all of the time. A score in this range might mean that you are very vulnerable to depression or that you are depressed. You may have had thoughts that life is not worth living. Perhaps you have experienced a particularly stressful event in the recent past.

e-couch may be useful in helping you sort out some of your feelings. However, we strongly suggest that you seek the help of a GP or a mental health professional, a psychologist or a specialist medical practitioner to check out your mental health status.

People with depression scores in this range may feel that they don't want to go on and may even have thoughts about suicide. If you are experiencing suicidal feelings or thoughts, please seek help as soon as possible. See information about suicide risk and sources of help.



Goldberg Anxiety

Low range feedback

You scored in the low range.

You have no or few symptoms of anxiety. You may be feeling confident at the moment.

e-couch can help you learn why you have such coping strategies. You may also learn why others do not cope as well as you and what can help them.

Middle range feedback

You scored in the middle range.

You have a few symptoms of anxiety, but no more than the average person.

e-couch may help you to improve your coping ability for the future.

Middle to high range feedback

You scored in the middle to high range.

You have more anxiety symptoms than the average person. You may tend to become upset by stressful events or by your own mistakes. You may be a little timid, and then frustrated, upset or annoyed because of missed opportunities.

Middle to high range feedback

You scored in the middle to high range.

You have more anxiety symptoms than the average person. You may tend to become upset by stressful events or by your own mistakes. You may be a little timid, and then frustrated, upset or annoyed because of missed opportunities.

e-couch may be of great interest to you, since it aims to improve the way you approach situations in life.

High to very high range feedback

You scored in the high to very high range.

You have more symptoms of anxiety than the average person. e-couch may help you overcome some of your anxieties and insecurities.

You may also need professional help if you find these symptoms very distressing. There are a number of anxiety conditions that respond well to specialist intervention. These include panic disorder, social phobia, and post-traumatic stress disorder.

In panic disorder a person experiences acute symptoms of anxiety (so severe that they may fear that they are having a heart attack). Social phobia or anxiety in social situations can also be very debilitating. For example, some people with this condition find that they can't sign their name in public. Post traumatic stress disorder often produces very distressing symptoms, including flashbacks, where the person experiences very vivid images of previous trauma.

Common feedback (all score ranges)

All feedback includes expandable sections about how to seek additional help:

- **More information if you or someone you know is feeling suicidal**
This section includes information about how to access emergency and crisis services - specifically in Australia, United Kingdom, United States and Canada - as well as how to find local services in other parts of the world.
- **More information on sources of help**
This section provides information about different health professionals that can provide support, assessment and treatment options. Details of support helplines and information services in Australia, United Kingdom, United States and Canada are also listed.

SOPHS (Social Phobia Screener)

e-hub Health programs use the Social Phobia Screener (SOPHS) scale to screen for social anxiety. The Social Phobia Screener asks about social anxiety symptoms in the past month, with scores and feedback based on whether social anxiety is detected.

Reference

Batterham PJ, et al. (2017). Community-Based Validation of the Social Phobia Screener (SOPHS). *Assessment*. Oct; 24(7): 958-69.

e-hub Health programs using the assessment



Australian users are required to complete the Social Phobia Screener quiz after registration and then at each login where more than 2 weeks has elapsed since last completion. Non-Australian users can complete the quiz at any time.

Users can also retake the quiz at any time through the program workbooks where they will also have access to a graph showing their score progress over time.

Common feedback (all score ranges)

All feedback includes expandable sections about how to seek additional help:

- **More information if you or someone you know is feeling suicidal**
This section includes information about how to access emergency and crisis services - specifically in Australia, United Kingdom, United States and Canada - as well as how to find local services in other parts of the world.
- **More information on sources of help**
This section provides information about different health professionals that can provide support, assessment and treatment options. Details of support helplines and information services in Australia, United Kingdom, United States and Canada are also listed.

SOPHS items

Each item is answered with 'Not at all / A little bit / Moderately / Severely / Extremely'.

Social Phobia Screener

01

To what extent have you felt fearful or embarrassed of any social situations during the past month?

02

Was the fear or embarrassment you experienced during the past month excessive or unreasonable?

03

During the past month, have you avoided any social situations because of your fear or embarrassment?

04

During the past month, how much have you suffered through any social situations because of your fear or embarrassment?

05

During the past month, how much has your work, home or social life been disrupted because of your fear or embarrassment?

If the user answers 'Not at all' to the first question then no further questions are asked.

SOPHS scoring

Items are scored 0 (Not at all), 1 (A little bit), 2 (Moderately), 3 (Severely), 4 (Extremely) and summed.

Initial assessment:

Very High: If the scores for Q1, Q2 and Q5 are all 1 or higher and the score for Q3 or Q4 is at least 1, then the result is assessed as being very high risk of a social anxiety disorder. This condition is assessed first, before considering the score. A score as low as 4 can still meet the criteria for 'very high'.

After this assessment the total score is considered:

High: total score ≥ 6

Medium: total score = 5

Low: ≤ 1 total score and ≤ 4

None: total score = 0

ecouch

tailored feedback

No symptoms feedback

Based on your response to the quiz, **you are not experiencing any social anxiety at the moment.** It's great that you haven't had any social anxiety in the past month.

