

LIST OF MENTAL HEALTH ITEMS - Version 8 (Tizón, J.L., Artigue, J.)*

LISMEN is an instrument for sistematized biographical exploration centered around childhood and adolescence. Its objective is to collect a series of risk factors in the boy or girl with the purpose of being able to predict the possible onset of a serious emotional disorder. The items refer to observable facts that alter normal neurodevelopment and bonding processes at these ages.

This list can be applied by having a professional fill it out or during an interview with the patient and their family. Ask about the process which the item is referring to. For example, for cohabitation ask: At what age did the boy or girl begin to sleep alone? The questionnaire is linked to a glossary to simplify the understanding of the items.

Methodology: For the first application, select the list that corresponds with the child's age, for example if the child is 4 year old, select the 3-5 years section. Once this section has been filled out, explore the information available for the 0-2 years section. Proceed the same way when interviewing a 16 year old adolescent, filling out their own age section first and subsequently carrying out a retrospective exploration. Repeat its application, over the years, if considered necessary.

Score:

- 1: Absence, there is no presence of the risk factor mentioned in the item.
0: There is no available information on this item.
1: The risk factor mentioned in the item is present.

Rating: After an accumulation of 10 or more items, do a follow up of the possible emotional consequences of the indicated risk factors, and assess a recommendation for consult at a mental health service facility.

* The first versions were experimental and it was registered as LISMEN: List of Mental Health Items. Tizón, J.L., Artigue, J., Ferrando, J. & Parra, B. Intellectual property register of Barcelona: B-3031-06 (13-06-2006).

Child's Last Name: _____

Child's First Name: _____

Birth Date:

Name of the person completing it: _____

Person providing the information:

Clinic #

REGISTER #

Observations:

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	LISMEN 1: 0-2 years	LISMEN 2: 3-5 years	LISMEN 3: 6-11 years	LISMEN 4: 12-17 years
1. Problems in obstetrics-----	-1 0 1			
2. Apgar 1 minute <input type="text"/> -----	-1 0 1			
3. Apgar 10 minutes <input type="text"/> -----	-1 0 1			
4. Low weight at birth -----	-1 0 1			
5. Shortened gestation (less than 8 months) -----	-1 0 1			
6. Poor nutrition during pregnancy -----	-1 0 1			
7. Mother's depression during pregnancy and/or puerperium -----	-1 0 1			
8. Prologued viral infections during pregnancy -----	-1 0 1			
9. Stress or serious emotional disorders during pregnancy -----	-1 0 1			
10. Childbirth or first months of life in overcrowded conditions-----	-1 0 1			
11. Perinatal neurological damages -----	-1 0 1			
12. Infections in the central nervous system -----	-1 0 1			
13. Serious relationship disorders: doesn't smile, doesn't make eye contact, doesn't respond to stimuli. -----	-1 0 1			
14. Withdrawal in the relationship -----	-1 0 1	-1 0 1	-1 0 1	
15. Fears, adaptation difficulties, child is difficult to calm down -----	-1 0 1	-1 0 1	-1 0 1	
16. Sleep disorders: wakes up often, at least 4 nights a week -----	-1 0 1	-1 0 1		
17. Nervous system stimulants or similar are used for more than 3 weeks (Metilfenidato and others). -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
18. Cohabitation and/or sharing the same bed as a family member for more than 4 months -----	-1 0 1	-1 0 1		
19. Anomalies during play: aggressive, reiterative, self-destructive play -----	-1 0 1	-1 0 1	-1 0 1	
20. Delayed mental and/or psychomotor development (Llevant table) -----	-1 0 1	-1 0 1		
21. Auto-sensory phenomena, swinging or spasmus nutans in the child -----	-1 0 1	-1 0 1		
22. Delayed wandering (starts after 15 months) -----	-1 0 1			

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	LISMEN 1: 0-2 years	LISMEN 2: 3-5 years	LISMEN 3: 6-11 years	LISMEN 4: 12-17 years
23. Early separation from paternal figures (20 days or more in a 1 year period)-----	-1 0 1			
24. Early institutionalization (justice and care institutions)-----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
25. Frequent hospital admissions (more than 3 admissions or more than 20 days in 1 year)-----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
26. Impoverished paternal functions -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
27. Impoverished maternal functions -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
28. Differences in maternal lactation with respect to the child's siblings -----	-1 0 1			
29. Lack of hygiene; insufficient body care, some aspect of dirtiness -----	-1 0 1	-1 0 1	-1 0 1	
30. Frequent vomiting and/or feeding reluctance -----	-1 0 1	-1 0 1	-1 0 1	
31. Presence of sexual and/or physical abuse towards the child -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
32. Presence of sexual and/or physical abuse in the family in the first degree -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
33. Aggressiveness in the family -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
34. Mother's psychosis -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
35. Father's psychosis -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
36. Parents with a history of drug abuse -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
37. Psychosis in siblings or other family members -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
38. Parents with other severe mental disorders, current or past: bipolar disorder, major depression, severe personality disorder, episode of mania, suicide attempt -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
39. Marginal or semi-marginal socio-economic level -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
40. War and/or external catastrophe situations -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
41. Child with a chronic disease -----	-1 0 1	-1 0 1	-1 0 1	-1 0 1
42. Language malfunctions (speechlessness, stuttering, etc. that lasts more than 4 weeks)-----		-1 0 1	-1 0 1	-1 0 1
43. Attention and/or concentration difficulties -----		-1 0 1	-1 0 1	-1 0 1
44. Difficulties in the lateralization process -----		-1 0 1	-1 0 1	-1 0 1

