

BEACON Version for students in Year 6 to Year 12 – Scoring

BEACON (Brief Evaluation of Adolescents and Children Online) is a mental health screening tool for students to do in school. It aims to identify students who may be going through a difficult time and need additional support. The version for students in Year 6 to Year 12 has 35 items in total and consists of four subscales: anxiety (10 items), depression (9 items), attention/hyperactivity problems (8 items), and eating difficulties (8 items).

Administration

The authors recommend computer-based administration via online survey tools, such as SurveyMonkey or SurveyGizmo. BEACON takes approximately 5 minutes to complete. Respondents indicate the extent to which items describe how they have felt over the past few weeks, on the following 5-point scale:

- 1 – not at all/not at all hard
- 2 – only a little/only a little hard
- 3 – sometimes/sometimes hard
- 4 – quite a lot/quite hard
- 5 – a great deal/ very hard

Scoring

Subscales are scored by summing scores from items 1-10 for the anxiety subscale, items 11-19 for the depression subscale, items 20-27 for the attention/hyperactivity problems subscale, and items 28-35 for the eating difficulties subscale. Raw scores range from 10 to 50 on the anxiety subscale, from 9 to 45 on the depression subscale, from 8 to 40 on the attention/hyperactivity problems subscale, and from 8 to 40 on the eating difficulties subscale.

Higher scores on the subscales are suggestive of higher mental health risk; conversely, lower scores are associated with lower mental health risk.

Interpretation

Results can be interpreted using Table 1 to convert raw scores into T-scores, which provide guidelines to relevant cut-off points to identify students who might benefit from further evaluation or referral. For example, based on mental health prevalence data of the Australian population (Lawrence et al., 2015), cut-offs at T-scores of 66 (reflecting the highest 7%) for anxiety and attention/hyperactivity problems, 73 for depression and 74 for eating difficulties (reflecting the highest 3%) may be used to identify students for additional follow-up support. However, if a school has very limited local resources, then they might select an even higher cut-off, or if they plan to implement broad, early intervention programs, then a lower cut-off may be warranted.

For details about the psychometric evaluation of BEACON, please refer to Rapee et al. (2024). The Brief Evaluation of Adolescents and Children Online (BEACON): Psychometric development of a mental health screening measure for school students. *Journal of Clinical Psychology*, <http://doi.org/10.1002/jclp.23673>.

Table 1. Raw Scores, T-Scores and Percentiles for BEACON subscales (Year 6 to Year 12)

Anxiety subscale			Depression subscale			Attention/hyperactivity subscale			Eating difficulties subscale		
Raw Score	T-Score	%	Raw Score	T-Score	%	Raw Score	T-Score	%	Raw Score	T-Score	%
10	37	6.60	9	40	18.00	8	37	10.00	8	42	28.80
11	38	10.70	10	41	25.90	9	39	14.90	9	43	37.80
12	39	15.40	11	42	32.20	10	40	20.20	10	44	44.90
13	40	20.10	12	43	38.50	11	41	25.90	11	45	50.80
14	41	24.90	13	44	43.40	12	42	30.90	12	47	56.00
15	42	29.70	14	45	47.60	13	44	36.00	13	48	60.00
16	43	34.30	15	47	51.70	14	45	40.90	14	49	63.60
17	44	38.50	16	48	55.20	15	46	44.90	15	50	66.40
18	46	43.00	17	49	58.00	16	47	49.60	16	52	69.80
19	47	47.10	18	50	61.10	17	49	53.40	17	53	72.30
20	48	51.00	19	51	63.50	18	50	57.30	18	54	74.60
21	49	54.80	20	52	66.40	19	51	61.20	19	55	76.70
22	50	58.20	21	53	69.00	20	52	64.90	20	57	78.80
23	51	61.50	22	54	71.40	21	54	68.20	21	58	80.80
24	52	64.40	23	55	73.70	22	55	71.60	22	59	82.70
25	53	67.20	24	56	76.00	23	56	74.50	23	60	84.00
26	54	70.00	25	57	78.00	24	57	77.60	24	62	85.80
27	55	72.60	26	59	79.90	25	59	80.50	25	63	87.20
28	56	75.30	27	60	82.10	26	60	83.00	26	64	88.60
29	58	77.80	28	61	83.90	27	61	85.60	27	65	89.80
30	59	80.40	29	62	85.70	28	62	87.70	28	67	90.90
31	60	82.70	30	63	87.40	29	64	89.50	29	68	92.10
32	61	84.60	31	64	89.00	30	65	91.10	30	69	93.10
33	62	86.60	32	65	90.30	31	66	92.70	31	70	94.10
34	63	88.60	33	66	91.60	32	68	94.30	32	72	95.30
35	64	90.20	34	67	92.70	33	69	95.70	33	73	96.30
36	65	91.60	35	68	93.90	34	70	96.50	34	74	97.10
37	66	93.00	36	69	94.80	35	71	97.30	35	75	97.70
38	67	94.20	37	71	95.50	36	73	98.10	36	77	98.30
39	69	95.10	38	72	96.30	37	74	98.80	37	78	98.70



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40	70	96.00	39	73	97.00	38	75	99.20	38	79	99.00
41	71	96.80	40	74	97.70	39	76	99.40	39	80	99.30
42	72	97.40	41	75	98.20	40	78	100.00	40	82	100.00
43	73	98.10	42	76	98.70	<hr/>					
44	74	98.50	43	77	99.10						
45	75	98.90	44	78	99.40						
46	76	99.20	45	79	100.00						
47	77	99.50	<hr/>								
48	78	99.60									
49	79	99.70									
50	81	100.00									