If you do develop such fears in the future you may find that the e-couch Social Anxiety program is helpful.

The e-couch Social Anxiety program provides you with information and teaches you the evidence-based skills of cognitive behaviour therapy (CBT), exposure therapy, social skills training, attention practice and relaxation.

Low range feedback

Based on your responses to the quiz, **you do not appear to have a social anxiety disorder at the moment.**

Note that this quiz is a screening test not a diagnostic test. Only a health professional can diagnose whether you have social anxiety disorder or not.

If you are concerned about your symptoms, particularly if they are interfering with your life, consult a GP, mental health professional, a psychologist or a specialist medical practitioner.

If you feel that you do have some anxieties and insecurities about social situations the e-couch Social Anxiety program can help by providing you with information and teaching you the evidence-based skills of cognitive behaviour therapy (CBT), exposure therapy, social skills training, attention practice and relaxation.

Medium range feedback

Based on your responses to the quiz, **you have some social anxiety symptoms but not a social anxiety disorder.**

Note that this quiz is a screening test not a diagnostic test. Only a health professional can diagnose whether you have social anxiety disorder or not.

If you find your symptoms distressing or limiting we suggest you seek professional advice from a GP, mental health professional, a psychologist or a specialist medical practitioner.

The e-couch Social Anxiety program can help by providing you with information and teaching you the evidence-based skills of cognitive behaviour therapy (CBT), exposure therapy, social skills training, attention practice and relaxation.

High range feedback

Based on your responses to the quiz, it is possible you have a social anxiety disorder or are vulnerable to developing social anxiety.

Note that this quiz is a screening test not a diagnostic test. Only a health professional can diagnose whether you have social anxiety disorder or not.

If you find your symptoms distressing or limiting we suggest that you seek the advice of a GP, mental health professional, psychologist or a specialist medical practitioner to check out your mental health status.

The e-couch Social Anxiety program can help by providing you with information and teaching you the evidence-based skills of cognitive behaviour therapy (CBT), exposure therapy, social skills training, attention practice and relaxation.

Very high range feedback

Based on your responses to the quiz, **you have a social anxiety disorder.**

Note that this quiz is a screening test not a diagnostic test. Only a health professional can diagnose whether you have social anxiety disorder or not.

We strongly suggest that you seek advice from a GP, mental health professional, psychologist or a specialist medical practitioner to check out your mental health status.

The e-couch Social Anxiety program can also help by providing you with information and teaching you the evidence-based skills of cognitive behaviour therapy (CBT), exposure therapy, social skills training, attention practice and relaxation.

Additional assessments

Warpy Thoughts Quiz

The Warpy Thoughts Quiz was developed at the Australian National University. It is a 42 item scale which measures dysfunctional attitudes, organised into 7 categories of vulnerability..

Reference

Parslow, R.A., et. al. (2006) The warpy thoughts scale: a new 20-item instrument to measure dysfunctional attitudes. Cognitive Behaviour Therapy. 35(2): 106-116.

e-hub Health programs using the assessment



The Warpy Thoughts Quiz is presented in the initial Getting started module, and is repeated in the Thoughts module and the final Wrapping up module.

Users can also retake the quiz at any time through the program workbook.

moodgym test_moodgym@ehubhealth.com

Dashboard | Thoughts module | Warpy Thoughts Quiz

WTQ: The need to be perfect

Select the answer corresponding to your feelings about each statement:

Exercise: Warpy thoughts quiz

Part 1 | Part 2 | Part 3 | **Part 4** | Part 5 | Part 6 | Part 7

* Indicates a required field

Statement	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I see no point in doing anything unless it can be done perfectly *	☐	☐	☒	☐	☐
There are no second prizes in life *	☐	☐	☒	☐	☐
Things must be done to certain standards, otherwise there is no point in doing them *	☐	☐	☒	☐	☐
If I make mistakes then others will think less of me *	☐	☐	☒	☐	☐
If I don't do something perfectly then I don't like myself very much *	☐	☐	☒	☐	☐
I never seem to be able to reach my own high standards *	☐	☐	☒	☐	☐

Submit

How is this quiz scored?

EMERGENCY HELP | TERMS | PRIVACY | ABOUT | CONTACT

Warpy Thoughts Quiz items

- 1—Strongly agree
- 2—Agree
- 3—Neither agree nor disagree
- 4—Disagree
- 5—Strongly disagree

The need for approval from others

- If people criticise me, I am not a worthwhile person
- Other people's approval is very important to me
- I can make everyone like me if I just try hard enough
- The most important thing in the world to me is to be accepted
- I find it impossible to go against other people's wishes.
- Unless I get constant praise I feel that I am not worthwhile

The need to succeed

- I can't feel equal to others unless I'm really good at something.
- I only feel valued If I achieve my goals
- My success in life defines my goals
- I need to be successful in all areas that are important to me
- Life is pointless if I don't have goals to chase
- Without success in life, it is impossible to be happy

