

LIST OF MENTAL HEALTH ITEMS - Version 9 (Tizón, J.L., Artigue, J.)*

LISMEN is a systematized biographical exploration tool that focuses on childhood and adolescence. Its objective is to collect a series of risk factors in the child in order to predict the possible appearance of a serious emotional disorder. The items refer to observable facts that alter neurodevelopment and normal bonding processes at these ages.

This list can be applied by filling it out by the professional or as an interview with the patient and family. It asks about the process to which the item refers, for example, in cohabitation we will ask at what age the child began to sleep alone. The questionnaire is accompanied by a glossary to facilitate understanding of each item.

Methodology: In the first application the list corresponding to the age of the child will be selected, for example for the age of 4, the section of 3-5 years old. Once this is filled in, the information available for 0-2 years old is explored. It is the same if it is a 16 year old adolescent, first his age group and then the retrospective exploration is made. The application can be repeated, after the years, whenever it is considered necessary. The questions referring to the father or mother, if they are single-parent families in the stage of life being explored are answered 0, lack of information.

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

Assessment: From the accumulation of 10 or more items, a follow-up of the possible consequences of these risk factors must be carried out. It would be worthwhile to consult a mental health service.

*The first versions will be experimental and will be registered as LISMEN: List of items in Mental Health. Tizón JL, Artigue J, Ferrando J. and Parra B. Register of intellectual property of Barcelona: B- 3031-06 (13-06-2006).

Child's Last Name: _____

Child's First Name: _____

Gender _____

Birth Date: _____

Age _____

Name of the person completing it: _____

Person providing the information: _____

Visiting mental health center? yes no

Clinic # _____

REGISTER # _____

Observations:

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| | LISMEN 1: Age Group: 0-2 | LISMEN 2: Age Group: 3-5 | LISMEN 3: Age Group: 6-11 | LISMEN 4: Age Group: 12-17 |
|--|-----------------------------|-----------------------------|------------------------------|-------------------------------|
| 1. Obstetric problems----- | -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 birth weight ----- | -1 0 1 | | | |
| 5. Shortened gestation (less than 8 months) ----- | -1 0 1 | | | |
| 6. Bad nutrition from the mother during the pregnancy ----- | -1 0 1 | | | |
| 7. Mother's depression during pregnancy and/or post-partum period ----- | -1 0 1 | | | |
| 8. Mother's infections during the pregnancy----- | -1 0 1 | | | |
| 9. Stress or emotional upset of the mother during the pregnancy ----- | -1 0 1 | | | |
| 10. Birth of the baby or experience of the first months of life in overcrowded conditions----- | -1 0 1 | | | |
| 11. Perinatal neurological diseases ----- | -1 0 1 | | | |
| 12. Central Nervous System Infections----- | -1 0 1 | | | |
| 13. Withdrawal in the relationship ----- | -1 0 1 | | | |
| 14. Serious relationship disorders: does not smile, does not make eye contact does not respond to external stimuli from environment.----- | -1 0 1 | -1 0 1 | -1 0 1 | |
| 15. Fears, difficulties of adaptation. Hight-tempered infant ----- | -1 0 1 | -1 0 1 | -1 0 1 | |
| 16. Sleep disorder: it is waking up often (at least 4 nights a week) ----- | -1 0 1 | -1 0 1 | | |
| 17. Use of Nervous System stimulants or similar for more than 3 weeks ----- | | | | |
| 18. Cohabitation and/or sharing the same bed as a family member more than 6 months ----- | -1 0 1 | -1 0 1 | | |
| 19. Abnormalities in the game: aggressive, repetitive and self-injurious play ----- | -1 0 1 | -1 0 1 | -1 0 1 | |
| 20. Delay in mental and/or psychomotor development ----- | -1 0 1 | -1 0 1 | | |
| 21. Autosensory phenomena, rocking motion or pitching----- | -1 0 1 | -1 0 1 | | |
| 22. Delay in the first steps (start walking after 15 months) ----- | -1 0 1 | | | |

