



Assessing Common Mental Health and Addiction Issues With Free-Access Instruments

Katie M. Sandberg, Taryn E. Richards, Bradley T. Erford

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As healthcare costs rise, so too do the costs of assessment instruments, critical tools for mental health professionals. While some traditional assessment instruments have become prohibitively expensive, as with many other fields, the Internet offers a host of more affordable and equitable alternative assessment tools at little or no cost. The pitfall of this alternative, thus far, has been the lack of vetting and quality assessment. *Assessing Common Mental Health and Addiction Issues With Free-Access Instruments* fills this gap by providing the first analysis and assessment of these tools, provided by some of the leading names in mental health assessment instruments. This resource identifies the most efficient free access instruments and provides summary information about administration, scoring, interpretation, psychometric integrity, and strengths and weaknesses. The book is organized around the most common broad range issues encountered by helping professionals, and whenever possible, a link to the instrument itself is provided. This is an essential text for all mental health professionals looking to expand the scope and range of their assessment instruments.

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