The need to be loved

- Life is unbearable unless I am loved by my family
- If I am not loved it is because I am unlovable
- If I love somebody who doesn't love me, I must be inadequate
- I need to be constantly told I'm loved to feel secure
- If I were a better person then somebody would love me
- In order to be happy, I need someone to really love me

The need to be perfect

- I see no point in doing anything unless it can be done perfectly
- There are no second prizes in life
- Things must be done to certain standards, otherwise there is no point in doing them
- If I make mistakes then others will think less of me
- If I don't do something perfectly then I don't like myself very much
- I never seem to be able to reach my own high standards

The sense of being able to influence/ be responsible for other people's emotional reactions

- I can prevent people being upset by thinking about what they might need
- If I have a fight with my friends, it must be my fault
- I should be able to please everybody
- I am responsible for other people's happiness
- If people are uncomfortable around me it is my fault
- If the people around me are upset, I usually worry that I have upset them

The sense of feeling deserving

- If obstacles are placed in my path, it is natural that I would get angry
- Things should always go right for me
- If I do the right things, people should acknowledge it
- If I feel that I deserve something, I should get it
- If I go out of my way to help others, they should do the same for me when I need it
- I shouldn't have to work so hard to get the things I want"

Happiness is contingent upon external things

- I can only be happy if I have the good things in life
- Unless I have expensive possessions, people won't approve of me
- If I were rewarded for the goals I achieve, I know I could be happy.
- If my friends are unhappy, then I cannot be happy
- Everything has to be going well in order for me to be happy
- My happiness depends on others

Scoring

Each item is scored from 1 to 5 and a separate score is calculated for each of the vulnerability areas. Each area of vulnerability is displayed as a percentage of the user's vulnerability profile to provide feedback about their strengths and weaknesses. This is used to guide users to focus on specific sections of the moodgym program.

Note that scores cannot be meaningfully compared between individuals. Even relatively low scores on a particular area of vulnerability will be displayed as a high score if a particular individual has low scores for all vulnerability areas. Thus, individual users with different raw scores may end up with identical percentage scores.

moodgym™
tailored feedback

Scores are presented in a graph format to show relative percentages across the seven areas of vulnerability.

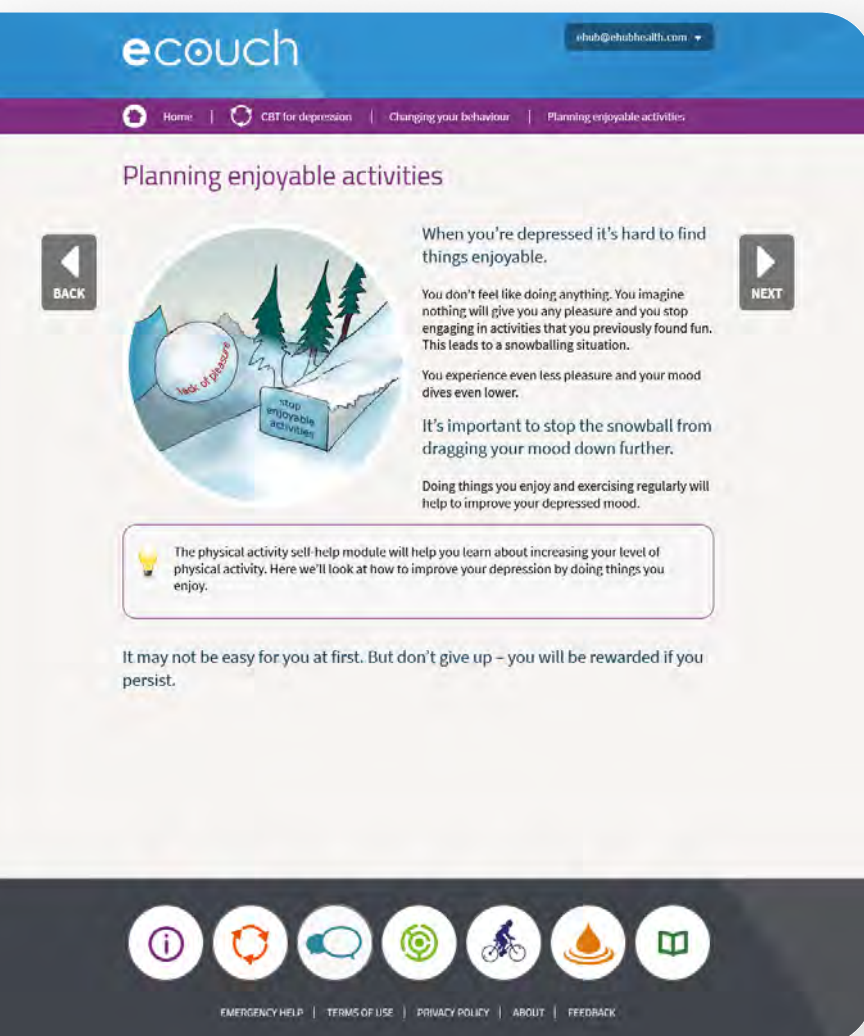
In the Unwarping module users are directed to explore methods related to the areas of vulnerability on which they scored most highly.

