

PREASSESSMENT FOR ADULTS

Name: _____

DOB: _____

Date: _____

What is your reason for your visit?

Briefly describe the events that led to this appointment:

What are your goals for the evaluation and/or treatment?

Symptoms

Check if applicable	Current	Ever	Check if applicable	Current	Ever
Nervousness/tension	_____	_____	Depressed mood	_____	_____
Excessive worries or fears	_____	_____	Loss of enjoyment in usual activities	_____	_____
Anxiety attacks	_____	_____	Loss of interest	_____	_____
Avoidance	_____	_____	Poor concentration/forgetful	_____	_____
Repetitive thoughts or behaviors	_____	_____	Change in appetite	_____	_____
Rigid routines	_____	_____	Change in sleep	_____	_____
Perfectionistic	_____	_____	Nightmares	_____	_____
Concerns about eating habits or weight	_____	_____	Excessive guilt	_____	_____
Food binging or self-induced vomiting	_____	_____	Crying spells	_____	_____
Fatigue/low energy	_____	_____	Change in sex drive	_____	_____
Racing thoughts	_____	_____	Excessive energy	_____	_____
Difficulty focusing to complete tasks	_____	_____	Decreased need for sleep	_____	_____
Easily distracted	_____	_____	Feel invincible like you can do anything	_____	_____
Irritability	_____	_____	Mood swings/mood changes without reason	_____	_____
Hopeless/don't care	_____	_____	Loss of inhibition (risky behavior, hypersexual)	_____	_____
Persistent negative or worry thoughts	_____	_____	Unusual thoughts or peculiar ideas	_____	_____
Self-harm (cutting, burning, etc.)	_____	_____	Hearing or seeing things that others don't	_____	_____
Isolating or withdrawal from others	_____	_____	Aggressive verbally or physically	_____	_____
Impulsivity (blurting things out, act without thinking, antsy, fidgety)	_____	_____		_____	_____
Where are these problems present?	Home _____	Work _____	School _____	Other _____	Comments _____

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Have you seen other professionals about these problems? If so, list names and approximate dates (include hospitalizations).

Trauma History

Current Ever

Current

Ever

Traumatic accident

Verbal/emotional abuse

Physical abuse

Sexual abuse

Comments (specify circumstances, time frame and abuser) _____

Safety

Current

Ever

Feelings or thoughts that you don't want to live

Thoughts of harming or killing someone else

If so, when was the last time you had these thoughts _____

How often do you have these thoughts/feelings _____

Have you ever thought about how you would kill yourself or harm others, if so, describe _____

What keeps you from acting on these thoughts/feelings _____

Have you tried to kill yourself or harm others before? _____

Do you know of or are related to anyone who has killed themselves? If so what was their relationship to you? _____

Do you have access to guns? If so, explain _____

Medical History

Primary Care Provider _____

Drug/Food Allergies _____

Have you seen a specialist? List names, approximate dates, and reason for consultation.

Are there any current health concerns?

Have you had any of the following?

_____ Asthma/breathing problems

_____ Headaches

_____ Stomach/Bowel problems

_____ Seizures

_____ Concussion/blows to head/knocked out

_____ Neurologic Problems

_____ Heart Problems

_____ Accidents

_____ Broken Bones

_____ Cancer

_____ Eyes/ears/nose/throat problems

Please describe any checked or other health issues. _____

Have you had any hospitalizations or surgeries? If so, identify reason and approximate dates. _____

What type of exercise do you do? How often and for how long? _____

For women only: Date of last menstrual period _____ Are you currently pregnant or think you could be pregnant? _____

Are you planning to get pregnant in the near future? _____ No. of pregnancies _____ No. of live births _____ Birth Control Method _____

Substance Use:

Substance	Never Used	Past Use	Current Use	How Often	How much On average? At most?	Last use	Have you thought of cutting down?	Have others been critical or concerned of your use?
Caffeine soda, coffee, energy drink								
Tobacco Cigarette, pipe, chew								
Alcohol Beer, wine, liquor								
Marijuana Smoke/ ingest pot, weed								
Hallucinogens LSD, PCP, peyote								
Inhalants Paint, glue								
Opioids Narcotic pain killers, heroin, methadone								
Stimulants Speed, meth, cocaine								
Sedatives Sleeping pills, tranquilizers, anxiety medication								
Club Drugs MDMA, roofies, ecstasy								
Steroids Gym candy, pumpers								

Have you used intravenous drugs? _____

Educational History

Highest grade completed? _____ Highest degree attained? _____ Where? _____

What were your typical grades like? _____ Ever suspended or expelled from school? _____

Have you ever been in any special education program? If so, what type and for how long? _____

Primary language _____ Other languages that you speak _____

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Family History

Please identify any known or suspected history of the following problems in your blood relatives. Indicate the relative and whether maternal or paternal (i.e. maternal aunt, paternal grandmother)

Anxiety, panic, worry _____	ADHD/attention problems _____
Depression _____	Mood disorder/bipolar/manic depression _____
Suicide _____	Other _____
Schizophrenia _____	Eating problems/disorders _____
Alcohol problems _____	Drug problems _____
Learning Problem/developmental/intellectual problems _____	
Behavior Problems _____	Court involvement _____
Diabetes _____	Heart problems _____
Thyroid Condition _____	Seizures/migraines _____

List the names, ages, and occupations/grades of family members, others living in the house hold, or other caretakers

Name	Age	Relationship	Quality of relationship Good, distant, problematic	School or Job (if employed)	Living in household
					Yes/No
					Yes/No
					Yes/No
					Yes/No
					Yes/No
					Yes/No
					Yes/No

Social History

Are there any particular stressors or recent changes in the family such as job changes, legal problems, financial problems, school changes, health problems, marriage, separation or divorce, violence or substance abuse? If so explain.

Have there ever been problems with the law, financial problems, serious health problems, separations/divorces, violence, substance abuse, problematic moves or job changes that occurred in your family? If so, explain

Occupational History

Are you currently: () Working () Student () Unemployed () Disabled () Retired

What is/was your type of work/occupation? _____ How long in the present position? _____

Have you ever served in the military? _____ If so, what branch and when? _____

What type of discharge? () Honorable () Other type discharge, specify _____

Other

Do you make friends easily? () Yes () No If no, please explain. _____

Who provides the most emotional support to you? _____

What do you do for fun or enjoyment? _____

What is your religious background? _____ How important is this to you? _____

How many times have you been married and how long did each marriage last? _____

Are there any other significant other(s) in your life? If so, explain. _____

What do you or others consider as your strengths? _____

Anything else you think would be important for your provider to know? _____