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|--|-----------------------------|-----------------------------|------------------------------|-------------------------------|
| 23. Early separations of paternal figures (20 days or more, during the 1 year's period)---- | -1 0 1 | | | |
| 24. Frequent hospital admissions (3 admissions or more than 20 days in a year) ----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 25. Early institutionalization (supervised centres, legal institutions, etc.) ----- | -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 breastfeeding in more or less respect to child's siblings ----- | -1 0 1 | | | |
| 29. Lack of hygiene; basic body cares not sufficient coverage, with aspects of dirt----- | -1 0 1 | -1 0 1 | -1 0 1 | |
| 30. Frequent vomiting and/or refusal to eat----- | -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 cohabitation family ----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 33. Family aggressiveness ----- | -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. Psychosis in siblings or other family members----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 37. Parents with a history or current use of drugs----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 38. Parents with other severe mental disorders, current or past: bipolar disorder, depression, personality disorder, attempt of suicide ----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 39. Socioeconomic marginal or semi-marginal level ----- | -1 0 1 | -1 0 1 | -1 0 1 | -1 0 1 |
| 40. Situations of war and/or external disasters ----- | -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 dysfunctions (mutism or stuttering of more than 4 sets of duration)----- | | -1 0 1 | -1 0 1 | -1 0 1 |
| 43. Difficulties in maintaining attention and/or concentration----- | | -1 0 1 | -1 0 1 | -1 0 1 |
| 44. Difficulties in the process of lateralization ----- | | -1 0 1 | -1 0 1 | -1 0 1 |

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| | LISMEN 2: Age Group: 3-5 | LISMEN 3: Age Group: 6-11 | LISMEN 4: Age Group: 12-17 |
|---|-----------------------------|------------------------------|-------------------------------|
| 45. Sad, unhappy child (cries often) ----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 46. Excessive of overwhelming excitement ----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 47. Frequent temper tantrums or 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, does not play with equals. and/or family members ----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 52. Remarkable worsening of its relational functioning. Does less activities, etc. ----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 53. Frequent problems in the development of basic habits such as eating, sleeping, hygiene, etc.----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 54. Mother (or primary caregiver) has trouble relating to her child ----- | -1 0 1 | -1 0 1 | -1 0 1 |
| 55. Relationship problems, especially at bedtime----- | -1 0 1 | -1 0 1 | |
| 56. Attention deficit ----- | | -1 0 1 | -1 0 1 |
| 57. Hyperactivity ----- | | -1 0 1 | -1 0 1 |
| 58. School difficulties. Learning difficulties ----- | | -1 0 1 | -1 0 1 |
| 59. Delay in the acquisition of reading and/or writing----- | | -1 0 1 | -1 0 1 |
| 60. Graphic disorders ----- | | -1 0 1 | -1 0 1 |
| 61. School failure, it is possible to start with absenteeism----- | | -1 0 1 | -1 0 1 |
| 62. Gets sick or ill often----- | | -1 0 1 | -1 0 1 |
| 63. Frequent falls ----- | | -1 0 1 | -1 0 1 |
| 64. Difficulties of separation and being autonomous ----- | | -1 0 1 | -1 0 1 |
| 65. Night-time fears, lasting 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: Age Group: 6-11 | LISMEN 4: Age Group: 12-17 |
|--|------------------------------|-------------------------------|
| 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. Cruelty to animals ----- | -1 0 1 | -1 0 1 |
| 70. Repeated lies ----- | -1 0 1 | -1 0 1 |
| 71. Strange ideas ----- | -1 0 1 | -1 0 1 |
| 72. Self-referential ideas with a tendency to delirium----- | -1 0 1 | -1 0 1 |
| 73. Thinking interference----- | -1 0 1 | -1 0 1 |
| 74. Disorganization of thought or communication----- | -1 0 1 | -1 0 1 |
| 75. Chronic tics ----- | -1 0 1 | -1 0 1 |
| 76. Anomalous, particular or distorted sensory perceptions. Caused by disease or drugs----- | -1 0 1 | -1 0 1 |
| 77. Anomalous, particular or distorted sensory perceptions. NOT caused by disease or drugs ----- | -1 0 1 | -1 0 1 |
| 78. Excessive emotional reactions and effects----- | -1 0 1 | -1 0 1 |
| 79. Altered eating behavior: vomiting and sudden changes in weight ----- | | -1 0 1 |
| 80. Deteriorating body image ----- | | -1 0 1 |
| 81. Chronic fatigue ----- | | -1 0 1 |
| 82. Mood swings ----- | | -1 0 1 |
| 83. Interest in abstract questions----- | | -1 0 1 |
| 84. Strange verbal discourse ----- | | -1 0 1 |
| 85. Consumption and abuse of toxics----- | | -1 0 1 |
| 86. School absenteeism----- | | -1 0 1 |
| 87. Sports and games with aggressive and violent physical and verbal components ----- | | -1 0 1 |
| 88. Other RF at any age (specify them) ----- | -1 0 1 | -1 0 1 |
| 89. Other RF at any age (specify them) ----- | -1 0 1 | -1 0 1 |