

Attachment Center of Kansas

316-688-9850/www.ksattach.us

Mental Health Checklist for Children 6 to 10

1 out of 5 children, 3 to 17, have a mental health disorder and up to 80% are not receiving the mental health services they need. Untreated mental health problems can have a significant and long term impact on development, emotional and physical health, learning and quality of life. To help address this crisis, the Attachment Center of Kansas is providing this brief screening tool designed to identify children that are showing signs of needing more thorough mental health screening or assessment.

Please check the box that best describes your child:	0-Never	1-Sometimes	2-Often	Score
1. Complains often of aches and pains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
2. Spending more time alone than with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
3. Tires easily, has little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
4. Excessive movement and noise making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
5. Has trouble with his/her with teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
6. Less interested in school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
7. Acts as if driven by a motor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
8. Daydreams too much, spacey, in another world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
9. Distracted easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
10. Is afraid of new situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
11. Feels sad, unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
12. Is irritable, angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
13. Feels hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
14. Has trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
15. Spending less time with peers/friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
16. Fights with other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
17. Absent from school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
18. School grades dropping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
19. Is down on him or herself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
20. Visits the doctor with doctor finding nothing wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
21. Has trouble falling or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
22. Worries a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
23. Struggles with being separated from you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
24. Feels he or she is bad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
25. Takes unnecessary risks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
26. Gets hurt frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
27. Seems to be having less fun than s/he use to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
28. Acts younger than children his or her age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
29. Does not obey rules or directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
30. Does not show feelings or feelings are inappropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
31. Does not understand other people's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
32. Teases and/or bullies others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
33. Blames others for his or her troubles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
34. Takes things that do not belong to him or her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
35. Refuses to share	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___
Total				___

Add together the score for each of the 35 items for the total score. A total score of 28 or higher indicates psychological problems are present. Visit the Attachment Center website for more in depth online mental health assessments or schedule an intake.