

SSD RESEARCH CRITERIA and ASSESSMENTS

Inclusion/Exclusion Criteria:

The four conditions we are most interested at this time are: anxiety (generalized anxiety disorder, test anxiety, public speaking anxiety, panic attacks); chronic pain; depression; and PTSD. Prospective participants will need to have observable symptoms of these conditions for inclusion in the study.

Exclusion criteria: 1. suicidal thoughts, ideation or behaviors.

2. Excessive use of alcohol, prescription or recreational drugs (to be determined by the investigator). The basic criterion is: is this individual able to follow instructions, come in for treatment, and 'follow the program' for the length of the study? If they are not able to do this, or if their alcohol/drug use will impair their ability to participate in and complete the study, then they should be excluded. However, mild alcohol use or prescription drug use, in itself, would not necessarily disqualify them from the study.

Recommended Assessments:

Pain assessments: Brief Pain Inventory; McGill Pain Inventory; P3 (Pain Personality Profile).

Anxiety Assessments: Beck Anxiety Index (BAI), DASS (Depression Anxiety Stress Scale); State Trait Anxiety Inventory; Liebowitz Social Anxiety Scale; Zung Anxiety Scale; Hospital Anxiety and Depression Scale; Insomnia Severity Index (if sleep is an issue); SA-45.

Depression Assessments: Beck Depression Inventory (BDI); DASS (Depression Anxiety Stress Scale); Hospital and Anxiety Depression Scale; Inventory of Depressive Symptoms (IDS).

PTSD Assessments: PCL-C (PTSD checklist for civilians), PCL-M (for vets and members of the military), SA-45; IES (Impact of Events Scale); Insomnia Severity Index (if sleep is an issue); CAPS (Clinician Administered PTSD Scale); CPSS (Child PTSD Symptom Scale).

Multi-Symptom Assessments: Symptom Checklist 90 (SCL-90); SA-45 (Symptom Assessment 45); POMS (Profile of Mood States).