Leeds Risk Index (LRI) patient profiling tool

Is the patient < 20 years old?
- NO
- YES +3

Is the patient unemployed / on benefits?
- NO
- YES +2

Does the patient have a self-reported disability?
- NO
- YES +2

Is initial expectancy level 0 - 5?
- NO
- YES +3

How impaired is the patient?
- WSAS = 11 – 20 +2
- WSAS = 21 – 30 +3
- WSAS = 31 – 40 +5

How depressed is the patient?
- PHQ-9 = 10 – 15 +2
- PHQ-9 = 16 – 20 +3
- PHQ-9 = 21 – 27 +6

Notes: WSAS ≤ 10 = 0
PHQ-9 ≤ 9 = 0

Add a total LRI score between 0 – 21

Where the risk of poor treatment outcome is:
- High ≥10
- Mod 5 - 9
- Low ≤ 4
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 ≥ 10 directly to high intensity (Step 3) therapy
• Monitor early response to treatment for cases with LRI ≥ 5; those without reliable improvement by session 4 should be reviewed in clinical supervision to identify and address obstacles to improvement
• Cases with LRI ≥ 5 who are not responding as expected after attempting to address obstacles to improvement could be stepped-up to more intensive care

References