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Online Psychological Assessment (e-PASS) Final Report

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Explanation of Report and Definition of Key Terms [hide info \[-\]](#)

Your **primary diagnosis** is the condition for which you scored most highly on in terms of how much the associated symptoms distress you and interfere with your life.

Following the primary diagnosis, you will see any **secondary (additional) diagnoses** that e-PASS identified. All secondary diagnoses are placed in order of severity from highest to lowest based on your self-reported ratings in relation to how much the associated symptoms are distressing you and interfering with your life.

Although it is common clinical practice to address the primary clinical condition first, you may choose not to do so. Therefore, in the recommendations section we have also provided individualised referral options for each secondary disorder identified by e-PASS. The decision as to which one (or ones) you follow is up to you.

A **clinical disorder** is one where the number and severity of symptoms reported qualifies for a formal diagnosis and therefore warrants treatment. The severity of the clinical disorder relates to your self-reported level of the interference and distress that it causes in your life. This can vary from mild, to moderate, to severe and, commonly, the greater the severity the more urgent the need for treatment.

A **subclinical disorder** is one where only one or a few symptoms are reported and so it is not severe enough to qualify for a formal clinical diagnosis. Here, people will most likely benefit from undertaking prevention or early intervention activities to decrease the risk of the disorder reaching a clinical level and also to alleviate the current subclinical symptoms.

Primary Diagnosis [hide info \[-\]](#)

Post-Traumatic Stress Disorder ([Mild clinical disorder](#))

- Reported PTSD symptoms have lasted for 3 months or more

The symptoms you reported are consistent with a [Mild clinical](#) diagnosis of **Post-Traumatic Stress Disorder**.

The main symptoms of Post-Traumatic Stress Disorder include:

- Previous experience of traumatic event
- Reaction of fear, helplessness or horror either during or sometime after the event
- Current re-experiencing of the event (e.g. through recollections, dreams)
- Avoidance of things that remind you of the event
- Current behavioural symptoms (e.g. difficulty sleeping or concentrating)

Recommendations

PTSD ONLINE is an internet-based program (eTherapy) available to help manage and treat **Post-Traumatic Stress Disorder**.

It is recommended that you undertake the **Therapist Assisted** option of the PTSD ONLINE program, should you choose to do this program.

Alternatively, you may prefer to speak to your doctor or a mental health professional, such as a psychologist or psychiatrist, for a full clinical health assessment and treatment.

If you live in Australia, you could visit the Australian Psychological Society [Find a Psychologist](#) website to assist in locating a psychologist. It might also be useful to take a print out of this assessment to any appointment you might make.

Start a Program

PTSD ONLINE - Therapist Assisted - *Recommended [▶](#)

PTSD ONLINE - Self Help [▶](#)

Secondary Diagnosis (1) [hide info \[-\]](#)

Substance Dependence (Cannabis) ([Subclinical symptoms](#))

The symptoms you reported are consistent with a [Subclinical level](#) of **Substance Dependence (Cannabis)**. This means you reported some symptoms of Substance Dependence (Cannabis), but not enough, or at a level, that is consistent with a clinical diagnosis.

The main symptoms of Substance Dependence (Cannabis) include:

- Cannabis use over the past 12 months or more
- Symptoms may include:
 - Increased usage to reach desired effects
 - Withdrawal symptoms (e.g. aches, shakes, fever, nausea, sweating, heart racing, sleeping difficulties)
 - Attempts to reduce or stop usage
 - Significant time consumption on acquiring, using or recovering from Cannabis usage
 - Impaired participation in important activities
 - Continued usage despite awareness of personal psychological or physical problems

Recommendations

There is no eTherapy program for **Substance Dependence (Cannabis)** currently available from the National eTherapy Centre.

However, you may consider visiting your doctor, a mental health professional, or a local mental health community centre about further assessment and assistance. It might also be useful to take a print out of this assessment to any appointment you might make.

There are also a number of self help books on this topic available from your library or most book stores that may be useful.

e-PASS Test Taker Information

Username: **ptsd@ao.org.au**

Date of e-PASS test: **2009-10-21 16:00:20**

Gender: **Male**

Date of Birth: **1970**



Disclaimer: Please note this assessment has not undergone formal validation testing. Therefore this report should not replace a full clinical assessment conducted by a mental health professional and should not be considered a replacement for a formal assessment. These assessment results are only as accurate as the responses you provided and are only valid for this particular testing occasion and may also be influenced by the way the test was completed (e.g., noise distractions, fatigue).