

mhGAP Assessment & Management Behavioural Observation Competencies

Note: It is recommended that you use the ENhancing Assessment of Common Therapeutic factors (ENACT) competency assessment tool alongside this tool. The ENACT tool assesses the competencies identified in the Essential Care and Practice (ECP) component of mhGAP, which are seen as foundational to providing supportive care. The ENACT tool can be found [here](#).

1. ASSESSMENT - PRESENTING SYMPTOMS

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<input type="checkbox"/> Asks about mental health symptoms without asking about person’s reason for help-seeking <input type="checkbox"/> Is dismissive or minimising of symptoms and complaints (e.g., says just due to life circumstances)	<input type="checkbox"/> Asks why the person came for help (asks what problem is bothering the person) <input type="checkbox"/> Asks when the problem started <input type="checkbox"/> Asks if there were any other symptoms or problems that went along with it <input type="checkbox"/> Asks about life events around the time the problem started <input type="checkbox"/> <i>None of the above</i>	<input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Prior history of the problem (has the person ever had it before) <input type="checkbox"/> Performs collateral/comprehensive assessment (i.e. carer, school etc)	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

2. ASSESSMENT - MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<input type="checkbox"/> Does not assess for MNS conditions <input type="checkbox"/> Tells the person they have a mental health diagnosis without obtaining a history or full understanding of symptoms	<input type="checkbox"/> Asks about core symptoms relevant to the complaint using the person’s own words <input type="checkbox"/> Asks about relevant secondary/ associated symptoms and conditions related to the complaint <input type="checkbox"/> Asks about duration and frequency of MNS symptoms <input type="checkbox"/> Asks about alcohol, drugs, or other substance use <input type="checkbox"/> <i>None of the above</i>	<input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Asks about family history of related MNS disorders	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

3. ASSESS AND MANAGE PHYSICAL HEALTH CONDITIONS IN PEOPLE WITH MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<ul style="list-style-type: none"> <input type="checkbox"/> Does not manage physical health conditions presented by the person <input type="checkbox"/> Does not ask about current medication usage <input type="checkbox"/> Attributes all aspects of physical health conditions to mental health conditions or vice versa without assessing <input type="checkbox"/> Makes physical health management recommendations that are unsafe in context of mental health needs (i.e. prescribes contraindicated medication) 	<ul style="list-style-type: none"> <input type="checkbox"/> Assesses and appropriately manages (or refers for management) physical health and common physical health contributors to mental health symptoms (e.g., head trauma, anaemia, thyroid conditions) <input type="checkbox"/> Explains importance of managing physical health conditions in context of mental health conditions <input type="checkbox"/> Checks for person’s understanding of physical health condition management <input type="checkbox"/> <i>None of the above</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Orders only appropriate lab/diagnostic tests for ongoing physical health condition management <input type="checkbox"/> Assesses timing of physical health symptoms in relation to mental health symptoms (did the physical health problems start before or after the mental health symptoms) 	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

4. MANAGE EMERGENCY PRESENTATION OF PRIORITY MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS USING NON-PHARMACOLOGICAL AND PHARMACOLOGICAL INTERVENTIONS, AS APPROPRIATE AND AVAILABLE

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<ul style="list-style-type: none"> <input type="checkbox"/> No management for emergency presentation conducted <input type="checkbox"/> Inappropriate management for emergency presentation <input type="checkbox"/> Unsafe medical management for emergency presentation (e.g., benzodiazepine for opioid overdose) 	<ul style="list-style-type: none"> <input type="checkbox"/> Performs appropriate assessment of emergency presentation <input type="checkbox"/> Makes appropriate medication recommendations for emergency presentations (e.g., withdrawal, overdose) <input type="checkbox"/> Makes appropriate safety recommendations for emergency presentation (e.g., not leaving person experiencing suicidal thinking alone, engaging family) <input type="checkbox"/> Makes appropriate referral for emergency management (e.g., for status epilepticus) <input type="checkbox"/> <i>None of the above</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Informs other care team members of emergency management plan <input type="checkbox"/> Coordinates referrals with family when appropriate 	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

5. PROVIDES PSYCHOSOCIAL INTERVENTIONS TO PEOPLE WITH A PRIORITY MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS AND THEIR CARER

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<ul style="list-style-type: none"> <input type="checkbox"/> Delivers psychosocial intervention without fully explaining the reasons why selected <input type="checkbox"/> Delivers psychosocial interventions inappropriately (i.e. provides inaccurate psychoeducation, instructs the person to reduce their stress without problem solving or trying to strengthen social support) <input type="checkbox"/> Gives false expectations of psychosocial intervention benefits 	<ul style="list-style-type: none"> <input type="checkbox"/> Provides psychoeducation, including about the priority MNS condition and treatment available <input type="checkbox"/> Addresses current psychosocial stressors to reduce stress and strengthen social supports, as appropriate for the priority MNS condition <input type="checkbox"/> Promotes functioning in daily activities, as appropriate to the priority MNS conditions <input type="checkbox"/> <i>None of the above</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Involves carer and others in psychosocial intervention for priority MNS conditions, as appropriate <input type="checkbox"/> Uses psychosocial interventions to encourage pharmacological adherence, when appropriate 	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

