



OSP Exclusionary Criteria

The OSP Exclusionary Criteria is a clinical guide to help determine if OSP is suitable for the client; clinical judgement should also be used.

Exclusionary Criteria	Yes	No	Supporting Documentation
Client is actively suicidal and has impaired coping skills, and/or has attempted suicide in the past 6 months.	<input type="checkbox"/>	<input type="checkbox"/>	
Client poses a high risk to themselves, risk to others, or is at significant risk of self-neglect.	<input type="checkbox"/>	<input type="checkbox"/>	
Client is self-harming, which is the primary concern.	<input type="checkbox"/>	<input type="checkbox"/>	
Client is experiencing significant symptoms of mania or hypomania currently, or has experienced these symptoms within the past year.*	<input type="checkbox"/>	<input type="checkbox"/>	
Client is experiencing significant symptoms of a psychotic disorder currently, or has experienced these symptoms within the past year.*	<input type="checkbox"/>	<input type="checkbox"/>	
Client has a severe/complex personality disorder that would impact their ability to actively participate in CBT for anxiety or depression.** NOTE: This program is not appropriate for clients/patients for whom personality disorder is the problem that is currently causing the most distress and impairment.	<input type="checkbox"/>	<input type="checkbox"/>	
Client has requested medication management.	<input type="checkbox"/>	<input type="checkbox"/>	
Client has moderate/severe impairment of cognitive function (e.g., dementia); or moderate/severe impairment due to a developmental disability or learning disability.	<input type="checkbox"/>	<input type="checkbox"/>	
Client currently has problematic substance use, or has had problematic substance use in the past three months, that would impact their ability to actively participate in CBT.	<input type="checkbox"/>	<input type="checkbox"/>	
Client requires specialized concurrent disorders treatment.	<input type="checkbox"/>	<input type="checkbox"/>	
Client has a severe eating disorder that would impact their ability to actively participate in CBT for anxiety or depression.	<input type="checkbox"/>	<input type="checkbox"/>	

*This does not include symptoms induced by medication or substance use.

**Please see "Additional Information on Defining Severe/Complex Personality Disorder" table below.

If any of the boxes above are checked Yes, the clinician may wish to consult with the clinical supervisor, or potentially refer the client to a more appropriate service.

Additional Information on Defining Severe/Complex Personality Disorder

Personality disorder	Description
Borderline	<ul style="list-style-type: none"> • Difficulty regulating or handling emotions or controlling impulses • Highly sensitive; can react with intense emotions to small changes in environment
Paranoid	<ul style="list-style-type: none"> • Characterised by feeling paranoid, distrustful and suspicious
Schizoid	<ul style="list-style-type: none"> • Indifference to social relationships; a limited range of emotional expression
Schizotypal	<ul style="list-style-type: none"> • Social and interpersonal difficulties that includes a sense of discomfort with close relationships, eccentric behaviour, and unusual thoughts and perceptions of reality
Narcissistic	<ul style="list-style-type: none"> • Grandiosity, a lack of empathy for other people and a need for admiration
Histrionic	<ul style="list-style-type: none"> • Constant attention-seeking, emotional overreaction and suggestibility • Overdramatization of situations, impairing relationships
Antisocial	<ul style="list-style-type: none"> • Pattern of disregard for and violation of the rights of others