Overview
The Brief Problem Checklist (BPC) is a brief global measure of student internalizing and externalizing concerns. In addition up to three individualized top problems can be listed and rated on a 0 to 10 scale. The BPC is administered via interview to student or caregiver respondents. The BPC was adapted from the Child Behavior Checklist and Youth Self Report. The resulting items on the BPC included items that are most common, sensitive to change over time, and with good agreement across student and caregiver informants.

Focus Area
- Anxiety
- Depression
- Disruptive Behavior

Purpose
- Screening/Initial Evaluation
- Progress Monitoring

Reporter
- Student
- Caregiver

Versions
- Student, 15 items (for ages 7-18)
- Caregiver, 15 items (for ages 7-18)

Subscales
- Top problems
- Internalizing
- Externalizing

Sample Items
- I disobey my parents or people at school
- I am stubborn
- I feel worthless or inferior
- I am self-conscious or easily embarrassed

Response Options
- Not true
- Somewhat true
- Very true

Estimated Completion Time
Two minutes

Languages
- English

Cost
- Free

Access the measures:
BPC-Child
BPC-Parent
## Scoring

### Brief Problem Checklist (BPC)

<table>
<thead>
<tr>
<th>Possible range</th>
<th>BPC: 0-24</th>
<th>YTP: 0-30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item scores</td>
<td>Not true (0) to Very true (2)</td>
<td>Not a problem at all (0) to Huge Problem (10)</td>
</tr>
</tbody>
</table>

### Administration & scoring rules

To use the **BPC** for screening or initial evaluation:

- Clinician: Orally administer the BPC as an interview
  - During the initial session, complete the **Youth Top Problems (YTP)** measure in order to identify and rate up to three student Top problems
- Respondent: Rate symptoms present in the past week
  - Sum items 7-9 & 13-15 to obtain an Internalizing score
  - Sum items 4-6 & 10-12 to obtain an Externalizing score

To use the **BPC** for progress monitoring:

- Clinician: Orally administer the BPC as an interview
- After identifying the student’s Top Problems at the initial session, rate their top three problems on a 0-10 scale
  - Sum items 1-3 to obtain a Top Problems score
- Respondent: Rate symptoms present in the past week
  - Sum items 7-9 & 13-15 to obtain an Internalizing score
  - Sum items 4-6 & 10-12 to obtain an Externalizing score

Administration frequency is suggested for every three months

### Interpretation

Higher scores indicate increased problem levels

By tracking ratings over time, clinicians can monitor symptom improvement or deterioration in response to treatment

*There are no norm-referenced clinical cut-offs for the BPC*

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Additional information about the BPC

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Summary compiled by CSMH (2017) for The SHAPE System (www.theSHAPEsystem.com)