Mental Health Resource Quality Assessment

The MHRQA is a free tool is designed by Richard Daniel Curtis to help assess the quality of mental health and wellbeing resources. It can be used to assess provision, training, books, toolkits, consultancy, services and other resources. Please credit all use. For queries, please contact [hello@richarddanielcurtis.com](mailto:hello@richarddanielcurtis.com).

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| --- | --- |
| What is the resource? |  |
| What is its purpose? |  |
| What do you want to use it for? |  |
| What is the cost? |  |

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| --- | --- | --- | --- |
| **Question** | **Scoring** | **Response** | **Score** |
| 1. Is there evidence it will work for the purpose you want to use it for? | 0 no evidence  1 evidence from a similar purpose  2 clear evidence  3 multiple forms of evidence |  |  |
| 1. How many people will it be accessible to? | 0 no one  1 single person  2 single figures  3 double figures or more |  |  |
| 1. If one, will its use make a significant change for them? | 0 no change likely  1 minor changes likely  2 large change likely  3 life-changing change likely |  |  |
| 1. What are the benefits for the people utilising the resource? | 0 no benefits  1 single benefit  2 a few benefits  3 multiple |  |  |
| 1. What are the limitations of utilising the resource? | 0 no limitations  -1 minor limitations  -2 a few limitations  -3 major limitations |  |  |
| 1. Are there risks associated with using this resource? For example, could someone’s mental health problem be triggered by its use? | 0 No risks identified  -1 Minor risk(s) identified  -2 One or two risks identified  -3 Multiple risks, including a risk to someone’s safety |  |  |
| 1. If there are risks, can they be mitigated? For example, through training. | 0 No, or no risks identified  1 A few risks can be mitigated  2 Most risks can be mitigated  3 All risks can be mitigated, including safety risks |  |  |
| 1. What is its cost-effectiveness? | 0 no benefit  1 a few benefits compared to cost  2 the likely benefits outweigh the cost  3 very low-cost, or wide-spread/life-changing impact likely |  |  |
|  |  | **Total Score** |  |

**Select the outcome of the assessment:**

Could cause harm Not suitable Limitations Suitable with caution Suitable

**Notes on use:**