Checklist for Evaluating Mental Health Information

Consider these five criteria when you evaluate mental health information:

**1. Accuracy:**
- Is the information based on sound medical research?
- Can it be verified by another source?

**2. Authority:**
- Who published the page?
- What are their credentials?

**3. Bias:**
- What is the author’s purpose?
- Does the information show just one point of view?

**4. Currency:**
- When was the information published or revised?
- Has there been more recent research on the subject?

**5. Coverage:**
- Is the information complete?