



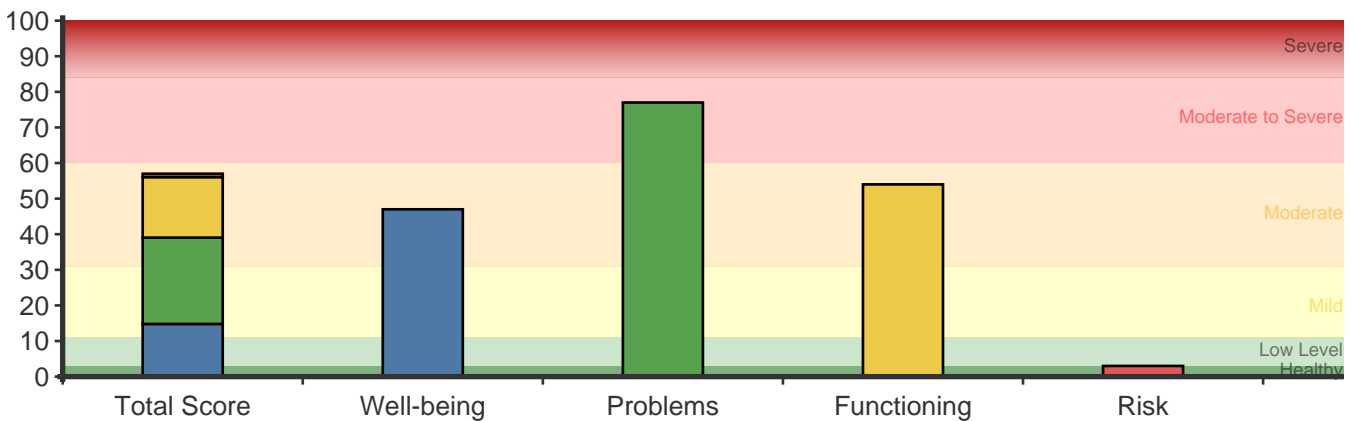
Clinical Outcomes in Routine Evaluation (CORE-OM)

<i>Client Name</i>	Chrissy Foreman	<i>Date administered</i>	30 Jun 2025
<i>Date of birth (age)</i>	23 Oct 1979 (45)	<i>Time taken</i>	2 min 48s
<i>Assessor</i>	Kimmy Lane		

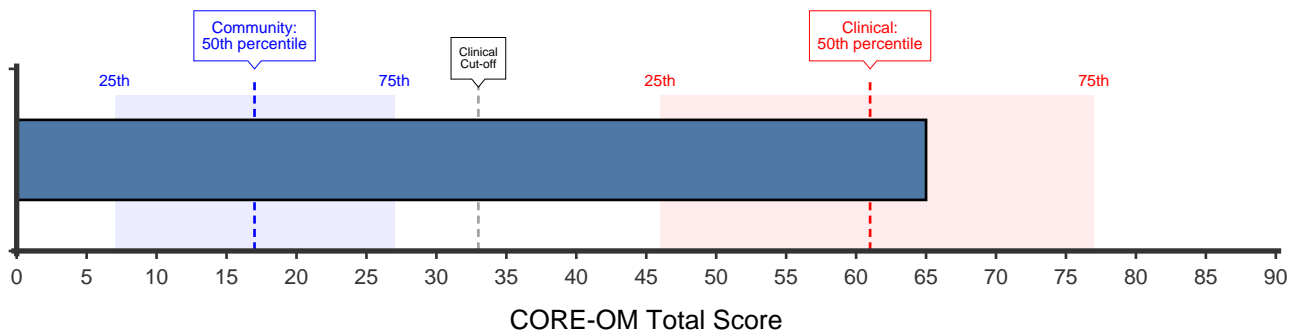
Results

	Raw Score	Percentile	Descriptor
Total	65	57	Moderate
Well-being deficits	9	47	Moderate
Problems/symptoms	34	77	Moderate-to-Severe
Life functioning difficulties	22	54	Moderate
Risk/harm	0	3	No Risk Identified

CORE-OM Clinical Percentiles



CORE-OM Score Compared to Normative Community and Clinical Populations





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Interpretation

Overall, the results indicate this person has Moderate psychological distress that is of clinical significance. Symptoms may be pronounced and interfering with the individual's daily functioning. They scored higher than 57% of people in a clinical population.

The client's score on the Subjective Well-being deficits subscale indicates mild to moderate unhappiness or dissatisfaction with life that may warrant attention. They scored higher than 47% of people in a clinical population, placing them in the Moderate category.

Highest scoring Well-being deficits items:

- 14. *I have felt like crying (Often)*
- 17. *I have felt overwhelmed by my problems (Often)*
- 4. *I have felt O.K. about myself (R) (Sometimes)*

The client's score on the Problems/Symptoms subscale reflects significant levels of psychological and/or physical distress, including anxiety, depression, or trauma. They scored higher than 77% of people in a clinical population, placing them in the Moderate-to-Severe category.

Highest scoring Problems/Symptoms items:

- 2. *I have felt tense, anxious or nervous (Most or all the time)*
- 8. *I have been troubled by aches, pains or other physical problems (Most or all the time)*
- 18. *I have had difficulty getting to sleep or staying asleep (Most or all the time)*
- 5. *I have felt totally lacking in energy and enthusiasm (Often)*

The client's score on the Life Functioning Difficulties subscale reflects mild to moderate impairment in areas such as social, general, or close relationships, suggesting some areas of life are affected by psychological distress. They scored higher than 54% of people in a clinical population, placing them in the Moderate category.