Pleasant Events Quiz

The Pleasant Events Quiz is a behavioural self-report inventory of potentially enjoyable activities. The quiz is a short (60 item) form of the Pleasant Events Schedule developed by MacPhillamy and Lewinsohn (1982), and is used in moodgym and e-couch programs.

Reference

MacPhillamy DJ and Lewinsohn PM. (1982). The Pleasant Events Schedule: Studies on Reliability, Validity, and Scale Intercorrelation. *Journal of Consulting and Clinical Psychology*. 50(3): 363-80..



e-hub Health programs using the assessments

moodgym™

The Pleasant Events Quiz is presented in the Unwarping module. Users can also retake the quiz at any time through the program workbook.

ecouch

The Pleasant Events Quiz is presented in the Cognitive Behaviour Therapy module (Changing your behaviour sub-module) of the Depression program. Users can also retake the quiz at any time through the program workbook.

Pleasant Events Quiz items

The user is asked to rate each of 60 activities for frequency and pleasantness:

Frequency

How often this month?
Never (0)
A few times (1)
Often (2)

Pleasantness

How pleasant?
Not at all (0)
Somewhat (1)
Very (2)

Events

- | | |
|--|--|
| 1. Being in the country | 31. Having spare time |
| 2. Meeting someone new of the same sex | 32. Being noticed as sexually attractive |
| 3. Planning trips or vacations | 33. Learning to do something |
| 4. Reading the scriptures or other sacred works | 34. Complimenting or praising someone |
| 5. Reading stories, novels, poems, or plays | 35. Thinking about people I like |
| 6. Going to lectures or hearing speakers | 36. Kissing |
| 7. Driving skillfully | 37. Being praised by people I admire |
| 8. Breathing clean air | 38. Feeling the presence of the Lord in my life |
| 9. Saying something clearly | 39. Doing a project on my own |
| 10. Thinking about something good in the future | 40. Getting up in the morning |
| 11. Laughing | 41. Having peace and quiet |
| 12. Having lunch with friends or associates | 42. Visiting friends |
| 13. Being with animals | 43. Being relaxed |
| 14. Having a frank and open conversation | 44. Sleeping soundly at night |
| 15. Going to a party | 45. Petting, necking |
| 16. Wearing informal clothes | 46. Amusing people |
| 17. Being with friends | 47. Being with someone I love |
| 18. Being popular at a gathering | 48. Having sexual relations with a partner |
| 19. Watching wild animals | 49. Finishing a project or task |
| 20. Sitting in the sun | 50. Watching people |
| 21. Seeing good things happen to my family or friends | 51. Being with happy people |
| 22. Planning or organizing something | 52. Going to banquets, luncheons, potlucks, etc |
| 23. Having a lively talk | 53. Smiling at people |
| 24. Having friends come to visit | 54. Being with my husband or wife |
| 25. Introducing people who I think would like each other | 55. Having people show interest in what I have said |
| 26. Wearing clean clothes | 56. Having coffee, tea, a coke, etc with friends |
| 27. Meeting someone new of the opposite sex | 57. Being complimented or told that I have done well |
| 28. Seeing beautiful scenery | 58. Being told that I am loved |
| 29. Eating good meals | 59. Making a new friend |
| 30. Doing a job well | 60. Seeing old friends |

Pleasant Events Quiz scoring

A frequency rating score is calculated as the sum of the frequency item values divided by the number of completed items (score from 0 to 2).

A pleasantness rating score is calculated as the sum of the pleasantness item values divided by the number of completed items (score from 0 to 2).

moodgym™ and ecouch tailored feedback

The user is presented with an average frequency score and an average pleasantness score. These are then compared to the averages provided in the table below.

Average ranges for the Pleasant Events Quiz as a function of age group

Age Group	Mean Frequency Score	Mean Pleasantness Score
39 or younger	0.63-1.03	0.86-1.26
40-59	0.57-0.97	0.82-1.22
60 or older	0.50-0.90	0.78-1.18

The following information is provided so that users can interpret their findings:

How often?



Frequency score: {user score} (moodgym)



You scored {user score} on the “How often” scale.

Normal frequency

Most {gender} your age score between {lower score} to {upper score}. This means the number of activities you are participating in is **within normal limits**.

Lower frequency

Most {gender} your age score between {lower score} to {upper score}. So, you are taking part in **fewer activities than most people**.

Very low frequency

Most {gender} your age score between {lower score} to {upper score}. So, you are definitely taking part in **fewer activities than most people**.

How enjoyable?



Pleasantness score: {user score} (moodgym)



You scored {user score} on the “How enjoyable” scale.

Normal enjoyment

Most {gender} your age score between {lower score} to {upper score}. This means that you find pleasant activities **as enjoyable as most people**.

Lower enjoyment

Most {gender} your age score between {lower score} to {upper score}. So, compared with most other people you find **few activities enjoyable**.

Very low enjoyment

Most {gender} your age score between {lower score} to {upper score}. So, you find **very few activities enjoyable compared to most people**.

Note: ‘Gender’ is rendered as ‘men’, ‘women’ or ‘people’ according to the gender supplied by the user.

Either score below average:

Your scores suggest that it would be good for you to try and increase the enjoyable activities in your life.

