IU School of Medicine Counseling Services Intake Questionnaire

The purpose of this questionnaire is to obtain a comprehensive picture of your personal background. The information you provide facilitates a more complete evaluation to serve you better. It also allows more efficient use of your time during your scheduled appointment. Please answer the questions as thoroughly and accurately as you feel comfortable. All information is confidential. As with all of our records, this information is strictly confidential and will not be released to any person, department, or agency without your prior written consent or as may be required by law.

Name:						Today'	s Date:	·····
Partner:	Last	First		M.I.			Mo	nth/Day/Yea r
	Last	First		M.I.				
Children	: Last	First		M.I.		Age:		
						Age:		
	Last	First		M.I.		Age:		
	Last	First		M.I.		11gc		
Local Add	dress:Str			Apt.		May we	e write you	there? Yes No
	City,		State		Zip			
TC 1: 1	-	1'			•			
If applical	ole, how long h	iave you live	d in Indianapoli	s?				
Local Pho	one:		Work:			May we	e phone you	there? Yes No
Pager:			Cell:			May we	e page/phon	e you there? Yes No
E-mail Ac	ldress:					May we	e e-mail you	there? Yes No
Emergenc	y Contact:							
		Last		First		Relation	ship	Phone No:
Please cire	cle or fill in the	appropriate	answer (s):					
Age:	_	Sex assigned	at birth:			Date of	Birth:	
	heck all that ap		Woman	Transge	ender Female 1	o Male	Male to	Female Other
Affiliation	n:				Relationshi	p Status:		
1. 1st Year					1. Divorced			
2. 2 nd Yea					2. Married;			
3. 3 rd Year					3. Never Ma			
4. 4th Year		7			4. Partnered			
	te Student Y				5. Separated6. Widowed			
	nt/Housetaff pecialty				o. widowed	, when		
	/Resident: Part				Living Situ	ation		
7. Student	/ Resident. 1 an	.IICI			1. Alone	ation		
Religious	/Spiritual Pra	ctice Y	es No		2. Roommat	e		
	ackground				3. Spouse/S		ther	
					4. Parents	<i></i>	· ·==	
Do you ha	ave a pet:	Yes1	No					

International Student: Yes Referral : Who referred you to C	No ounseling Services (or was	most influentia	ıl in your decision t	to come)?
	Family Please circle and fill in	y History the appropriate a	nswer(s):	
Father living? Yes No Age _	Mother living? Yes I	No Age	Spouse/Partner?	Yes No Age
Occupation:	Occupation:		Occupation:	
Parents' relationship status	Ye	ars in USA	Mother	Father
Number of brothers: Ages:	Number of sisters	: Ages: _	Position in	birth order
Is there any history of psycholog If yes, please explain:				
Is there any history of physical profits the second of the				
Briefly describe yourself:				
Main purpose for seeking help:	Personal Mental	Health Inform	ation_	
iviani purpose for seeking help.				
Why are you seeking help at this	time and what are your goa	•		
How will you know you are succ	essful in achieving your go			
How long have these difficulties				
about 1 week	about a month	about 1 sem	ester	about a year or longer
Overall, how severe are these dif				
Mild	Moderate	Se	evere	Extremely severe

Please rate the degree to which your problems are	impacting you in the	ne follow	ing area	<u>s</u> :	
Because of my problems:					
I am sad/depressed	1-Never	2	3	4	5-Most of the time
I am stressed/anxious	1-Never	2	3	4	5-Most of the time
I have eating problems	1-Never	2	3	4	5-Most of the time
I have sleeping difficulties	1-Never	2	3	4	5-Most of the time
I have academic difficulties	1-Never	2	3	4	5-Most of the time
I have problems with friends	1-Never	2	3	4	5-Most of the time
I have problems with family	1-Never	2	3	4	5-Most of the time
I have problems with a romantic relationship	1-Never	2	3	4	5-Most of the time
I have suicidal thoughts	1-Never	2	3	4	5-Most of the time
I have thoughts of harming others	1-Never	2	3	4	5-Most of the time
Prior attemts at solving these problems include:	:				
Previous symptoms throughout your entire life:	:				
Current Life Stresses: (include anything that is st	•				Finances, children)
Do you feel that you are a person of worth or at	least equal to oth	ers? Vei	y Much	Much	Somewhat A Little No
What have you done that you are most proud of					
Current Relationship Satisfaction:					
On the average, how many hours per week do y Work/study/go to class Household chores, bills, etc Leisure activities Social activities Church, charity, spiritual or inspiration activities Sleep per night		e follow	ing:		

