



ADULT HISTORY QUESTIONNAIRE

Date: _____

Full Name: _____ Date of Birth: _____

If applicable, please complete the following:

Partner's Name: _____ Partner's Age: _____

Partner's Occupation: _____

IF YOU HAVE CHILDREN PLEASE LIST THEIR NAMES AND AGES:

#	Name	Sex	Age	#	Name	Sex	Age
1				4			
2				5			
3				6			

WHO CURRENTLY LIVES IN YOUR RESIDENCE (adults and children):

#	Name	Relation	Sex	Age	#	Name	Relation	Sex	Age
1					4				
2					5				
3					6				

In your own words, describe the current problems as you see them:

How long has this been going on? _____

What made you come in at this time? _____

What do you hope to gain from this evaluation?



Symptoms

Please **check** any symptoms or experiences that you have had **in the last month**

- | | |
|--|--|
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Difficulty staying asleep |
| <input type="checkbox"/> Difficulty getting out of bed | <input type="checkbox"/> Not feeling rested in the morning |

Average hours of sleep per night: _____

-
- | | |
|--|--|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Persistent loss of interest in previously enjoyed activities | <input type="checkbox"/> |
| <input type="checkbox"/> Withdrawing from other people | <input type="checkbox"/> Spending increased time alone |
| <input type="checkbox"/> Depressed Mood | <input type="checkbox"/> Feeling Numb |
| <input type="checkbox"/> Rapid mood changes | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Panic attacks |
| <input type="checkbox"/> Frequent feelings of guilt | Avoiding people, places, activities or specific things |
| <input type="checkbox"/> Difficulty leaving your home | |
| <input type="checkbox"/> Fear of certain objects or situations (i.e., flying, heights, bugs) Describe: _____ | |
| <input type="checkbox"/> Repetitive behaviors or mental acts (i.e., counting, checking doors, washing hands) | |

-
- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Outbursts of anger | <input type="checkbox"/> |
| <input type="checkbox"/> Worthlessness | <input type="checkbox"/> Hopelessness |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Helplessness |

-
- | | |
|---|---|
| <input type="checkbox"/> Fear | Feeling or acting like a different person |
| <input type="checkbox"/> Changes in eating/appetite | <input type="checkbox"/> |
| <input type="checkbox"/> Eating more | <input type="checkbox"/> Eating less |
| <input type="checkbox"/> Voluntary vomiting | <input type="checkbox"/> Use of laxatives |
| Excessive exercise to avoid weight gain | Binge eating |

- | | |
|---|--|
| <input type="checkbox"/> Are you trying to lose weight? _____ | |
| <input type="checkbox"/> Weight gain: _____ lbs | <input type="checkbox"/> Weight loss: _____ lbs. |

-
- | | |
|--|--|
| <input type="checkbox"/> Difficulty catching your breath | <input type="checkbox"/> Increase muscle tension |
| <input type="checkbox"/> Unusual sweating | <input type="checkbox"/> Easily started, feeling “jumpy” |
| <input type="checkbox"/> Increased energy | <input type="checkbox"/> Decreased energy |
| <input type="checkbox"/> Tremor | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Frequent worry | <input type="checkbox"/> Physical sensations others don’t have |
| <input type="checkbox"/> Racing thoughts | <input type="checkbox"/> Intrusive memories |
-



- | | |
|---|---|
| <input type="checkbox"/> Difficulty concentrating or thinking | <input type="checkbox"/> Large gaps in memory |
| <input type="checkbox"/> Flashbacks | <input type="checkbox"/> Nightmares |
| <input type="checkbox"/> Thoughts about harming or killing yourself | <input type="checkbox"/> Thoughts about harming or killing someone else |
-
- Feeling as if you were outside yourself, detached, observing what you are doing
 - Feeling puzzled as to what is real and unreal
 - Persistent, repetitive, intrusive thoughts, impulses, or images
 - Unusual visual experiences such as flashes of light, shadows
 - Hear voices when no one else is present
 - Feeling that your thoughts are controlled or placed in your mind
 - Feeling that the television or the radio is communicating with you
- | | |
|--|---|
| <input type="checkbox"/> Difficulty problem solving | <input type="checkbox"/> Difficulty meeting role expectations |
| <input type="checkbox"/> Dependency on others | <input type="checkbox"/> Manipulation of others to fulfill your own desires |
| <input type="checkbox"/> Inappropriate expression of anger | <input type="checkbox"/> Self-mutilation/cutting |
| <input type="checkbox"/> Difficulty or inability to say "no" to others | <input type="checkbox"/> Ineffective communication |
| <input type="checkbox"/> Sense of lack of control | <input type="checkbox"/> Decreased ability to handle stress |
| <input type="checkbox"/> Abusive relationship | <input type="checkbox"/> Difficulty expression emotions |
| <input type="checkbox"/> Concerns about your sexuality | |
-

Please describe any other symptoms or experiences you have had problems with:

Have you seen a counselor, psychologist, psychiatrist or other mental health professional before?