Both scores average or above:

Your scores are within normal limits. Potentially you have a large number of activities and events from which you could derive satisfaction.

In addition, users are provided with personalised feedback about their activities as a function of three categories.

- These are the items that you enjoy and do frequently:
- These are the items that you enjoy the most but do not do as frequently:
- These are items that you frequently do but do not enjoy as much:

Life Whacks Quiz/ Stressful Events Quiz

The Life Whacks Quiz / Stressful Events Quiz is based on a scale developed by Tennant and Andrews (1979) and consists of items covering health, pregnancy (women only), bereavement, family and social issues, interpersonal relationships with friends and family, education, work, mobility and financial and legal matters. The user indicates whether any of the items have applied over the last 12 months. Each item is associated with a distress rating and the user receives feedback including the number of events checked and a total score with distress rating.

Reference

Tennant, C. and Andrews, G. (1979). A scale to measure the stress of life events. Australian and New Zealand Journal of Psychiatry. 10: 27-32. e-hub programs using the questionnaire.

e-hub Health programs using the assessment

moodgym™

The Life Whacks Quiz is presented in the Destressing module. Users can also retake the quiz at any time through the program workbook.

ecouch

The Stressful Events Quiz is presented in the Interpersonal Psychotherapy (IPT) module of the Depression program. Users can also retake the quiz at any time through the program workbook.

moodgym™

Life Whacks quiz

Instructions: Select the events below that you have experienced in the last 12 months.

HEALTH

	Yes	No	Rating
You had a minor illness or injury like one needing a visit to a doctor or a couple of days off	☐	☐	1
You had a serious illness, injury or operation needing hospitalization or a month or more off work	☐	☐	10
A close relative had a serious illness (from which they did not die)	☐	☐	10

BEHAVIOUR

	Yes	No	Rating
Your partner died	☐	☐	100
A child of yours died	☐	☐	100
A close family member died (eg. parent, brother, etc.)	☐	☐	100

FAMILY AND SOCIAL (if you are or were married or in a de facto relationship)

	Yes	No	Rating
There has been increasing serious arguments with your partner	☐	☐	10
You have been separated from your partner for more than a month because of relationship difficulties	☐	☐	1
You have been separated from your partner for more than a month (for reasons other than relationship difficulties)	☐	☐	1
You have got back together again after a separation due to relationship difficulties	☐	☐	1
You began an affair with someone other than your partner	☐	☐	1
Your partner began an extramarital affair	☐	☐	10

FAMILY AND SOCIAL (if you are single)

	Yes	No	Rating
You have been divorced	☐	☐	100
You became engaged or began a close relationship	☐	☐	1
You broke off your engagement	☐	☐	10
You broke off a close relationship	☐	☐	10

FRIENDS AND RELATIVES

	Yes	No	Rating
You had increasing arguments or difficulties with your close friend	☐	☐	10
A new person came to live in your household	☐	☐	1
You have been separated from someone important to you (other than close family members)	☐	☐	1
There has been a serious increase in arguments or problems with someone who lives at home (excluding partner)	☐	☐	10
There has been serious problems with a close friend, neighbour or relative not living at home	☐	☐	1

EDUCATION

	Yes	No	Rating
You dropped out of your training program	☐	☐	1
You studied for, or did, important exams	☐	☐	1
You failed an important exam	☐	☐	10

WORK

	Yes	No	Rating
You have been unemployed and seeking work for a month or more	☐	☐	10
Your own business failed	☐	☐	10
You were sacked	☐	☐	10
You were downgraded or demoted at work	☐	☐	10
You began to have trouble or disagreements with your boss, supervisor or fellow workers	☐	☐	1
You had a big change in the hours you worked	☐	☐	1
You had a big change in the people, duties or responsibilities in your work	☐	☐	1
You started in a completely different type of job	☐	☐	1
You had holidays for a week or more	☐	☐	1

MOVING HOUSE

	Yes	No	Rating
You moved from another country	☐	☐	10
You moved from elsewhere in your country	☐	☐	1

FINANCIAL AND LEGAL

	Yes	No	Rating
You had moderate financial difficulties	☐	☐	1
You had a major financial crisis	☐	☐	10
You had major difficulties with the police or the authorities (leading to a court appearance)	☐	☐	10
You had a jail sentence or were in prison	☐	☐	100
Something you valued or cared for greatly was stolen or lost	☐	☐	1

[Skip](#)

[How is this quiz scored?](#)

Life Whacks Quiz / Stressful Events Quiz items

Users are asked if they have experienced any of these events in the last 12 months.