6. SELECT AND PRESCRIBE MEDICATION FOR PRIORITY MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS (IF HAS PRESCRIBING RIGHTS), AS APPROPRIATE AND AVAILABLE

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<ul style="list-style-type: none"> <input type="checkbox"/> Prescribes medication without explaining how it will work and the risks <input type="checkbox"/> Prescribes medication that is contraindicated given age, physical medical conditions, or other medications <input type="checkbox"/> Prescribes medication that is not indicated 	<ul style="list-style-type: none"> <input type="checkbox"/> Prescribes first line recommended mhGAP medication treatments and accurate dosing for condition <input type="checkbox"/> Explains to person about possible benefits of medication <input type="checkbox"/> Provides relevant information on possible risks such as side effects, potential withdrawal, impact of missed dosage, etc. <input type="checkbox"/> Educates person about impact of alcohol or drug use on medication management <input type="checkbox"/> <i>None of the above</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Checks with the person and answers questions to ensure they fully understand need for medication and how to take it <input type="checkbox"/> Reviews current medications for possible drug-drug interactions 	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

7. PERFORM A FOLLOW-UP ASSESSMENT FOR PRIORITY MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS, DETERMINING MANAGEMENT DEPENDENT ON PROGRESS OF PRIORITY MNS CONDITION, INCLUDING CRISIS PRESENTATIONS AND DEVIATIONS FROM TREATMENT PLAN

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<input type="checkbox"/> Blames person or is critical of person for deviations or lack of adherence to treatment plan <input type="checkbox"/> Changes treatment plan without collaboration with the person at follow-up <input type="checkbox"/> Does not assess suicidality or other high-risk concerns at follow-up (if applicable)	<input type="checkbox"/> Assesses change in core symptoms and/or person’s prioritised symptoms <input type="checkbox"/> Assesses change in functioning (benefit or worsening) <input type="checkbox"/> Assesses changes in life events, life circumstances potentially influencing condition <input type="checkbox"/> Explains and comes to a mutual agreement on continuing the plan or changing the plan <input type="checkbox"/> <i>None of the above</i>	<input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Assesses adherence to treatment plan and reasons for non-adherence, if relevant	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

8. LINK WITH OTHER SERVICES AND OUTSIDE AGENCIES FOR PRIORITY MENTAL, NEUROLOGICAL AND SUBSTANCE USE (MNS) CONDITIONS, AS APPROPRIATE AND AVAILABLE

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<input type="checkbox"/> Does not refer for emergency conditions if applicable <input type="checkbox"/> Does not explain reason for offering referrals	<input type="checkbox"/> Makes appropriate referral based on physical health needs <input type="checkbox"/> Makes appropriate referral for psychological/ psychosocial services for person and carer <input type="checkbox"/> Explains reason for offering referral <input type="checkbox"/> Provides contact information/ details for referral <input type="checkbox"/> <i>None of the above</i>	<input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Explains what to do if referral cannot be completed <input type="checkbox"/> Involves family in referral as appropriate <input type="checkbox"/> Makes appropriate referral for other needed services and supports	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 <i>any unhelpful behaviour</i>	<input type="checkbox"/> Level 2 <i>no basic skills, or some but not all basic skills</i>	<input type="checkbox"/> Level 3 <i>all basic skills</i>	<input type="checkbox"/> Level 4 <i>all basic helping skills plus any advanced skill</i>
Notes:			

9. ASSESS AND MANAGE SPECIAL POPULATIONS (PREGNANCY/LACTATION; OLDER ADULTS; CARDIOMETABOLIC DISORDERS)

Check all behaviours that are demonstrated in each category.			
Unhelpful or potentially harmful behaviours	Basic helping skills	Advanced helping skills	
<input type="checkbox"/> Does not assess for pregnancy or lactation in reproductive-age women <input type="checkbox"/> Does not adjust treatment or make contra-indicated recommendations for older adults <input type="checkbox"/> Recommends contra-indicated treatment for cardiometabolic conditions <input type="checkbox"/> Does not make appropriate referral for special populations, when indicated	<input type="checkbox"/> Educates persons about why special populations may require different treatment approaches <input type="checkbox"/> Adjusts medication management for special populations (e.g., pregnancy or medical co-morbidities: cardiac conditions, diabetes) <input type="checkbox"/> Provides alternative recommendations for special populations (e.g., psychological interventions during pregnancy, or with persons for whom medications are contra-indicated) <input type="checkbox"/> <i>None of the above</i>	<input type="checkbox"/> <i>Completes all Basic Helping Skills</i> <input type="checkbox"/> Provides health education related to treatment implications for future pregnancy/ lactation in reproductive-age women <input type="checkbox"/> Refers special populations to appropriate care when needed	
Check the level that best applies (only one level should be checked)			
<input type="checkbox"/> Level 1 any unhelpful behaviour	<input type="checkbox"/> Level 2 no basic skills, or some but not all basic skills	<input type="checkbox"/> Level 3 all basic skills	<input type="checkbox"/> Level 4 all basic helping skills plus any advanced skill
Notes:			