No Yes

Name of therapist: _____ Dates of Treatment: _____

Reason: _____

Name of therapist: _____ Dates of Treatment: _____

Reason: _____

Name of therapist: _____ Dates of Treatment: _____

Reason: _____

Are you **CURRENTLY** taking **PSYCHIATRIC** medication? No Yes If YES, please list:

Medication	Dosage	How long have you been taking it?	Has it been helpful?



Are you **CURRENTLY** taking **NON-PSYCHIATRIC** medication? No Yes If YES, please list:

Medication	Dosage	How long have you been taking it?

Have you been on **PSYCHIATRIC** medication in the past? No Yes If YES, please list:

Medication	Dosage	First/Last time you took it	Effect of Medication

Have you been hospitalized for psychiatric reasons? No Yes If YES, describe:

Hospital	Dates	Reason

Have you ever attempted suicide? No Yes

MEDICAL HISTORY

Are you **CURRENTLY** under treatment for any medical condition? No Yes If YES, describe:

List any **PRIOR** illnesses, operations and accidents



FAMILY HISTORY

Father: Age: Living
 If deceased, HIS age at time of his death _____
 Occupation: _____
 Frequency of contact with him: _____

Deceased Cause of death: _____
 YOUR age at time of his death _____
 Health: _____
 Are you/Have you been close to him? _____

Mother: Age: Living
 If deceased, HER age at time of his death _____
 Occupation: _____
 Frequency of contact with him: _____

Deceased Cause of death: _____
 YOUR age at time of his death _____
 Health: _____
 Are you/Have you been close to her? _____

Brothers and Sisters

Name	Sex	Age	Whereabouts	Are you close to him/her?	
				No	Yes
				No	Yes
				No	Yes
				No	Yes
				No	Yes

During your childhood, did you live any significant period of time with anyone other than your natural parents?

No Yes If so, please give the persona's name and relationship to you

Name: _____ Relationship to you: _____

Please place a check mark in the appropriate box if these are or have been present in your relatives

	Children	Brothers	Sisters	Father	Mother	Uncle/Aunt	Grandparents
Nervous Problems							
Depression							
Hyperactivity							
Counseling							
Psychiatric Medication							
Psychiatric Hospitalization							
Suicide Attempt							
Death by Suicide							
Drinking Problem							

SOCIAL HISTORY

Past Marital History

Have you been married previously? _____ If Yes, please describe

When? _____

How long? _____

When? _____

How long? _____



Education

Highest grade level completed: _____

Degree obtained, if applicable: _____

Did you have any disciplinary problems in school? _____

If yes, please explain: _____

Were you considered hyperactive/ADHD in school? _____

If yes, were/are you on any medication? _____

If yes, were/are you on any medication? _____

If so, which medication? _____

What kinds of grades did you get in school? _____

Have you served in the military? _____

If yes, please describe briefly: _____

What type of discharge (separation) did you get? _____

Employment

Are you currently employed? _____

If yes, employer's name: _____

What type of work do you do? _____

Employment History (most recent first)

Type of Job	Dates	Reason for Leaving

Have you been arrested? _____

If yes, please describe: _____

Do you have a religious affiliation? _____

If yes, what is it? _____

What kind of social activities do you participate in? _____

Who do you turn to for help with your problems? _____

Have you ever been abused?

- Verbally Emotionally Physically Sexually Neglected

Please describe: _____



SUBSTANCE ABUSE

Alcohol

Do you drink alcohol? _____ If yes, age of first use _____
 How much do you drink? _____
 How often do you drink? _____
 Have you ever passed out from drinking? _____ How often? _____
 Have you ever blacked out from drinking? _____ How often? _____
 Have you ever had the “shakes”? _____ How often? _____
 Have you ever felt you should cut down on your drinking/drug use? _____
 Have people annoyed you by criticizing your drinking/drug use? _____
 Have you ever felt bad or guilty about your drinking/drug use? _____
 Have you ever drank/used drugs in the morning to steady your nerves or relieve a hangover? _____
 Do you use tobacco? _____
 If yes, how often? _____

Other Drugs:

Please indicate for each drug listed below

Drug	Ever Used?	Age at 1st use	Time Since Last Use	Approx use in last 30 days
Marijuana				
Cocaine				
Crack				
Heroin				
Methamphetamine				
Ecstasy				

Is there anything else you would like us to know about you?



The Holmes-Rahe Scale

Read each of the events listed below, and **check the box** next to any even which has occurred in your life **in the last two (2) years**. There are no right or wrong answers. The aim is to identify which of these events you have experienced lately.

Life Events	Life Crisis Units	
Death of Spouse	100	
Divorce	73	
Marital Separation	65	
Gone to jail	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement	45	
Change in health of family member	44	
Pregnancy	40	
Sexual Difficulties	39	
Gain of new family member	39	
Business readjustment	39	
Change in financial state	38	
Death of a close friend	37	
Change to different line of work	36	
Increase in arguments with spouse	35	
Mortgage over \$100,000	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	

Life Events	Life Crisis Units	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Begin or end school	26	
Change in living conditions	25	
Revision in personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreation	19	
Change in church activities	19	
Change in social activities	18	
Mortgage or loan less than \$30,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas alone	12	
Minor violations of the law	11	

Your Total Score: _____

