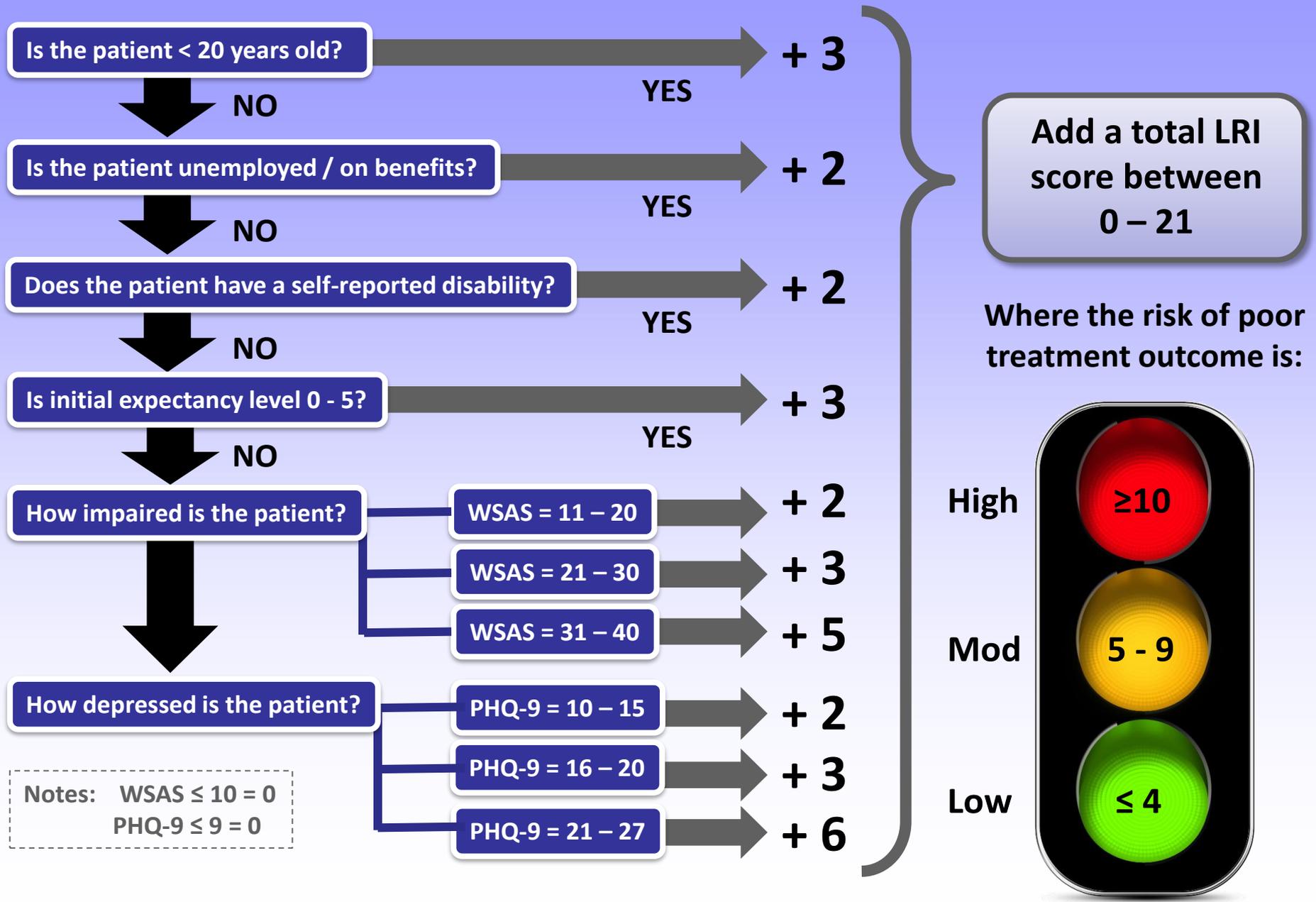


# Leeds Risk Index (LRI) patient profiling tool



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## What is the Leeds Risk Index?

The LRI is an evidence-based tool that can help psychological therapists to assess which patients may be at greater risk of dropout or persistent psychological distress after therapy [1]. The method guides you to work out a score, based on the demographic and symptom profile of patients at the time of initial assessment. The score is calculated using a simple flow diagram, also known as a 'heuristic' [2]. This method adds a specific 'weight' (number) to each patient characteristic noted in the flow diagram. The total LRI score is the sum of all these weights, ranging between 0 and 21. The higher the LRI, the greater the chances of poor outcomes in therapy, as shown in Figures 1 and 2.

## Clinical recommendations

- Refer cases with LRI  $\geq 10$  directly to high intensity (Step 3) therapy
- Monitor early response to treatment for cases with LRI  $\geq 5$ ; those without reliable improvement by session 4 should be reviewed in clinical supervision to identify and address obstacles to improvement
- Cases with LRI  $\geq 5$  who are not responding as expected after attempting to address obstacles to improvement could be stepped-up to more intensive care

## References

- [1] Delgadillo, J., Moreea, O., Lutz, W. (2016). Different people respond differently to therapy: A demonstration using patient profiling and risk stratification. *Behaviour Research and Therapy*, 79, 15-22.
- [2] Gigerenzer, G., & Todd, P.M. (1999). Fast and frugal heuristics: The adaptive toolbox. In G. Gigerenzer, P.M. Todd, and the ABC Research Group, *Simple heuristics that make us smart* (pp. 3-34). New York: Oxford University Press.

Figure 1. Leeds Risk Index (LRI) as a predictor of reliable and clinically significant improvement (RCSI)

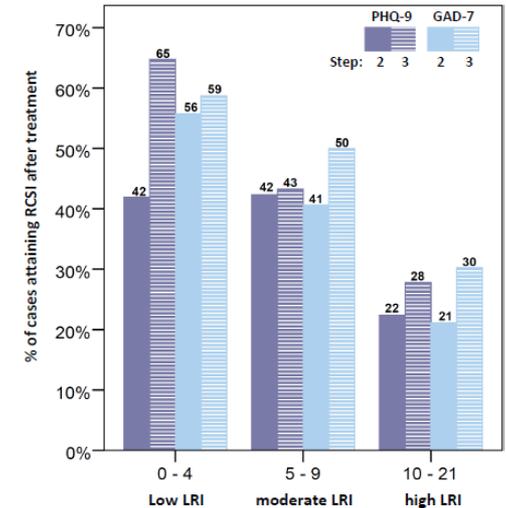


Figure 2. Leeds Risk Index (LRI) as a predictor of treatment completion

