



...for a safe and healthy journey

## Information on the BRISC-DASS

# Pre-employment & pre-deployment on-line psychological screening assessment

The BRISC-DASS is a brief on-line psychological wellbeing screening assessment that can be used to identify individuals:

- (a) with high levels of psychological resilience and interpersonal skills;
- (b) who are at significant risk for mental health problems and thus may require more formal mental health assessment;

The BRISC-DASS can be integrated into a pre-employment/deployment medical assessment process as a highly cost effective initial screening of mental health functioning. For example, it can assist in identifying individuals who may require support if undertaking an overseas posting.

The BRISC-DASS can also be used as a stand-alone assessment briefly reviewed by a psychologist to assist in appropriately interpreting the results.

### What the BRISC-DASS measures:

- (a) the tendency to experience negative moods and negative anticipations about situations;
- (b) the degree of emotional self-control and the ability to manage emotions;
- (c) the capacity for positive relationship building and level of social skills;
- (d) mental health symptoms;
- (e) the validity of answers through assessing response biases including distortion through responding in a socially desirable manner.

The BRISC-DASS is comprised of 50 questions and takes up to 15 minutes to complete. It is administered on-line, from any computer with internet access.

The test was developed through an extensive university-based research program and has been normed against a data-base of 16,000 respondents, representative of the Australian community. The norm data base is stratified in terms of gender and age to enable selection of appropriate norm comparisons for a wide range of test respondents.

In psychometric terms, the BRISC-DASS has strong reliability and validity.

Note that no screening test has high clinical diagnostic predictive value. The results are intended to: (a) inform the assessing clinician's overall review of the candidate; (b) to flag individuals who may require further specialist assessment; and (c) to confirm or otherwise earlier recruitment vetting of a candidate's suitability for appointment.