any of the following which apply to you:	academic difficulties
palpitations	career concerns
dizziness	confused
stomach trouble	intelligent
_ fatigue	organized
loss of appetite	lack self confidence
increased appetite	poor study skills
_ difficulty falling asleep	poor organization
_ difficulty waking up	poor time management
sleep too much	bored
nightmares	
headaches	relationship concerns
bodyaches	problems relating to same sex
restless	problems relating to other sex
	personable and friendly
recent weight loss	sexual orientation concerns
recent weight gain	sexual decision making concerns
physically healthy	concerns about a friend
sexual dysfunction concerns	concerns about a family member
some alcohol use	concerns about a ranning member
too much alcohol use	anxious
some drug use	worry about a lot of things
too much drug use	feel panicky
-	calm
depressed	fearful
no interest in school	aggressive
no interest in activities	talkative
no interest in socializing	thinking constantly
worthwhile	risky behavior
worthless	dangerous behavior
guilty	energetic
naive	distracted easily
irritable	distracted easily
intentionally harming self	repeated thought about one thing
loss of motivation	engage in one behavior repeated
difficulty with decisions	anorexia
horrible thoughts	bulimia
life feels empty	excessive exercise
lonely	
sympathetic toward others	sexual harassment
inadequate	acquaintance rape
incompetent	other sexual coercion
1	physical harassment
family separation	childhood sexual abuse
family divorce	childhood emotional abuse
family alcohol use	experience of a traumatic event
family drug use	experience of a traditative event
physical abuse by family member	
physical abuse by relative	Any other difficulties:
physical abuse by other person	Any other difficulties.
stressed	
concentration problems	
memory problems	
v 1	

Anxiety Manifestations

Circle all symptoms that you notice either currently or in the past; designate *frequency*.

Tension in thumbs	
Tension around/in mouth	
Blinking	
Clenching fist	
Moving forearms (over)	
Upper arm tension	
Shoulders tension	
Neck tension	
Facial tension	
Vocal cords-tightness in throat	
Abdominal wall tension	
Sighing	
Intercostal muscular tension	
Back muscular tension	
Leg tension	
Feet/Toes tension	
Tension headaches	

Autonomic & Endocrine Patterns: Circle all symptoms that you notice either currently or in the past; designate *frequency*.

Sympathetic:
Dry: mouth, throat, eyes
Sweating: armpits, palms
Salivation
Cold hands, shivering
Increased: heart rate, blood
pressure, blushing, breath
shortness; palpitations
GI tract: nausea, vomiting,
diarrhea
All mucous is dry
Shakiness, trembling
Parasympathetic:
Salivation, teary eyes
Decreased: heart rate, blood
pressure, arrhythymia
GI tract: ulcer, reflux, nausea,
vomiting, diarrhea, constipation
Flip-flop or stomach butterlies
Irritable bowl
Frequent urge to urinate
Lightheadedness
Dizziness
Limp feeling
Fainting
Body anaesthesia or tingling

Migraines due to vasodilation	
Asthma	
Jelly legs	

Cognitive-perceptual patterns: Circle all symptoms that you notice either currently or in the past; designate frequency.

Thought Processes: Incoherent, Chaotic, Drifting, Delayed, Empty headed, Accelerated, Confusion, Losing track of thoughts, Poor memory	
Thought Content: Disturbed orientation: to time, place, persons	
Perception: Visual acuity: Hazy view, Blurring, Tunnel, Loss of vision	
Auditory perception: Tinnitus, Hallucinations	
Dissociation, Detached, Unreal, Numbness, No contact with arms, legs, etc., Fainting, Freezing, Loss of identity, memories, personality	

Velocity of Rise and Fall and Duration of Anxiety Manifestations & Anxiety-regulating Capacity

А							
	Anxiety Regulation						
	Capa	city					
+	+/-	-					
	Velocity	of Rise					
Slow	Med-	Fast	Mod.	Very			
	ium		fast	fast			
Duration							
< 30	<60	>15	>30	>60			
mins	mins	mins	mins	mins			
Velocity of Fall							
,							
Fast	Med-	Slow	Very	Ext.			
	ium		slow	slow			
	Slow <30 mins	+ +/- Velocity Slow Medium Durat <30 <60 mins Velocity Fast Med-	Velocity of Rise Slow Medium Fast ium Duration <30 <60 >15 mins mins Velocity of Fall Fast Med- Slow	+ +/			