Highest scoring Life Functioning Difficulties items:

- 1. *I have felt terribly alone and isolated (Often)*
- 19. *I have felt warmth or affection for someone (R) (Only occasionally)*
- 3. *I have felt I have someone to turn to for support when needed (R) (Sometimes)*

The score on the Risk/Harm subscale does not indicate risk of harm to self or others. They denied all questions associated with risk to self or others. Nevertheless, responses to this questionnaire should not be relied upon as the primary risk assessment method.

Scoring and Interpretation Information

For comprehensive information on the CORE-OM, [see here](#).

Both a raw score and a clinical percentile are given for the total scale and each of the four subscales. Higher scores indicate poorer well-being, greater distress, more functional impairment, and higher risk across the past week.

- Subjective well-being deficits (items 4, 14, 17, 31)
- Problems/symptoms (items 2, 5, 8, 11, 13, 15, 18, 20, 23, 27, 28, 30)
- Life functioning difficulties (1, 3, 7, 12, 10, 19, 21, 25, 26, 29, 32, 33)
- Risk/harm (9, 6, 16, 22, 24, 34)

Scores are presented as a percentile compared to a clinical sample, where a percentile of 50 represents the average psychological distress of someone seeking intervention.



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Scoring and Interpretation Information (cont.)

When administered more than once, two graphs are produced. The first shows the total percentile over time, which compares respondents' total score to others seeking mental health support. The second graph represents subscale percentiles over time and is helpful for understanding the areas of improvement or deterioration and therefore targets for treatment. Both graphs can be useful in providing feedback to clients and assessing treatment response.

Severity ranges are reported for the CORE-OM, ranging from Healthy to Severe:

- 0-20 Healthy: Minimal psychological distress; typical of a non-distressed population without mental health concerns.
- 21-33 Low: Some distress related to everyday challenges or temporary situations, within the general population range.
- 34-50 Mild: Noticeable psychological discomfort, early signal of a trend towards mental health concerns.
- 51-67 Moderate: Emerging psychological distress
- 68-84 Moderate-to-Severe: noticeable distress that is likely to be interfering with daily functioning
- 85-136 Severe: Significant distress impacting several life domains, substantially impacting well-being and daily functioning.

A total raw score of 33 is the established cut-off for distinguishing between clinical and non-clinical populations (Barkham et al., 2006; Connell et al., 2007).

A change of 17 raw score points or more is considered to exceed the reliable change index (RCI) threshold for changes that may be due to measurement error or chance acting alone, indicating meaningful improvement or deterioration (Barkham et al., 2006).

Therefore, to be sure that a client has made a reliable change, a score difference of 17 or more should be observed. Given that most of the severity ranges are approximately 17 points in size, a person scoring at the higher end of moderate (65) will move to the 'mild' range if their score exceeds the RCI. Typically, a score that exceeds the RCI corresponds with a change in severity level, with the exception being the severe category (Barkham et al., 2006).

Client Responses

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
1	I have felt terribly alone and isolated	0	1	2	3	4
2	I have felt tense, anxious or nervous	0	1	2	3	4
3	I have felt I have someone to turn to for support when needed	4	3	2	1	0



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Client Responses (cont.)

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
4	I have felt O.K. about myself	4	3	2	1	0
5	I have felt totally lacking in energy and enthusiasm	0	1	2	3	4
6	I have been physically violent to others	0	1	2	3	4
7	I have felt able to cope when things go wrong	4	3	2	1	0
8	I have been troubled by aches, pains or other physical problems	0	1	2	3	4
9	I have thought of hurting myself	0	1	2	3	4
10	Talking to people has felt too much for me	0	1	2	3	4
11	Tension and anxiety have prevented me doing important things	0	1	2	3	4
12	I have been happy with the things I have done	4	3	2	1	0
13	I have been disturbed by unwanted thoughts and feelings	0	1	2	3	4
14	I have felt like crying	0	1	2	3	4
15	I have felt panic or terror	0	1	2	3	4
16	I made plans to end my life	0	1	2	3	4
17	I have felt overwhelmed by my problems	0	1	2	3	4
18	I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
19	I have felt warmth or affection for someone	4	3	2	1	0
20	My problems have been impossible to put to one side	0	1	2	3	4
21	I have been able to do most things I needed to	4	3	2	1	0
22	I have threatened or intimidated another person	0	1	2	3	4



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Client Responses (cont.)

		Not at all	Only occasionally	Sometimes	Often	Most or all the time
23	I have felt despairing or hopeless	0	1	2	3	4
24	I have thought it would be better if I were dead	0	1	2	3	4
25	I have felt criticised by other people	0	1	2	3	4
26	I have thought I have no friends	0	1	2	3	4
27	I have felt unhappy	0	1	2	3	4
28	Unwanted images or memories have been distressing me	0	1	2	3	4
29	I have been irritable when with other people	0	1	2	3	4
30	I have thought I am to blame for my problems and difficulties	0	1	2	3	4
31	I have felt optimistic about my future	4	3	2	1	0
32	I have achieved the things I wanted to	4	3	2	1	0
33	I have felt humiliated or shamed by other people	0	1	2	3	4
34	I have hurt myself physically or taken dangerous risks with my health	0	1	2	3	4