



Assessment Report

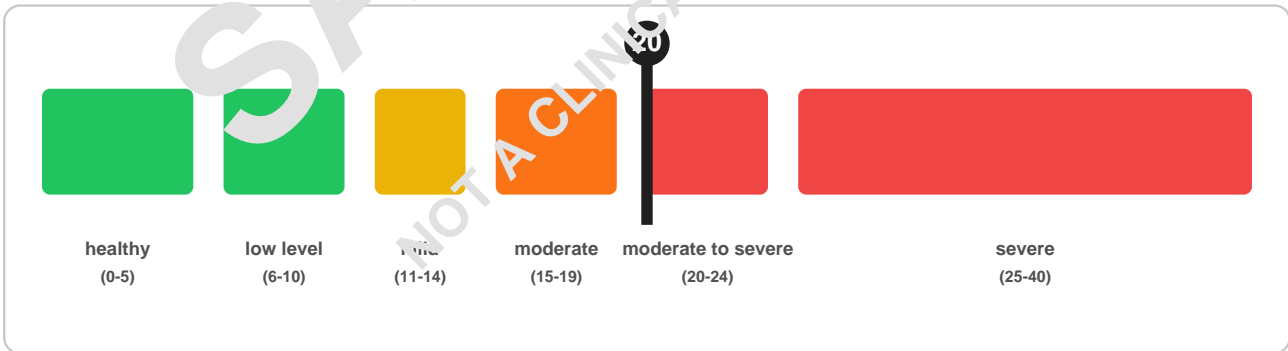
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

CORE-10 — Clinical Outcomes Routine Evaluation (10-item)

A 10-item measure of psychological distress for monitoring clinical outcomes in therapy

RESULTS



INTERPRETATION

Current score: 20, moderate to severe, as per the CORE-10 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The CORE-10 is a brief 10-item outcome measure assessing psychological distress across four domains: subjective wellbeing, problems/symptoms, life functioning, and risk to self. It is designed as a session-by-session monitoring tool to track clinical change in therapy, making it ideal for routine outcome measurement in counselling and psychotherapy services.

Origins & Development

Developed by the CORE System Trust (UK) as a shortened version of the CORE-OM (34 items), published by Connell & Barkham in 2007. The items were selected from the CORE-OM to maximise sensitivity to change while maintaining coverage across all four domains. It has demonstrated good internal consistency (alpha = 0.90), sensitivity to change, and a clinical cutoff of 11 for distinguishing clinical from non-clinical populations.

Australian Context

Increasingly adopted in Australian counselling services, employee assistance programs (EAPs), and university counselling centres. The Psychotherapy and Counselling Federation of Australia (PACFA) recognises it as a suitable outcome measure for practitioner accreditation evidence. Its brevity (10 items, ~2 minutes) makes it practical for session-by-session use in Australian practice settings with typical 50-minute appointments.

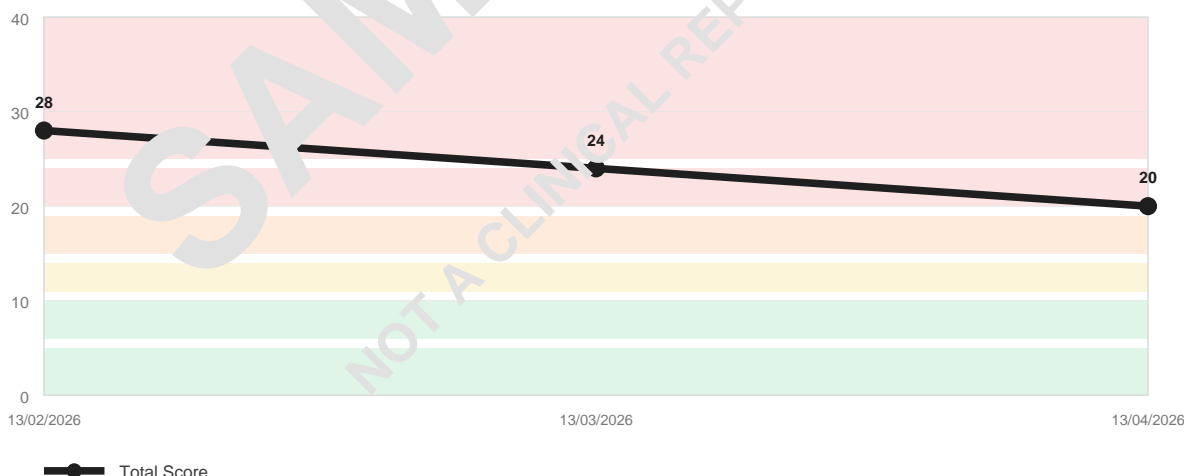


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SCORE HISTORY

Date	Score	Severity
13/02/2026	28	severe
13/03/2026	24	moderate to severe
13/04/2026	20	moderate to severe

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1	I have felt terribly alone and isolated	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I have felt tense, anxious or nervous	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I have felt I have someone to turn to for support when needed	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I have felt OK about myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I have felt totally lacking in energy and enthusiasm	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I have been physically violent to others	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I have felt able to cope when things go wrong	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I have been troubled by aches, pains or other physical problems	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I have thought of hurting myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Talking to people has felt too much for me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.



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REFERENCES

1. Connell J, Barkham M. CORE-10 User Manual, Version 1.1. CORE System Trust. 2007.
2. Barkham M, Bewick B, Mullin T, et al. The CORE-10: a short measure of psychological distress for routine use in the psychological therapies. *Couns Psychother Res.* 2013;13(1):3-13.

ACKNOWLEDGEMENT & LICENSING

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