



**Wise Health System**

Taking Care of the People  
Who Care for Our Patients

**vizient**  
Awarded Supplier

Contract # SV2940

## Introducing the **GetYourTest** Initiative Exclusively for Wise Health System Healthcare Workers

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**100% Confidential  
SAGE-SR Self-Report  
Screen and Assessment**

Developed under an NIMH grant, the **SAGE-SR** is a HIPPA compliant, clinically validated, comprehensive behavioral health screen and assessment. 30 DSM-5 conditions are evaluated in a single 15-minute self-report session from any PC, tablet or smart phone.

Your SAGE-SR results are 100% confidential. The self-report **SAGE-SR** can be taken in the privacy of your home and does not need to be administered in-facility by a healthcare professional.



SAGE-SR Screen & Assessment

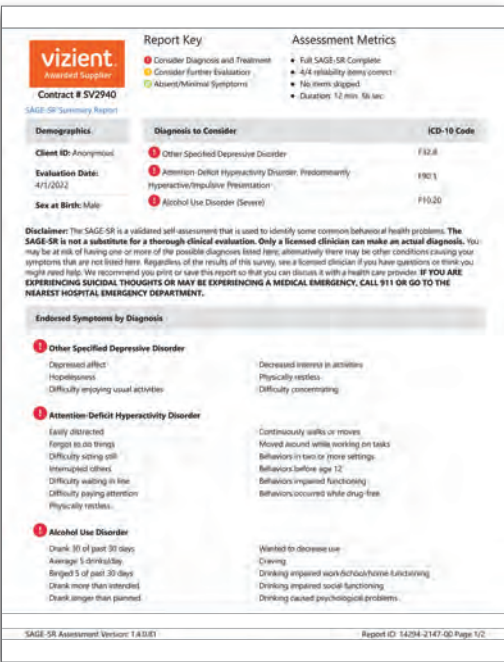
## How The SAGE-SR Works

### SAGE-SR Screening & Assessment Modules

- To insure your privacy and confidentiality, no login or email is required to take the **SAGE-SR**.
- The **SAGE-SR** screening module asks a series of initial questions to determine potential conditions in four DSM-5 categories listed below.
- When the results of the screen meet the threshold in any category, the **SAGE-SR** assessment module is initiated with a more in-depth set of evaluation questions.

### SAGE-SR Report

- Your **SAGE-SR** report is immediately available in downloadable PDF format upon completion of your assessment.
- Your report indicates potential primary and co-occurring DSM-5 conditions.
- Conditions that are not present or have minimal symptoms are also identified.
- If you choose to seek professional help, you can share your **SAGE-SR** report with your physician or therapist.



SAGE-SR Report



Screening and Assessment is Completed in 15 Minutes or less.

## The SAGE-SR Screens for 30 DSM-5 Conditions in a Single Self-Report Session

### Affective Disorders

- Major Depressive Episode
- Manic Episode
- Hypomanic Episode
- Persistent Depressive Disorder
- Major Depressive Disorder
- Other Specified Depressive Disorder
- Bipolar I Disorder
- Bipolar II Disorder
- Other Specified Bipolar Disorder

### Anxiety Disorders

- Panic Disorder
- Agoraphobia
- Social Anxiety Disorder
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder
- Adult Attention-Deficit/Hyperactivity Disorder (ADHD)

### Psychotic Disorders

- Schizophrenia
- Schizophreniform Disorder
- Schizoaffective Disorder
- Delusional Disorder
- Brief Psychotic Disorder
- Other Specified Psychotic Disorder

### Alcohol & Substance Use Disorders

- Alcohol Use Disorder
- Cannabis Use Disorder
- Inhalant Use Disorder
- Other Hallucinogen Use Disorder
- Opioid Use Disorder
- Phencyclidine Use Disorder
- Sedative/Hypnotic/Anxiolytic Use Disorder
- Stimulant Use Disorder
- Other/Unknown Substance Use Disorder



The **SAGE-SR** screen, assessment are designed to assist you in your journey to better mental health. Your **SAGE-SR** report can aid your healthcare provider to accurately identify and diagnose potential behavioral health conditions ensuring you receive appropriate, timely and effective treatment leading to better health outcomes.

# DSM-5 Conditions: About, Causes and Standard Treatments

## What are Affective Disorders?

Affective disorders are a set of psychiatric disorders, also called mood disorders. The main types of affective disorders are depression and bipolar disorder. Symptoms vary by individual and can range from mild to severe. Affective disorders can be disruptive to your life. However, there are effective treatments available, including both medication and psychotherapy.

### Causes of Affective Disorders

The causes of affective disorders aren't fully understood. Neurotransmitters, or brain chemicals, play a major role in affecting mood. When they're imbalanced in some way, or don't signal properly to your brain, an affective disorder can be the result. What exactly causes the imbalance isn't fully known.

Life events can trigger affective disorders. A traumatic event or personal loss can cause depression or another affective disorder. Use of alcohol and drugs is also a risk factor.

There also seems to be a genetic factor. If someone in your family has one of these disorders, you're at a greater risk of developing one as well. This means that they're hereditary. However, this doesn't guarantee you'll develop an affective disorder just because a family member has one.

### Treatments for Affective Disorders

There are two main treatments for affective disorders: medication and therapy. Treatment usually involves a combination of both.

There are many antidepressant medications available. You may need to try several before you find one that helps relieve your symptoms without too many side effects.

