

# Transdiagnostic Decision Tool

Name of patient:

Date:

Name of clinician:

1. Does the patient have a severe primary diagnosis?

Note:

- The primary diagnosis is the most resource-intensive diagnosis.
- Indication of severe: SCL-90 high or very high in comparison to a normative sample of outpatients; BSI high or very high in comparison to a normative sample of outpatients; DSM-5 severe.

☐ yes  
☐ no

Comment

2. Does the patient have at least one diagnosed comorbid psychiatric disorder that interferes with the treatment of the primary diagnosis?

Note:

- Also think of personality disorders, development disorders, addiction, and intellectual disabilities.
- There is interference if the diagnosed comorbid disorder complicates the clinical presentation of the primary diagnosis, or the treatment of the primary diagnosis.

☐ yes  
☐ no

3. Does the patient have somatic comorbidity that interferes with the treatment of the primary diagnosis?

Note: There is interference if the somatic comorbidity complicates the clinical presentation of the primary diagnosis, or the treatment of the primary diagnosis.

☐ yes  
☐ no

4. Does the patient exhibit severe psychosocial dysfunctioning that interferes with the treatment of the primary diagnosis?

Note:

- Indication of severe psychosocial dysfunctioning: GAF $\leq$ 50 or WHODAS $\geq$ 130.
- There is interference if the psychosocial dysfunctioning complicates the clinical presentation of the primary diagnosis, or the treatment of the primary diagnosis.

☐ yes  
☐ no


5. Does the patient have a history of prolonged trauma/neglect in childhood?


☐ yes  
☐ no

6. Have there been any unsuccessful evidence-based treatments in specialized mental healthcare for the primary diagnosis?

☐ yes  
☐ no

**Total amount of positive (=yes) scores  $\geq$  3?**

Yes  Indicated for highly specialized care on the basis of the Decision Tool

No  Not indicated for highly specialized care on the basis of the Decision Tool