LIFE EVENT	DISTRESS RATING
HEALTH (MEN AND WOMEN)	
You had a minor illness or injury like one needing a visit to a doctor or a couple of days off	!
You had a serious illness, injury or operation needing hospitalisation or a month or more off work	!!
A close relative had a serious illness (from which they did not die)	!!
(WOMEN ONLY)	
You are pregnant (with a wanted pregnancy)	!
You are pregnant (with an unwanted pregnancy)	!!
You had an abortion or miscarriage	!!
You had a baby	!
BEREAVEMENT (MEN AND WOMEN)	
Your partner died	!!!
A child of yours died	!!!
A close family member died (eg parent, brother, etc)	!!!
FAMILY AND SOCIAL (IF YOU ARE OR WERE MARRIED OR IN A DEFACTO RELATIONSHIP)	
There has been increasing serious arguments with your partner	!!
You have been separated from your partner for more than a month because of relationship difficulties	!
You have been separated from your partner for more than a month (for reasons other than relationship difficulties)	!
You have got back together again after a separation due to relationship difficulties	!
You began an affair with someone other than your partner	!
Your partner began an extramarital affair	!!

LIFE EVENT	DISTRESS RATING
FAMILY AND SOCIAL (IF YOU ARE SINGLE)	
You have been divorced	!!!
You became engaged or began a close relationship	!
You broke off your engagement	!!
You broke off a close relationship	!!
FRIENDS AND RELATIVES	
You had increasing arguments or difficulties with your close friend	!!
A new person came to live in your household	!
You have been separated from someone important to you (other than close family members)	!
There has been a serious increase in arguments or problems with someone who lives at home (excluding partner)	!!
There has been serious problems with a close friend, neighbour or relative not living at home	!
EDUCATION	
You dropped out of your training program	!
You studied for, or did, important exams	!
You failed an important exam	!!
WORK	
You have been unemployed and seeking work for a month or more	!!
Your own business failed	!!
You were sacked	!!
You were downgraded or demoted at work	!!
You began to have trouble or disagreements with your boss, supervisor or fellow workers	!
You had a big change in the hours you worked	!

LIFE EVENT	DISTRESS RATING
WORK	
You had a big change in the people, duties or responsibilities in your work	!
You started in a completely different type of job	!
You had holidays for a week or more	!
MOVING HOUSE	
You moved from overseas	!!
You moved from elsewhere in your country	!
FINANCIAL AND LEGAL	
You had moderate financial difficulties	!
You had a major financial crisis	!!
You had major difficulties with the police or the authorities (leading to a court appearance)	!!
You had a jail sentence or were in prison	!!!
Something that you valued or cared for greatly was stolen or lost	!

Scoring

Two scores are provided: a life event score and a weighted life event score. The life event score is the total of all checked items. The weighted life event score is calculated by multiplying the item by its weight (shown in the above table) before summing the total..



tailored feedback

Cut-offs shown below are associated with the following feedback:

Life events

Number of events checked:

2 or less:

Hey, unless you had a few really major things happen for you, this score indicates that things may be going pretty well for you at the moment. Life is pretty stable ... maybe it is too stable, or maybe it is relaxing. If you are feeling stressed and it is not because you have had distressing life events, it is not LIFE WHACKS that are causing the stress. Decrease your distress by focusing on your vulnerabilities. Refresh WUTIWUF.

3-10:

You have a moderate number of stressors, so you might start to think of ways to reduce the likelihood of these stressors happening in the future. Keep thinking how to reduce your vulnerabilities.

More than 10:

Either you had a very bad year or some very major things happened to you this year. Think about whether any of the stressors can be avoided in the future. Take care of yourself. You are potentially very vulnerable.

Weighted life events

Score with distress weighting:

5 or less:

This is a good score. It means the number of events you have experienced of a distressing nature is low. Concentrate on keeping it that way (not that you can always anticipate control).

6-15:

Either you had lots of little hassles which have been never-ending or you have had a couple of major blows. Think about how these might be avoided in the future (not that they can necessarily be avoided in the future).

More than 15:

Oh Oh Oh Oh! If you are coping well... good for you. You have had a very stressful 12 months. Check out the ways below to improve your coping. Analyse what might be done about these life whacks.

moodgym

Dashboard | Distressing module | Life Whacks quiz

Life Whacks quiz

Instructions: Select the events below that you have experienced in the last 12 months.

Exercise: Life Whacks Quiz

HEALTH	Yes	No	Rating
You had a minor illness or injury like one needing a visit to a doctor or a couple of days off	☐	☐	1
You had a serious illness, injury or operation needing hospitalization or a month or more off work	☐	☐	2
A close relative had a serious illness (from which they did not die)	☐	☐	3

BEREAVEMENT	Yes	No	Rating
Your partner died	☐	☐	3
A child of yours died	☐	☐	3
A close family member died (eg. parent, brother, etc.)	☐	☐	3

FAMILY AND SOCIAL (if you are or were married or in a de facto relationship)	Yes	No	Rating
There has been increasing serious arguments with your partner	☐	☐	2
You have been separated from your partner for more than a month because of relationship difficulties	☐	☐	2
You have been separated from your partner for more than a month (for reasons other than relationship difficulties)	☐	☐	2
You have got back together again after a separation due to relationship difficulties	☐	☐	2

ecouch

tailored feedback

Feedback on number of events

2 or fewer events

A score of 2 or less events indicates that unless you've had a few really major things happen for you, things may be going pretty well for you at the moment. Life is pretty stable...

3 - 10 events

A score of 3-10 events indicates that you have a moderate number of stressors, so you might start to think of ways to reduce them. If these involve relationships, the following parts of this module should prove helpful.

