

Appendix 2 to Trygve Sølberg Ellingsen, Frida Faaland, Espen Bjertness, Kjærsti Thorsteinsen, Johanna Laue. Assessment of mental health symptoms in new refugees. Tidsskr Nor Legeforen 2025; 145. doi: 10.4045/tidsskr.24.0631. This appendix is a supplement to the article and has not been subject to editorial processing.

Risk group	Criteria
Low (1)	Mental health has been assessed, but no cause for concern was identified. Daily functioning must be good to be placed in this group.
Moderate (2)	One or more of the following are mentioned: one or more symptoms, traumatic experiences, previously diagnosed mental disorder/symptoms/problems, previous or current use of psychotropic medication, and good level of functioning <i>or</i> reduced functioning/the clinician considers the person to be ‘unstable/vulnerable/sad’, even if there are no known traumas, previously diagnosed conditions/symptoms, or medications.
High (3)	One or more of the following are mentioned: one or more symptoms, traumatic experiences, previously diagnosed mental disorder/symptoms/problems, previous or current use of psychotropic medication <i>and simultaneously</i> reduced/impaired functioning. The clinician expresses concern in their evaluation, and an intervention is typically recommended.
Not assessed (4)	No assessment is made of mental health.

Criteria for risk classification at SEMI

SEMI’s health assessment template is attached on the next page.

THE PATIENT'S EXPERIENCE OF THEIR OWN MENTAL HEALTH/LEVEL OF FUNCTIONING:

How are you feeling? Is there anything you would like to talk about today?
How do you feel your life is right now?
How is your sleep? How is your appetite?
Have you previously experienced mental health challenges in your life?
Do you have any thoughts or worries that affect your daily life or level of functioning?

Thoughts about the future:

NETWORK/RESOURCES:

Leisure activities/introduction programme/education/employment:
Contact with friends/family/other social networks?
Do you have someone you can talk to about difficult things?
Coping strategies/resources:

PROVIDE INFORMATION ABOUT NORMAL REACTIONS**MENTAL HEALTH SYMPTOMS (ask if necessary):**

Mood swings:
Feelings of loneliness/sense of hopelessness/sadness/depressive thoughts:
Worry/anxiety/panic attacks:
Reactions to noise/sudden movements:
Isolation:
Suicidal thoughts/other thoughts of self-harm:

TRAUMATIC EXPERIENCES (ask if necessary):

Do you have any experiences or challenges from your country of origin or from seeking refuge that still affect you today?
Lived in hiding/secrecy:
Been in life-threatening situations:
Forced separation from family/close relationships:
Experienced war up close:
Been subjected to mental or physical abuse:
Witnessed killings or someone being severely injured:
Recurring images/thoughts:

ASSESSMENT OF THE PATIENT'S MENTAL HEALTH STATUS:

The patient appears to be...

FOLLOW-UP if needed:

Need for a follow-up conversation with the health assessment clinician:
Arrange an appointment with SEMI doctor/GP:
Refer to SEMI mental health team:
Refer to SEMI physiotherapist:
Refer to other municipal services:
Information about volunteer organisations: