## Step by Step Guide

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		Username	
		Password	
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		click here to read our privacy policy	
			Step 1. Enter The
			username and password
			provided by your
			practitioner.
		Username	
		Password	Click on <b>login</b> or press
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START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)	Step 3: Find 'RCA
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)	(Parent) on the lis
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker	Click on 'start' to
START	GBO (10)	Goals (10)	complete – this
START	RCADS	RCADS Child/Carry Ferson (8-18 years)	questionnaire to b
START	RCADS (Parent)	RCADS (Parent)	completed by <b>Par</b>
START	RCADS GAD	RCADS Anxious generally	
START	RCADS MDD	RCADS Low mood	
START	RCADS OCD	RCADS Compelled to do or think things	
START	RCADS PD	RCADS Panic	
START	RCADS SAD	RCADS Anxious away from home	
START	RCADS SP	RCADS Anxious in social situations	
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strendths and Difficulties Questionnaire (P.4-17 FQLLOW-LIP)	





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RCADS	(Parent)							
Date								
02-04-20	20							
Please com	plete the highli	ghted ques	stions					
Please pu your child	t a circle arou . There are no	ind the wo	ord that shows he wrong answers.	w often each of these things happens	s to			
1. My chi	ld worries abo	out things						
0	1	2	3					
0	0	$\bigcirc$	0					
Never	Sometimes	Often	Always					
2. My chi	ld feels sad o	r empty						
0	1	2	3					
	0							
Never	Sometimes	Often	Always					
3. When	my child has	a problem	n, he/she gets a	unny feeling in his/her stomach				
0	1	2	3					
0	0	$\bigcirc$	0					
Never	Sometimes	Often	Always					
4. My chi	ld worries wh	en he/she	thinks he/she h	as done poorly at something				
0	1	2	3					
	0							
Never	Sometimes	Often	Always					

## Step 5.1: If you accidently missed a question the system will prompt you to answer the question.

0							
Sometimes	Often	Always					
hild has to do	some thir	s in just the right way to stop bad things fro	om happening				
1	2	3					
0							
Sometimes	Often	Always					
nild worries w	hen in beo	at night					
	•	0					
1	2	3					
Comotimos	Ofer	Ahumin					
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nild would fee	l scared if	e/she had to stay away from home overnig	jht				
1	2	3					
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Sometimes	Often	Always					
nild feels restl	ess				E		
1	2	3					
Sometimes	Often	Always					
) 2003 Bruce F. Ch	orpita, Ph.D						
	Sometimes hild has to do Sometimes hild worries w Sometimes Sometimes hild would fee Sometimes hild feels restl	o Orten Sometimes Orten 1 2 Sometimes Orten 1 2 Orten 1 2	Otem       Always         Nild has to do some things in just the right way to stop bad things from the some things in just the right way to stop bad things from the some things in just the right way to stop bad things from the some things in just the right ways         1       2       3         Sometimes       Often       Always         Nild feels restless       1       2         2       3       1       2         Sometimes       Often       Always         Sometimes       Often       Always         2003 Bruce F. Chorpite, Ph.D       2	Onen       Always         Nild has to do some things in just the right way to stop bad things from happening         1       2       3         Sometimes       Often       Always         Nild worries when in bed at night       1       2       3         1       2       3       3         Sometimes       Often       Always         Nild would feel scared if he/she had to stay away from home overnight       1       2       3         1       2       3       3       3       3       3         Sometimes       Often       Always       3	Otten       Aways         sometimes       Otten         1       2       3         Sometimes       Otten       Aways         Note       Otten       Aways	Oten       Aways         Nild has to do some things in just the right way to stop bad things from happening         1       2       3         Sometimes       Oten       Aways         Nould feel scared if he/she had to stay away from home overnight       1         1       2       3         Sometimes       Oten       Always         Nild feels restless       Item Always         1       2       3         Sometimes       Oten       Always	One       Aways         sometimes       One         1       2         3       3         Sometimes       One         Aways

Step 5.2: Highlight the missed questions to help you identify them. Please answer them.



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START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer	
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)	
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)	
START	GBO (+HIT)	Goal Based Outcomes - Heipful Ideas Tracker	
START	GBO (10)	Goals (10)	
START	RCADS	RCADS Child/Young Person (8-18 years)	
START	RCADS (Parent)	RCADS (Parent)	
START	RCADS GAD	RCADS Anxious generally	
START	RCADS MDD	RCADS Low mood	
START	RCADS OCD	RCADS Compelled to do or think things	
START	RCADS PD	RCADS Panic	
START	RCADS SAD	RCADS Anxious away from home	
START	RCADS SP	RCADS Anxious in social situations	

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TART	RCADS OCD	RCADS Compelled to do or think things				
START	RCADS PD	RCADS Panic				
START	RCADS SAD	RCADS Anxious away from home				
TART	RCADS SP	RCADS Anxious in social situations				
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strenoths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)				

## Step 6: Parents please help your child in completing this.

Find RCADS Child/Young person (8-18 years). Click on 'start'.



<b>Welcome</b> Here are yo	to POD	Home My Results Change Pas	sword Logout	You will be brought back to this page again.
START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer		-9
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)		
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)	6	
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker		
START	GBO (10)	Goals (10)		
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START	RCADS MDD	RCADS Low mood		
START	RCADS OCD	RCADS Compelled to do or think things		
START	RCADS PD	RCADS Panic		
START	RCADS SAD	RCADS Anxious away from home		
START	RCADS SP	RCADS Anxious in social situations		
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	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)					-
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START	GBO (10)	Goals (10)					completed by pare
START	RCADS	RCADS Child/Young Person (8-18 years)					
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START	RCADS GAD	RCADS Anxious generally					answer all the
START	RCADS MDD	RCADS Low mood					questions. Once yo
START	RCADS OCD	RCADS Compelled to do or think things					have answered all
START	RCADS PD	RCADS Panic					questions please d
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START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)			TOP TIP: You can use
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker			these steps to complet
START	GBO (10)	Goals (10)			other questionnaires
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START	RCADS GAD	RCADS Anxious generally			intervention.
START	RCADS MDD	RCADS Low mood			
START	RCADS OCD	RCADS Compelled to do or think things			
START	RCADS PD	RCADS Panic			
START	RCADS SAD	RCADS Anxious away from home			
START	RCADS SP	RCADS Anxious in social situations			
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)			