>10 events

A score of more than 10 indicates that either you've had a very bad year or some very major things have happened to you. This module should prove to be helpful in identifying problems for you.

Feedback on total distress rating

Score of 5 or less

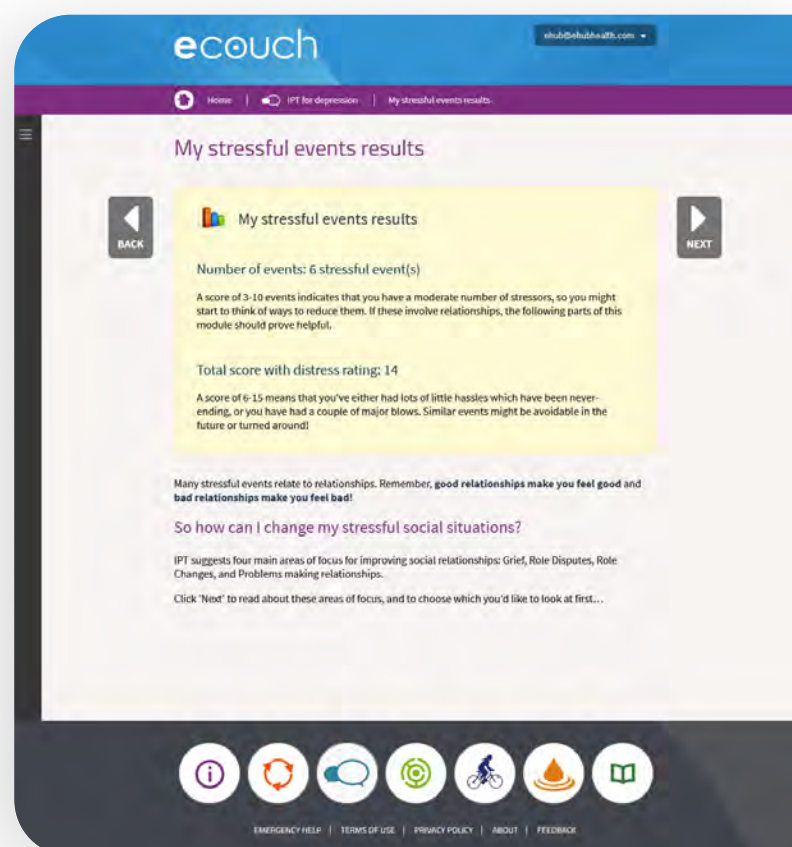
A score of 5 or less is a good score. It means the number of events you have experienced of a distressing nature is low. Concentrate on keeping it that way (not that this will always be in your control).

Score of 6 - 15

A score of 6-15 means that you've either had lots of little hassles which have been never-ending, or you have had a couple of major blows. Similar events might be avoidable in the future or turned around!

Score of more than 15

A score of more than 15 means that you've had a very stressful 12 months. The e-couch IPT module may be useful to develop ways of coping.



Mum and Dad Quiz

The **Mum and Dad Quiz** measures three aspects of a user's relationship with each of their parents: indifference, over-control and abuse, and is based on a scale developed by Parker (1997).

Reference

Parker G, et al. (1997). The development of a refined measure of dysfunctional parenting and assessment of its relevance in patients with affective disorders. *Psychological Medicine*. 27: 1193-203.

moodgym test_moodgym@ehubhealth.com

Dashboard | Relationships module | Mum and Dad quiz

Mum and Dad quiz

Part 1: Mum quiz

This quiz lists various attitudes and behaviours of parents.

Instructions: How true are each of these statements about your mother's behaviour towards you in your first 16 years?

Exercise: Mum quiz

* indicates a required field

Statement	Not true at all	Slightly true	Moderately true	Extremely true
Overprotective of me *	☐	☐	☐	☐
Verbally abusive of me *	☐	☐	☐	☐
Overcontrolling of me *	☐	☐	☐	☐
Sought to make me feel guilty *	☐	☐	☐	☐
Ignored me *	☐	☐	☐	☐
Critical of me *	☐	☐	☐	☐
Unpredictable towards me *	☐	☐	☐	☐
Uncaring of me *	☐	☐	☐	☐
Physically violent or abusive of me *	☐	☐	☐	☐
Rejecting of me *	☐	☐	☐	☐
Left me on my own a lot *	☐	☐	☐	☐
Would forget about me *	☐	☐	☐	☐
Was uninterested in me *	☐	☐	☐	☐
Made me feel in danger *	☐	☐	☐	☐
Made me feel unsafe *	☐	☐	☐	☐

Submit

How is this quiz scored?

EMERGENCY HELP | TERMS | PRIVACY | ABOUT | CONTACT

e-hub Health programs using the assessment



The Mum and Dad Quiz is presented in the Relationships module. Users can also retake the quiz at any time through the program workbook.

Mum and Dad Quiz items

This quiz lists various attitudes and behaviours of parents. Users respond to each item using the following scale:

- 0—Not true at all
- 1—Slightly true
- 2—Moderately true
- 3—Extremely true

How true are each of these statements about your MOTHER'S behaviour towards you in your first 16 years? (Please respond to all the items).

