



Assessment Report

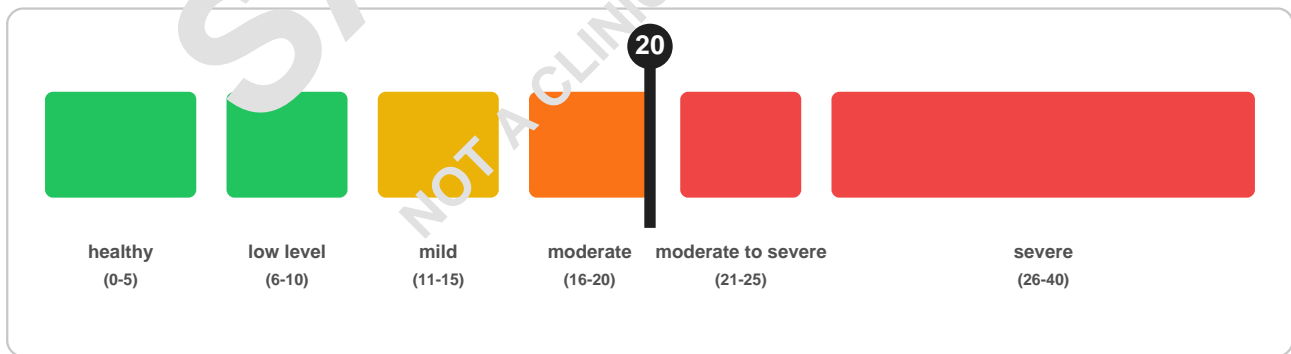
Practice: Mindful Psychology  
 Practitioner: Dr Sarah Johnson  
 Client: Alex Carter  
 Date: 26/04/2026

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

### YP-CORE — Young Person's Clinical Outcomes in Routine Evaluation

A 10-item measure of psychological distress for young people aged 11-18 covering wellbeing, problems, functioning, and risk.

#### RESULTS



#### INTERPRETATION

**Current score: 20, moderate, as per the YP-CORE author/publisher guidelines.**

#### ABOUT THIS ASSESSMENT

**Clinical Purpose**

The Young Person's Clinical Outcomes in Routine Evaluation (YP-CORE) is a 10-item self-report outcome measure specifically designed for young people aged 11-16. It assesses psychological distress across the same four domains as the adult CORE system (wellbeing, problems, functioning, risk) using age-appropriate language. It is intended for routine session-by-session monitoring in youth counselling and mental health services.

**Origins & Development**

Developed by the CORE System Trust (UK) in collaboration with the British Association for Counselling and Psychotherapy (BACP) youth counselling research programme. Published by Twigg et al. (2009), it was designed through consultation with young people to ensure the language and concepts were accessible and relevant. Validated in UK school and community counselling settings with demonstrated sensitivity to therapeutic change.

**Australian Context**

Adopted by several Australian headspace centres and school-based counselling programs. Its brevity and youth-appropriate language make it suitable for Australian secondary school wellbeing teams and child and adolescent mental health services (CAMHS). It aligns with the Australian Government's National Action Plan for the Health of Children and Young People 2020-2030 emphasis on routine outcome measurement.

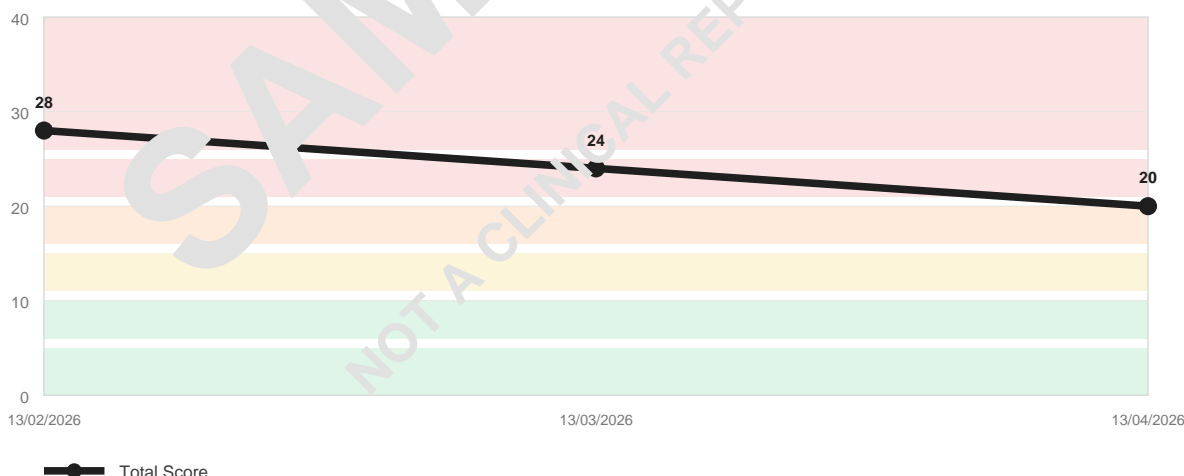


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SCORE HISTORY

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

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1	I've felt edgy or nervous	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I haven't felt like talking to anyone	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I've 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've thought of hurting myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	There's been someone I felt able to ask for help	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	My thoughts and feelings distressed me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	My problems have felt too much for me	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	It's been hard to go to sleep or stay asleep	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I've felt unhappy	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I've done all the things I wanted to	<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.

## Assessment Report

## REFERENCES

1. Twigg E, Barkham M, Bewick BM, Mulhern B, Connell J, Cooper R. The Young Person's CORE: development of a brief outcome measure for young people. *Couns Psychother Res.* 2009;9(3):160-164.
2. 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.
3. CORE System Trust. CORE Information Management Systems. Available at: [www.coresystemtrust.org.uk](http://www.coresystemtrust.org.uk).

## ACKNOWLEDGEMENT & LICENSING

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