

# WASC-A

“Westerman Aboriginal Symptom Checklist – Adults”  
(Westerman, 2003, 2012)

The Westerman Aboriginal Symptom Checklist—for Adults (WASC-A) is based upon the acclaimed Westerman Aboriginal Symptom Checklist—Youth (WASC-Y). The WASC-A has been acknowledged as the only culturally and psychometrically validated test in existence for Aboriginal youth worldwide (Canadian Health, 2009). It has been in use across Australia within mental health services since 2003 and is the measure ‘of choice’ for a number of federal and state based organisations. The WASC-A is based upon a similar methodology but has been piloted on Aboriginal adults to ensure readability and validity. It also includes latest research risk factors for mental ill health and suicidal behaviours. The WASC-A is a self report measure which can be used to screen for risk across five areas including depression, suicidal behaviours, alcohol and drug use, impulsivity and anxiety. The sixth subscale explores for cultural resilience, or moderators against the development of risk behaviours.

The WASC-A has been validated with over 500 Aboriginal adults across Australia. It has shown good psychometric properties and excellent clinical application. It can be used with Aboriginal people with very low levels of literacy.

*Age Range:* 18 years and above  
*Time to complete:* 15 minutes—25 minutes depending upon literacy levels

- **WASC-A start up pack**  
Inc: Satchel, Manual & 30 forms \$980.00 + \$28 postage & handling
- **WASC-A forms only** (pack of 30)  
\$376.00 + \$19 postage & handling

Manual includes current critique and review of available adult Aboriginal Mental Health literature; main outcomes of Dr Westerman’s PhD which includes overview of the development of the Westerman Aboriginal Symptom Checklist—Youth (WASC-Y) and WASC-A; prevalence data obtained Australia wide from both scales which includes rates of depression, anxiety, suicidal behaviours, drug and alcohol usage, impulsivity and cultural resilience. The manual also provides an overview of the covariance amongst disorders; the impact of cultural resilience as a moderator of risk; rates of risk for mental ill health amongst youth and adults sampled with the WASC-Y and WASC-A and implications for practice. The manual also includes outcomes of Dr Westerman’s initial study and what has been achieved since then from this initial evidence base. This includes an overview of validated culture bound syndromes in Aboriginal populations Australia wide; the development and validation of the Aboriginal mental health cultural competency test (CCT); General Cultural Competency Test (GCCT); delivery of IPS’ Cultural Competency Intervention Programs and importantly an overview of the impacts of IPS Whole of Community Suicide and Mental Health Intervention Programs which has been the main focus of the use of the WASC-Y and WASC-A data. Finally, the manual also provides comprehensive Cultural and Clinical Validation Guidelines which guides the practitioner through cultural best practice counselling and assessment methodologies for use with Aboriginal clients.



*indigenous*  
PSYCHOLOGICAL SERVICES



## “Westerman Aboriginal Symptom Checklist – Adults” WASC-A

(Westerman: 2003, 2012)

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The WASC-A is initially purchased as a 'start-up' pack which includes a manual, which covers literature associated with Aboriginal mental health prevalence, assessment and intervention. It also covers the main outcomes of Dr Westerman's PhD which includes an overview of culture-bound syndromes, prevalence data from the WASC-Y and WASC-A; mental health assessment models covered in the workshop and much more. It also includes information on the validation of the WASC-A and WASC-Y. The manual also includes "Clinical and Cultural Guidelines" which provides practitioners with guidelines to administer the WASC-A at interview stage with at risk Aboriginal people. This includes the provision of specific questions to ask in relation to cultural factors that need to be explored for every item of the WASC-A and culturally appropriate counselling methods and strategies to ensure that the most culturally valid assessment is undertaken. All of this information has been covered in the WASC-A accreditation training you have attended.

Once you have a start up pack, you can then continue to order copies of the WASC-A, which currently come in packs of 30. It should be noted that **only those people who have undergone accredited training in the WASC-A are authorised to administer it.**

We have done all we can to ensure that costs have been kept at a minimum and to ensure access of the WASC-A to a wide range of service providers. We hope that you will find the packs and associated guidelines of significant benefit in your ongoing work with Aboriginal people.

### Invoicing details

Agency/person to be invoiced

  


Postal Address

  


State

Postcode



Ph (Business Hours)

Accounts Email

### Details of person who attended training

\*(req'd)

Title

Name



Email

Workshop Location

Attendance Date

Postals Address for WASC-A

(ONLY if from different agency)

  


## WASC-A PRICING

WASC-A Start Up Pack including:  
Satchel, Manual and 30 forms \$980 + \$28 postage and handling  
\*DISCOUNT: if you have also purchased the WASC-Y you receive a \$100 discount. You must supply proof of purchase.

Tax Invoice Number of WASC-Y:

WASC-A Forms Only (pack of 30)  
\$376.00 + \$19 postage & handling

Payment Details:

Amount \$

Post cheque, money order and order form to:  
PO Box 1198 East Victoria Park WA 6981  
Or fill out your credit card details & fax or post

Card Holder's Name







Expiry Date

 / 

CCV:  (last 3 digits on back of credit card)

Signature: