



Assessment Report

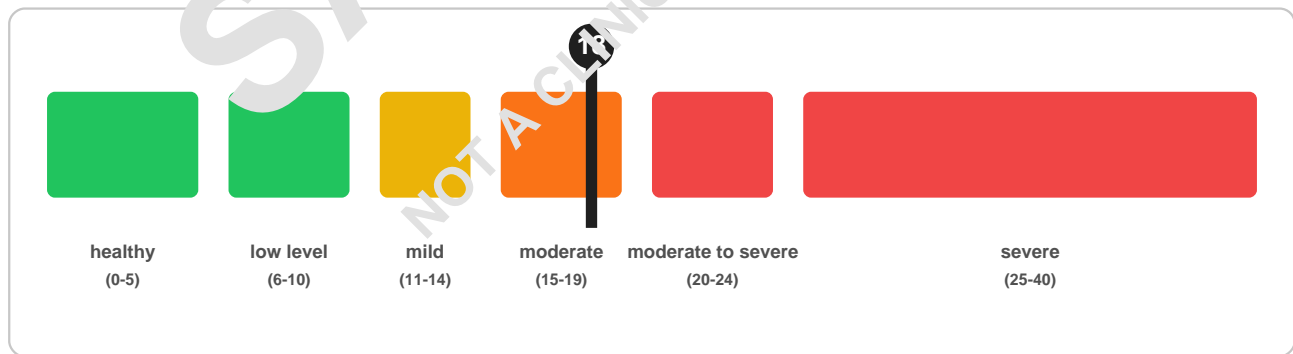
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

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

CORE-OM — Clinical Outcome Measure in Routine Evaluation — Outcome Measure (34-item)

A 34-item pan-theoretical measure of psychological global distress covering four domains: subjective well-being, problems/symptoms, life functioning, and risk/harm.

RESULTS



INTERPRETATION

Current score: 18, moderate, as per the CORE-OM author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The CORE Outcome Measure (CORE-OM) is a 34-item self-report instrument measuring global psychological distress across four domains: subjective wellbeing (4 items), problems/symptoms (12 items), life functioning (12 items), and risk to self and others (6 items). It is designed as a pan-diagnostic outcome measure suitable for tracking change across all presentations in counselling and psychotherapy.

Origins & Development

Developed by the CORE System Trust in the UK, published by Evans et al. (2000, 2002). Created to meet the need for a standardised outcome measure for UK counselling and psychotherapy services. Validated in large clinical and non-clinical samples (N > 2,000) with established clinical cutoff (mean score of 10), reliable change index (5 points), and clinically significant change thresholds.

Australian Context

Adopted by Australian counselling services and university counselling centres. PACFA recognises it as an appropriate outcome measure for practitioner development and service evaluation. Its comprehensive coverage of functioning and risk makes it relevant to Australian mental health service accreditation requirements.

Subscales

- Wellbeing: Subjective sense of wellbeing, life satisfaction, and optimism (4 items). Low scores indicate poor subjective quality of life.
- Problems: Symptoms of anxiety, depression, physical complaints, and trauma (12 items). The largest subscale, capturing clinical symptomatology.



