

Adolescent Screening Guidelines

“Updates”

- █ do not get time alone
-
- █ of sexually transmitted disease occur in age 15-24
-
- 95% of age 13-17 have smartphone access, █ constant use

USPSTF Guidelines

Grade A/B

- HIV > [redacted]
- GC/CT screening women [redacted]
- Folic acid
- Obesity Screening
- IPV screening
- Depression screening age [redacted]
- Behavioral counseling if sexually active
- LARCs are safe and effective (Sort B)
- Discuss seatbelts/driving (Sort B)

USPSTF Guidelines

Grade I
(insufficient evidence)

- GC/CT screening males
- Depression <11yo
- Suicide screening
- Lipid screening
- Scoliosis

SSHADESS

- Strengths
- School
- Home
- Activity
- Drugs
- Emotions
- Eating
- Sexuality
- Safety

Strengths What do you like doing?
How would you describe yourself?
Tell me what you're most proud of?
How would your best friends describe you?

School What do you enjoy most/least about school?
What would you like to do when you get older?
How are your grades? Do you feel like you're doing your best at school? (If no) Why not?
What is getting in the way?
Do you feel safe on the way to school and in school?

Home Who do you live with?
How do you get along with the people you live with?
Could you talk to anyone in your family if you were stressed?

Activities Do you have a best friend or adult you can trust outside of your family?
Are you still involved in the activities you were doing last year?
Are you spending as much time with your friends as you used to?

Drugs/
substance
misuse Do any of your friends talk about smoking cigarettes, taking drugs, or drinking alcohol?
Do you smoke cigarettes? Drink alcohol? Have

Emotions Have you been feeling stressed?
Do people get on your nerves more than they used to?
Have you been having trouble sleeping lately?
Have you been feeling down, sad, or depressed? Have you thought of hurting yourself or someone else?
Have you ever tried to hurt yourself?

Eating Would you describe yourself as a healthy eater?
Have you been trying to gain or lose weight?
Tell me why.

Sexuality Are you attracted to anyone? Tell me about that person. (Use gender-neutral language.)
Are you attracted to guys, girls, or both? Are you comfortable with your sexual feelings?
What kind of things have you done sexually? Kissing? Touching? Oral sex? Have you ever had sexual intercourse?
What steps do you take to protect yourself?
Have you ever worried that you could be pregnant?
Have you ever been worried about or had a sexually transmitted infection?

Safety Are there a lot of fights at your school?
Do you carry weapons?

TABLE 3

SSHADESS Strength-Based Psychosocial History*

Aspect of life	Example questions†	Aspect of life	Exa
Strengths	What do you like doing? How would you describe yourself? Tell me what you're most proud of? How would your best friends describe you?	Emotions	Ha Do use Ha Ha dep sel Ha
School	What do you enjoy most/least about school? What would you like to do when you get older? How are your grades? Do you feel like you're doing your best at school? (If no) Why not? What is getting in the way?	Eating	Wo

Psychosocial History*

	Aspect of life	Example questions†
ng? cribe yourself? most proud of? t friends describe you? most/least about school? to do when you get older? ? Do you feel like you're hool? (If no) Why not? e way? he way to school and in ? g with the people you	Emotions	Have you been feeling stressed? Do people get on your nerves more than they used to? Have you been having trouble sleeping lately? Have you been feeling down, sad, or depressed? Have you thought of hurting yourself or someone else? Have you ever tried to hurt yourself?
	Eating	Would you describe yourself as a healthy eater? Have you been trying to gain or lose weight? Tell me why.
	Sexuality	Are you attracted to anyone? Tell me about that person. (Use gender-neutral language.) Are you attracted to guys, girls, or both? Are

...feel like you're
(If no) Why not?

...to school and in

...the people you

...your family if you

...r adult you can

...activities you were

...ime with your

...about smoking
...drinking alcohol?

...rink alcohol? Have
...king wood, using

Eating

Would you describe yourself as a healthy eater?
Have you been trying to gain or lose weight?
Tell me why.

Sexuality

Are you attracted to anyone? Tell me about that person. (Use gender-neutral language.)
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What kind of things have you done sexually? Kissing? Touching? Oral sex? Have you ever had sexual intercourse?
What steps do you take to protect yourself?
Have you ever worried that you could be pregnant?
Have you ever been worried about or had a sexually transmitted infection?

Safety

Are there a lot of fights at your school?
Do you carry weapons?
Do you feel safe at school? Have you been

Social media questions

Some of my patients spend most of their free time online. What types of things do you use the internet for?

Have you ever sent a text or photo that you regretted sending?

How often do you view pornography (or nude images or videos) online?

Have you ever sent unclothed pictures of yourself to anyone online?

When was the last time you sent a text message while driving?