Psychotherapy in addition to medication is also an important part of treatment. It can help you learn to cope with your disorder and possibly change behaviors that contribute to it.

In addition to therapy and medications, supplemental approaches may be used to help treat some types of depression. These include vitamin D supplements and light therapy, which is supplied by specialized lamps. Talk to your doctor before taking any over-the-counter supplements for your condition. Your doctor may also recommend certain lifestyle changes, including regular exercise, a consistent sleep schedule, and a healthy diet. These can help complement your medical treatments, but shouldn't replace them.

## What are Anxiety Disorders?

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

### Causes of Anxiety Disorders

Anxiety doesn't have just one cause. If you have an anxiety disorder, it's probably due to a combination of factors including:

- Learned coping patterns
- Genetics
- Temperament
- Personality traits
- Substance or medication use
- Childhood and family history
- Chronic stress
- Traumatic events
- Medical conditions

### Treatments for Anxiety Disorders

The two main treatments for anxiety disorders are psychotherapy and medications. You may benefit most from a combination of the two. It may take some trial and error to discover which treatments work best for you.

Psychotherapy, also known as talk therapy or psychological counseling, involves working with a therapist to reduce your anxiety symptoms. CBT (Cognitive Behavioral Therapy) is an effective form of psychotherapy for generally a short-term treatment. CBT focuses on teaching you specific skills to improve your symptoms and gradually return to the activities you've avoided because of anxiety.

Several types of medications are used to help relieve symptoms, depending on the type of anxiety disorder you have and whether you also have other mental or physical health issues. For example, certain antidepressants are also used to treat anxiety disorders. In limited circumstances, your doctor may prescribe other types of medications, such as sedatives, also called benzodiazepines or beta blockers. These medications are for short-term relief of anxiety symptoms and are not intended to be used long term. Talk with your doctor about benefits, risks and possible side effects of medications.

## What are Psychotic Disorders?

Psychotic disorders are a group of serious illnesses that affect the mind. They make it hard for someone to think clearly, make good judgments, respond emotionally, communicate effectively, understand reality, and behave appropriately. When symptoms are severe, people with psychotic disorders have trouble staying in touch with reality and often are unable to handle daily life. But even severe psychotic disorders usually can be treated.

### Causes of Psychotic Disorders

Doctors don't know the exact cause of psychotic disorders. Researchers believe that many things play a role. Some psychotic disorders tend to run in families, which means that the disorder may be partly inherited. Other things may also influence their development, including stress, drug abuse, and major life changes.

People with certain psychotic disorders, such as schizophrenia, may also have problems in parts of the brain that control thinking, perception, and motivation. In schizophrenia, experts believe that nerve cell receptors that work with a brain chemical called glutamate may not work properly in specific brain regions. That glitch may contribute to problems with thinking and perception. These conditions usually first appear when a person is in their late teens, 20s, or 30s. They tend to affect men and women about equally.

### Treatments for Psychotic Disorders

Most psychotic disorders are treated with a combination of medications and psychotherapy, which is a type of counseling. The main type of medication doctors prescribe to treat psychotic disorders are "antipsychotics." Although these medicines aren't a cure, they are effective in managing the most troubling symptoms of psychotic disorders, such as delusions, hallucinations, and thinking problems.

There are different types of psychotherapy/counseling including individual, group, and family therapy that can help someone who has a psychotic disorder. Most people with psychotic disorders are treated as outpatients, meaning they don't live in institutions. But sometimes people need to be hospitalized, such as if they have severe symptoms, are in danger of hurting themselves or others, or can't care for themselves because of their illness.

## What are Alcohol & Substance Use Disorders?

Substance-related disorders can arise when drugs that directly activate the brain's reward system are taken for the feelings of pleasure they induce. The pleasurable sensations vary with the drug. The drugs are divided into 10 different classes based on the different effects they produce in the body: Alcohol, Antianxiety and sedative drugs, Caffeine, Cannabis (including marijuana and synthetic cannabinoids), Hallucinogens (including LSD, phencyclidine, and psilocybin), Inhalants (such as paint thinner and certain glues), Opioids (including fentanyl, morphine, and oxycodone), Stimulants (including amphetamines and cocaine), Tobacco, Other (including anabolic steroids and other commonly abused substances).

### Causes of Alcohol & Substance Use Disorders

Substance-related disorders can develop whether or not a drug is legal, is socially acceptable, or has an accepted medical use (with or without a prescription).

### Treatments for Alcohol & Substance Use Disorders

SUD treatment is dependent on the needs of the individual. The type, length, and intensity of treatment is determined by the severity of the SUD, types of substances used, support systems available, prior life experiences, and behavioral, physical, gender, cultural, cognitive, and/or social factors. Additional factors include the availability of treatment in the community and coverage for the cost of care. A complete assessment of an individual is needed to help treatment professionals offer the best type of treatment that meets his or her needs.

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**Disclaimer:** The SAGE includes a series of self-report evaluations used to identify common behavioral health disorders. **The SAGE is not a substitute for a thorough clinical evaluation. Only a licensed clinician can make an actual diagnosis.** You may be at risk of having one or more of the possible diagnoses listed here; alternatively there may be other conditions causing his or her symptoms that are not listed here. Regardless of the results of this screen, see a licensed clinician if you have questions or think you might need help. **If you are experiencing suicidal thoughts or may be experiencing a medical emergency, call 911 or go to the nearest hospital emergency department.**