Past Mental Health History:

therapists, counselors, etc.) Name: **Location**: Dates: Reason: Please list any past psychiatric hospitalizations/partial programs you have been admitted: Reason for treatment <u>Hospital</u> Date (s) Please list any psychiatric medications you have taken in the past: Medication Dose Medication Response Prescribing Physcian Date (s) List all medications you are currently taking, when you take it and why you take it: Medication Dose Date (s) Medication Response Prescribing Physcian **Alcohol and Substance Use History:** Have you ever been diagnosed with or treated for, a substance use problem?

Yes _____ No If so, where and when? Please describe your alcohol use: Type of Alcohol **Amount** How Often Please list any current or past use of other types of drugs: Drug Amount Used How Often Last Used Do you or have you ever experienced withdrawal symptoms from alcohol or drugs?_____ Has anyone told you they thought you had a problem with drugs or alcohol?_____ Have you ever felt guilty about your drug or alcohol use?_____ Have you ever used drugs or alcohol first thing in the morning? Have you ever been arrested or convicted of a crime? Yes No If so, when, where and for what:

Please list the mental health professionals you have seen in the past (psychiatrists, psychologists, social workers,

<u>Childhood History</u> Tell us about yourself. Some things you can include are: birthplace attend college, medical school (if applicable) and residency; notew	
Please briefly describe your relationship with your family of origin	?
In the space below, please indicate if there are any issues from you may be of significance (e.g. childhood illness, school problems, pa	
Sexual history: Age at the time of first sexual experience:	Number of sexual partners:
Any history of sexually transmitted disease?Any history of sexual abuse, molestation or rape?	History of terminated pregnacy?
Sexual orientation?Is so, please describe	Currently sexually active?
Current sexual problems?Is so, please describe	
Any history of physical abuse? Is so, please describe	
What is your earliest childhood memory?	
When was the worst time of your life? Who helped you through it?	
When was the best time of your life?	

Do you have someone in whom you confide	e?	Yes	No				
Have you developed at least 1 or 2 friendsh	ips here?	Yes	No				
What are your hobbies and what do you do for recreation?							
	Genera	l Physi	cal He	alth_			
1. Excellent 2. Good 3. 1	Fair	4. Poo	r				
2. When was your last physical?		_					
3. What tests were administered?				Results?			
Please list any current or ongoing medical c							
List the names, specialty, address, phone an	d fax numbe	rs of an	y docto	ors you are currently seeing:			
List any allergies or medication intolerance	<u>s</u> :						
List any surgerical procedures: Surgery Ho	ospital			<u>Date</u>	Reason		
The same of the board of the state of the st							
<u>List any other hospitalizations:</u> Reason <u>Da</u>	<u>te</u>			<u>Place</u>			
Any history of head trauma? (describe)							
Any seizure or seizure like activity? (descri	be)						

<u>Sleep behavior:</u> (circle all that apply) sleepwalking, nightmares, recurrent dreams, getting up, going to bed, staying asleep, early morning wakeup?

Do you consume caffeine	? Yes No	If yes, how much per da	.y? Co	ntainer size?
Do you consume energy of	drinks? Yes	No If yes, how much	per day?	Container size?
Do you use tobacco? _	Yes No	If yes, how much per da	ay?	
Do you exercise? Y	es No If yes	, how often and what type	of exercise	
Do you take supplements	? YesNo	If yes, please list:		
		Please rate (from 1-10) how, according the following		are currently
		5 Moderate difficulty		2 1 Barely able to function
1. General Mood (Dep	ression, Anxiety, etc	.) 2. Social Relation	onships? 3. Dai	ly work or school?
most of the day nearly ever Have you felt a lot less in	ery day? terested in things or u	inable to enjoy the things	you used to enjoy? (W	No Yes
Have you felt any of the f Pronounced weight loss of	ollowing? Please che r weight gain	• -	entrating/indecisive	
Feeling slowed down, slu	ggish	Making a plan f Taking some ac Fatigue or loss	ction toward suicide	·
PMD Have you ever before had	a 2 week period who	en you were feeling depres	ssed or down more day	ys than not? No Yes
Was that more than just for	were not your norma eeling good?)	l self or you got into troub	ole? (Did anyone say y	ou were manic?
		ngs so good or hyper that got into trouble: (Did any		you were not nic, then?) No Yes
special notice of you? What about receiving spe	cial messages from p	eople or from the way thir	ngs were arranged arou	No Yes

