

# How do you rate me?

Information about the HoNOS (Health of the Nation Outcomes Scale) for people who use mental health services.

**Te Pou**  
o Te Whakaaro Nui

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## What is this brochure about?

This brochure is about the HoNOS (Health of the Nation Outcomes Scale). The HoNOS is a questionnaire about you that your mental health professional fills out. It measures changes in your health over time by using a rating system.

## When am I rated?

- When you start at a service.
- When you leave a service.
- Every three months in between.

## Why am I rated?

The Ministry of Health requires your mental health professional to collect this information about you.

The mental health service you attend uses the information they collect to find out if their service is supporting your recovery.

## I want to know more...

### Talk to

- A consumer worker.
- Your mental health professional.
- The privacy officer at your service.
- Your DHB's site coordinator.

### Read

- The PRIMHD Questions and Answers brochure (download from [www.moh.govt.nz/primhd](http://www.moh.govt.nz/primhd)).

### Call

- The Office of the Privacy Commissioner on 0800 803 909.

### Email

- The Ministry of Health – [information@moh.govt.nz](mailto:information@moh.govt.nz)

### Surf the web

- Te Pou – [www.tepou.co.nz/page/138](http://www.tepou.co.nz/page/138)
- PRIMHD – [www.moh.govt.nz/primhd](http://www.moh.govt.nz/primhd)
- Privacy Commission – [www.privacy.org.nz](http://www.privacy.org.nz)

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## HONOSCA

HONOSCA is the Health of the Nation Outcomes Scale – Child and Adolescent version of HoNOS. It is used if you are under 18 years old.

HONOSCA has 15 questions. It asks eight questions about the impact any distress is having on you.

The other questions are about:

- relationships
- basic everyday tasks
- your living situation
- your job or any other activities you do
- how often you're making it to work or study
- whether the people in your life understand what's going on for you
- how easy it is for people to get the information they need to support you.

## Who sees my ratings?

- You
- Your mental health professional
- Your mental health team
- Others you choose (you can allow others to access your individual data).

After this, your ratings are encoded so that no-one else knows which ratings are yours. Once they're encoded they may be viewed by:

- the Ministry of Health
- the Mental Health Commission
- research teams
- health care providers
- consumer/tangata whaiora groups.

## HONOS

HONOS stands for Health of the Nation Outcomes Scale. It is used if you're between 18 and 64.

HONOS has 12 questions.

Eight of the questions are about the impact any distress is having on you.

The other questions are about:

- relationships
- basic everyday tasks
- your living situation
- your job or any other activities you do.

## Can I see my ratings?

Yes. Ask your mental health professional to see your ratings.

## How can I use my ratings?

- You can:
- record your ratings over time to track how you're doing
  - include them in your recovery plans
  - discuss them with your mental health professional
  - discuss them with your family/whanau.

## What if I don't agree with my ratings?

- You can:
- request that your point of view is recorded on your clinical file
  - ask for more advice – refer to the "I want to know more..." section in this brochure for people you can talk to.

## HONOS 65+

HONOS 65+ stands for Health of the Nation Outcomes Scale – 65 plus. It is used if you're 65 years or older.

HONOS 65+ has 12 questions.

Eight of the questions are about the impact any distress is having on you.

The other questions are about:

- relationships
- basic everyday tasks
- your living situation
- your job or any other activities you do.