PSYCHIATRIC HISTORY

SUBJECT

NAME

YEAR · SEMESTER

PATIENT · INITIALS

AGE · SEX

SETTING

DATE

PRESENTING COMPLAINT · IN THEIR OWN WORDS

"What's been troubling you? How long has it been going on?"

MOOD · INTEREST

"How has your mood been? Do you still enjoy things?"

SLEEP · APPETITE · ENERGY · CONCENTRATION

"How are you sleeping? Eating? Can you concentrate?"

RISK · ASK DIRECTLY, IT DOES NOT PLANT THE IDEA

"Have you had thoughts of harming yourself or ending your life? Any plans? What has stopped you?"

HARM TO OTHERS · BEING HARMED

"Have you had thoughts of hurting anyone? Is anyone hurting you?"

PAST PSYCHIATRIC HISTORY

Admissions · diagnoses · treatments · therapists

SUBSTANCES

Alcohol · drugs · how much · how often · last use

PERSONAL HISTORY

Childhood · school · work · relationships · forensic history

PREMORBID PERSONALITY

"How would you describe yourself before all this?"

Questions are prompts, not a script: follow the patient.

PATIENT · INITIALS

AGE · SEX

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MENTAL STATE EXAMINATION · WHAT YOU OBSERVE

APPEARANCE · BEHAVIOUR
Self-care, eye contact, agitation

SPEECH
Rate, volume, flow

MOOD · AFFECT
Their words · what you see

THOUGHT FORM
Logical, flight of ideas

THOUGHT CONTENT
Worries, delusions, risk

PERCEPTION
Hallucinations

COGNITION
Orientation, attention, memory

INSIGHT · JUDGEMENT
Do they think they are unwell?

RISK SUMMARY · LOW / MEDIUM / HIGH + WHY

PROTECTIVE FACTORS
Family, children, faith, plans for the future

SUMMARY · FORMULATION

PLAN · WHO TO TELL

In an emergency follow local risk procedures: never keep immediate risk to yourself.

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