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	LISMEN 2: 3-5 years	LISMEN 3: 6-11 years	LISMEN 4: 12-17 years
45. Sad, unhappy child (cries easily) -----	-1 0 1	-1 0 1	-1 0 1
46. Excessive, overwhelming excitement -----	-1 0 1	-1 0 1	-1 0 1
47. Frequent tantrums, anger -----	-1 0 1	-1 0 1	-1 0 1
48. Enuresis -----	-1 0 1	-1 0 1	-1 0 1
49. Encopresis -----	-1 0 1	-1 0 1	-1 0 1
50. Aggressiveness, impulsiveness, frequent accidents -----	-1 0 1	-1 0 1	-1 0 1
51. Strange child: avoids social relationships, doesn't play. Presents odd behaviors that draw the attention of teachers and/or family members -----	-1 0 1	-1 0 1	-1 0 1
52. Significant deterioration in their relational functioning: seclusion, takes part in less activities, etc. -----	-1 0 1	-1 0 1	-1 0 1
53. Frequent problems managing basic habits: meals, personal hygiene, sleep -----	-1 0 1	-1 0 1	-1 0 1
54. Mother has trouble relating to her child -----	-1 0 1	-1 0 1	-1 0 1
55. Mother-child relationship problems, especially when going to sleep -----	-1 0 1	-1 0 1	
56. Attention deficit -----		-1 0 1	-1 0 1
57. Hyperactivity -----		-1 0 1	-1 0 1
58. Difficulties at school: child doesn't learn -----		-1 0 1	-1 0 1
59. Delay in learning to read and/or write -----		-1 0 1	-1 0 1
60. Graphology disorders -----		-1 0 1	-1 0 1
61. Failure at school: it can start with absenteeism-----		-1 0 1	-1 0 1
62. Frequent illnesses-----		-1 0 1	-1 0 1
63. Frequent falls -----		-1 0 1	-1 0 1
64. Difficulties in separation and being autonomous -----		-1 0 1	-1 0 1
65. Night terrors that last more than a month -----		-1 0 1	-1 0 1
66. Less than two friends -----		-1 0 1	-1 0 1

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	LISMEN 3: 6-11 years	LISMEN 4: 12-17 years
67. Not capable of following the rules of coexistence: extremely disobedient -----	-1 0 1	-1 0 1
68. Excessive anxiety in social situations -----	-1 0 1	-1 0 1
69. Abuses animals -----	-1 0 1	-1 0 1
70. Recurrent lies -----	-1 0 1	-1 0 1
71. Odd or strange ideas -----	-1 0 1	-1 0 1
72. Self-referential ideas, a tendency to delirium, overly particular, odd or strange thoughts -----	-1 0 1	-1 0 1
73. Interferences in thought-----	-1 0 1	-1 0 1
74. Disorganization in the thought of ideas or their communication -----	-1 0 1	-1 0 1
75. Chronic tics -----	-1 0 1	-1 0 1
76. Sensory perceptions that are abnormal, particular or distorted that are caused by an illness or by drugs -----	-1 0 1	-1 0 1
77. Sensory perceptions that are abnormal, particular or distorted that are NOT caused by an illness or by drugs -----	-1 0 1	-1 0 1
78. Excessive emotional and affective reactions, that are not self-limited, uncontrolled -----	-1 0 1	-1 0 1
79. Altered dietary behavior: vomiting and sudden changes in weight -----		-1 0 1
80. Deterioration of body image -----		-1 0 1
81. Chronic fatigue -----		-1 0 1
82. Mood swings -----		-1 0 1
83. Interest for abstract matters -----		-1 0 1
84. Odd verbal discourse -----		-1 0 1
85. Consumption of toxic substances -----		-1 0 1
86. School absenteeism-----		-1 0 1
87. Sports and games with aggressive and violent behaviors -----		-1 0 1
88. Other RF at any age (specify) -----		-1 0 1
89. Other RF at any age (specify) -----	-1 0 1	-1 0 1