SCH Other than when you were depressed or feeling high, has there been a time when you heard voices, had visions, or saw or smelled things that others couldn't see or smell?
ALC Was there ever a period in you life when you drank too much? (Has alcohol ever caused problems for you?) No Yes Has anyone ever objected to your drinking - or a doctor told you to stop drinking?
DRG Have you used any street drugs, or used prescription drugs in an amount or way that wasn't prescribed?
PAN Have you ever had a panic attack, when you felt frightened, anxious, uncomfortable, worried about going crazy or suddenly developed a lot of physical symptoms (e.g., heart-pounding, trembling, dizziness)?
OC Have you ever been bothered by thoughts, impulses or images that caused anxiety and kept coming back even when you tried not to have them? What about awful thoughts, like hurting someone against your will, or being contaminated by germs or dirt?No Yes Was there ever anything that you had to do over and over again and couldn't resist doing, like washing your hands again and again, counting up to a certain number or checking something several times to make sure you'd done it right? No Yes
PTSD Is there a traumatic event or memory that keeps coming back in nightmares, flashbacks or thoughts—that you can't put out of your mind, & which continues to cause you great distress?
AGR Have you been afraid of leaving the house alone, being in crowds, standing in line, or traveling on buses or trains?
SOC Is there anything that you were ever afraid of or uncomfortable doing in front of other people like speaking, eating or writing?
PHB Are there any other things that you have been especially afraid of such as flying, snakes, seeing blood, getting a shot, heights, closed places or certain kinds of animals or insects?
GAD In the last six months, have you been particularly nervous or anxious? No Yes Do you worry a lot about terrible things that might happen? No Yes Have you felt any of the following? Please check:

Restlessness or feeling keyed up or on edge Irritability	
Being easily fatigued Muscle tension Difficulty concentrating or mind going blank Difficulty sleeping or restless sleep SM/HY	
Over the last several years, have you had to go to the doctor often because you weren't feeling well?	
ANO Have you ever had a time when you weighed much less than other people thought you ought to weigh?	
BUL Have you often had times when your eating was out of control?	
ADD Have you had trouble concentrating on things or paying attention for at least 6 months?	
AVD 1. Have you avoided jobs or tasks that involved having to deal with a lot of people?	es
4. Do you often worry about being criticized or rejected in social situations?	es es
DEP 8. Do you need a lot of advice or reassurance from others before you can make everyday decisions?	
arrangements?	S
12. Have you often volunteered to do things that are unpleasant?	es es
OC 16. Are you the kind of person who focuses on details, order, organization or likes to make lists and schedules? No You have trouble finishing jobs because you spend so much time trying to get things exactly right?	es es
20. Do you have trouble throwing things out because they might come in handy someday?	es es es

NEG 25. When someone asks you to do something that you don't want to do, do you then work slowly or do a poor iob? No Yes 29. Have you found that most of your bosses, teachers, doctors, and others who are supposed to know what DPR 34. Do you believe that you are basically an inadequate person and often don't feel good about yourself? No Yes 36. Are you a worrier? No Yes **SDF** 41. Have you repeatedly been involved with friends or lovers who have taken advantage of you or let you down? No Yes 44. When people try to help you, do you find it hard to accept or do you make it hard for them to help you? No Yes 45. When you are successful, do you feel depressed or like you don't deserve it, or do something to spoil it? No Yes PAR 45. Are you the kind of person who holds grudges or takes a long time to forgive when insulted or slighted? No Yes 46. Are there many people that you can't forgive because they did or said something to you a long time ago? No Yes **SZD** 49. When you are out in public and see people talking, do you often feel that they are talking about you? No Yes 50. Do you often feel that things that have no special meaning to most people are really meant to give you a message? No Yes 52. Have you ever felt that you could make things happen just by making a wish or thinking about them? No Yes 54. Do you believe that you have a 'sixth sense' that allows you to know or predict things that others can't? No Yes 55. Do you often think that objects or shadow are really people or animals or that noises are actually voices? No Yes 56. Have you had the sense that some person or force is around you, even though you cannot see anyone? No Yes