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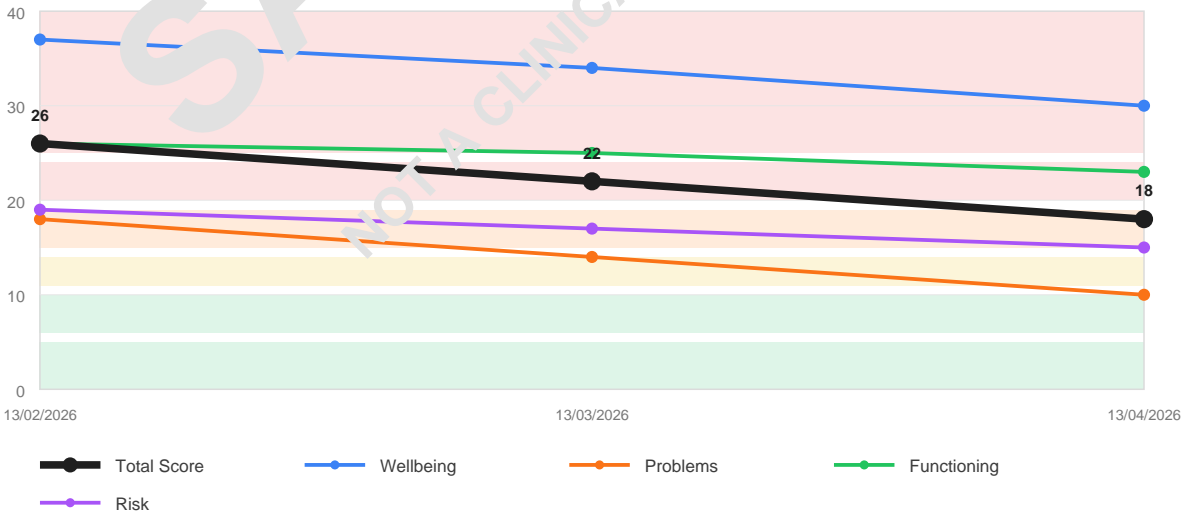
Functioning: Day-to-day functioning across social relationships, general activities, and close relationships (12 items). Measures the impact of difficulties on everyday life.

Risk: Risk to self (self-harm, suicidal ideation) and risk to others (6 items). Clinically critical subscale that flags safety concerns.

SCORE HISTORY

Date	Score	Severity
13/02/2026	26	severe
13/03/2026	22	moderate to severe
13/04/2026	18	moderate

SCORE TRAJECTORY





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WELLBEING SUBSCALE — Score: 30

Score Range	Severity
0–5	healthy
6–10	low level
11–14	mild
15–19	moderate
20–24	moderate to severe
25–40	severe

#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1	I have felt OK about myself	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I have felt like crying	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I have felt overwhelmed by my problems	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I have felt optimistic about my future	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PROBLEMS SUBSCALE — Score: 10

Score Range	Severity
0–5	healthy
6–10	low level
11–14	mild
15–19	moderate
20–24	moderate to severe
25–40	severe

#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1	I have felt tense, anxious or nervous	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I have felt totally lacking in energy and enthusiasm	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I have been troubled by aches, pains or other physical problems	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I have felt tension and anxiety have prevented me doing important things	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I have been disturbed by unwanted thoughts and feelings	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I have felt panic or terror	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I have had difficulty getting to sleep or staying asleep	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	My problems have been impossible to put to one side	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
9	I have felt despairing or hopeless	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I have felt unhappy	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I have been troubled by images or memories which are distressing	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I have thought I am to blame for my problems and difficulties	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FUNCTIONING SUBSCALE — Score: 23

Score Range	Severity
0–5	no risk
6–10	low level
11–14	moderate
15–19	moderate
20–24	moderate to severe
25–40	severe

#	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 type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	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"/>
3	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"/>
4	I have felt difficulty talking to people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I have been happy with the things I have done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6	I have felt warmth or affection for someone	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I have been able to do most things I needed to	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I have felt criticised by other people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I have thought I have no friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10	I have been irritable when with other people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I have achieved the things I wanted to	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I have felt humiliated or shamed by other people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

RISK SUBSCALE — Score: 15

Score Range	Severity
0–5	no risk
6–10	low risk
11–20	moderate risk



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● 21–40 high risk

#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1	I have been physically violent to others	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I have thought of hurting myself	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I made plans to end my life	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I have threatened or intimidated another person	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I have thought it would be better if I had died	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I have hurt myself physically or taken dangerous risks with my health	<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, RCT analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

- Evans C, Connell J, Barkham M, Margison F, McGrath G, Mellor-Clark J, Audin K. Towards a standardised brief outcome measure: psychometric properties and utility of the CORE-OM. *Br J Psychiatry*. 2002;180:51-60.
- Evans C, Mellor-Clark J, Margison F, et al. CORE: Clinical Outcomes in Routine Evaluation. *J Ment Health*. 2000;9(3):247-255.
- Barkham M, Margison F, Leach C, et al. Service profiling and outcomes benchmarking using the CORE-OM: toward practice-based evidence in the psychological therapies. *J Consult Clin Psychol*. 2001;69(2):184-196.

ACKNOWLEDGEMENT & LICENSING

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