The items are as follows, with the letters in brackets representing:

- I = Indifference
- O = Over-control
- A = Abuse

Attitudes and behaviours of parents

- Overprotective of me (O)
- Verbally abusive of me (A)
- Over controlling of me (O)
- Sought to make me feel guilty (O)
- Ignored me (I)
- Critical of me (O)
- Unpredictable towards me (A)
- Uncaring of me (I)
- Physically violent or abusive of me (A)
- Rejecting of me (I)
- Left me on my own a lot (I)
- Would forget about me (I)
- Was uninterested in me (I)
- Made me feel in danger (A)
- Made me feel unsafe (A)

These items are then repeated with the following instruction:

How true are each of these statements about your FATHER'S behaviour towards you in your first 16 years? (Please respond to all the items).

Scoring

The items are then combined to yield paternal and maternal indifference, over-control and abuse scores.

tailored feedback

Cuts-offs are used to provide feedback to users.

Cut-offs and feedback provided to males and females in the Mum and Dad Quiz

	Male user	Female user
Maternal Indifference	• Score 0-2 Your indifference score is in the normal range. Your mother interacted with you in an engaged way • Score 3-7 Your maternal indifference score is slightly raised, but nothing out of the ordinary. This is within the normal range • Score > 7 You felt that your mother was indifferent, or less caring than about 70% of other people rating their mothers	• Score 0-5 Your indifference score is in the normal range • Score 6-10 This score is elevated but nevertheless within normal range, suggesting that your mother might have been slightly less involved, or indifferent on some occasions • Score > 10 Your score indicates that you perceive that your mother was indifferent. Approximately 30% of women have similar perceptions of their mothers
Maternal over-control	• Score 0-5 You do not see your mother as over-controlling • Score 6 –7 Your score is higher than average but still within the normal range. This indicates that your mother may have been over-controlling occasionally • Score > 7 You think that your mother was pretty over-controlling. Approximately 30% of men think that their mother was over-controlling with a score at this level	• Score 0-5 Your score is below the average and indicates that you do not think your mother is over-controlling • Score 6 –9 Your score is higher than average but still within the normal range • Score > 9 Your score indicates that you perceive that your mother was over-controlling. Approximately 30% of women rate their mothers at this level.
Maternal abuse	• Score 0-2 Your score is within the normal range • Score 3–7 Your score is slightly elevated, but still within the normal range • Score > 7 This score indicates that you see your mother as behaving in an abusive matter. Approximately 30% of women see their mothers this way	• Score 0-2 Your score is within the normal range • Score 3–7 Your score is slightly elevated, but still within the normal range • Score > 7 This score indicates that you see your mother as behaving in an abusive matter. Approximately 30% of women see their mothers this way

	Male user	Female user
Paternal indifference	• Score 0-6 Your score is in the normal range and does not indicate that your father was uncaring or indifferent to you • Score 7-12 This score is elevated but nevertheless within the normal range • Score > 12 This score indicates that you see your father as more abusive than do approximately 80% or so of the population	• Score 0-5 Your score indicates that you do not think your father was indifferent to you • Score 6-11 Your score indicates that you might see your father as having been a little indifferent, but a score in this range is well within the range of scores provided by most women • Score > 11 Your score indicates that you perceive your father to have been indifferent towards you. Approximately 30% of women feel this way
Paternal over-control	• Score 0-4 Your score suggests that your father was not over-controlling • Score 5 –8 This score is higher than average but still within the normal range • Score > 8 This score indicates that you perceive your father to have been over-controlling. Approximately 70% or so of people have this perception of their fathers	• Score 0-4 Your score is average or lower than average. This indicates that you do not see your father as over-controlling • Score 5 –8 Your score is higher than usual but still within the normal range • Score > 8 Your score indicates that you perceive your father to have been over- controlling. Approximately 30% of women perceive their fathers to have been over-controlling
Paternal abuse	• Score 0-4 Your score is within the normal range • Score 5–10 This score is slightly elevated • Score > 10 This score indicates that you see your father as more abusive than does 80% or so of the population	• Score 0-3 Your score is within the normal range • Score 4–9 Your score is highly elevated and may indicate that your father was abusive in some way on some occasions • Score > 9 A score in this range indicates that you see your father as having been somewhat abusive. Approximately 30% of women rate their fathers as somewhat or strongly abusive

Further information

The e-hub Health website provides additional information about the e-hub Health programs and resources for clinicians.

Visit our web pages for health professionals:

ehubhealth.com/health-professionals

If you have additional questions, feel free to visit our Frequently Asked Questions:

ehubhealth.com/faq

You may also visit our program websites and Frequently Asked Questions:

moodgym.com.au/info/faq

ecouch.com.au/info/faq

If you have any other questions about this manual or need additional information, please write to us using the contact form:

ehubhealth.com/contact-us



Acknowledgments



moodgym and e-couch were originally developed and evaluated over 15 years by researchers at the Australian National University. The principal authors of moodgym were Professor Helen Christensen and Professor Kathy Griffiths. The principal authors of e-couch were Professor Kathy Griffiths, Georgia Tayler and Professor Helen Christensen.

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