58. Are there very few people that you are really close to outside of your immediate family?	No Yes
59. Do you often feel nervous when you are with other people?	No Yes
CTD	
STP 60. Is it NOT important to you whether you have any close relationships, including being part of a family?	No Voc
61. Would you almost always rather do things alone than with other people?	
62. Could you be content without ever being sexually involved with another person?	
63. Are there really very few things that give you a lot of pleasure?	
64. Does it not matter to you what people think of you?	
65. Do you find that nothing makes you very happy or very sad?	
HIS	No res
66. Are you uncomfortable if you are not the center of attention?	No Vec
67. Do you flirt a lot?	
68. Do you often find yourself "coming on" to people?	
69. Do you try to draw attention to yourself by the way you dress or look?	
70. Do you often make a point of being dramatic and colorful?	
71. Do you often change your mind about things (opinions) depending on the people you're with or what you	140 1 03
have just read or seen on TV?	No Vec
72. Do you have lots of friends that you are very close to?	No Yes
72. Do you have lots of friends that you are very close to:	140 103
NAR	
73. Do most people fail to appreciate your very special talents or accomplishments?	No Yes
74. Have people told you that you have too high an opinion of yourself?	No Yes
75. Do you think a lot about the power, fame, or recognition that will be yours someday?	No Yes
	NT X7
76. Do you think a lot about the perfect romance that will be yours someday?	
77. When you have a problem, do you almost always insist on seeing the top person?	
78. Do you feel it's important to spend time with people who are special or influential?	
79. Is it very important to you that people pay attention to you or admire you in some way?	No Yes
80. Do you think that it's not necessary to follow certain rules or social conventions when they get in your way?	No Voc
way!	No Tes
81. Do you feel that you are the kind of person who deserves special treatment?	No Yes
82. Do you often find it necessary to step on a few toes to get what you want?	
83. Do you often have to put your needs above other people's?	
84. Do you often expect other people to do what you ask without question because of who you are?	
85. Are you NOT really interested in other people's problems or feelings?	
86. Are you often envious of others?	
87. Do you feel that others are often envious of you?	
88. Do you find that very few people are worth your time and attention?	No Yes
DOD	
BOR	
89. Have you often become frantic when you thought that someone you really care about was going to leave	No Vac
you?	
90. Do your relationships with people you really care about have a lot of extreme ups and downs?	
91. Have you abruptly changed your sense of who you are and where you are headed?	No Yes
92. Does your sense of who you are often change dramatically?	No Yes
93. Have there been lots of sudden changes in your goals, career plans, religious beliefs, and so on?	
94. Have you often done things impulsively (e.g., spending, sex, reckless driving)?	
95. Have you tried to hurt or kill yourself or threatened to do so?	
96. Have you ever cut, burned or scratched yourself on purpose?	
97. Are you a 'moody' person?	No Yes

98. Do you often feel empty inside?						
99. Do you often have temper outbursts or get so angry that you lose control?						
100. Do you hit people or throw things when you get angry?						
101. Do even little things get you very angry?						
102. When you are under a lot of stress, do you get suspicious						
ANT						
BEFORE THE AGE OF 15 DID YOU EVER DO ANY OF						
103. Did you bully or threaten other kids?					No Yes	
104. Did you start fights?						
105. Did you hurt or threaten someone with a bat, brick, broken bottle, knife or a gun?						
106. Did you ever deliberately try to cause someone physical p						
107. Did you torture or hurt animals on purpose?						
108. Did you ever rob, mug or forcibly take something from so						
109. Did you ever force someone to have sex with you?						
110. Did you set fires?						
111. Did you deliberately destroy things that weren't yours?					No Yes	
112. Did you ever break into a house, other buildings, or cars?					No Yes	
113. Did you lie a lot or "con" other people?						
114. Did you sometimes steal, shoplift things or forge someone	e's signat	ture?			No Yes	
115. Did you run away from home and stay away overnight?					No Yes	
116. Would you often stay out very late, long after the time yo	u were si	ipposed to	be home?		No Yes	
117. Did you often skip school?		rr			No Yes	
118. Do you own a gun?						
VIO						
Circle the appropriate response to the questions below. Cu	rrently o	r in the p	ast:			
118. How often has someone physically hurt you?	Never	Rarely		Fairly often	Frequently	
119. How often has someone insulted or talked down to you?	Never	Rarely	Sometimes	Fairly often	Frequently	
120. How often has someone threatened you with harm?	Never	Rarely	Sometimes		Frequently	
121. How often has someone screamed or cursed at you?	Never	Rarely	Sometimes		Frequently	
Any additional comments/information that you want to include	e	·····				