

General Intake Interview

Name:

Date:

Referral Source:

Ethnic Heritage:

Goals:

Items 1 - 14 =

Range = 0 - 56 - higher scores = higher mental well-being

Sex		Age in years	
Male	37.3 (36.6 - 37.9)	16 - 24	37.7 (36.6 - 38.8)
		25 - 34	36.1 (35.1 - 37.1)
Female	36.3 (35.7 - 36.8)	35 - 44	35.7 (34.8 - 36.7)
		45 - 54	35.5 (34.4 - 36.5)
		55 - 64	37.4 (36.4 - 38.4)
		65 - 74	38.4 (37.3 - 39.4)
		75+	37.2 (34.9 - 39.4)

Items 15 - 19 = Mental Health Inventory - 5

Range = 0 - 20 - higher scores indicate greater risk of mental disorder

Cut - off Score = 13

Items 20 - 30 = Perceived Stress Scale

Range = 0 - 40 - higher scores indicate a higher level of perceived stress

Males	19.17	(SD 5.59)
Females	20.02	(SD 5.79)
Total	19.61	(SD 5.69)

EXERCISE:

RELAXATION PRACTICE:

DEPRESSION: Anhedonia, appetite, weight change, mood, agitation, decreased energy, worthlessness/guilt

GAD: restlessness, easily fatigued, concentration, irritability, muscle tension.

PANIC: palpitations, sweating, trembling, shortness of breath, choking, chest pain, nausea, dizzy, derealization, losing control

CURRENT STRESSORS:

TRAUMA HISTORY:

PTSD: intrusive recollections, dreams, recurrences, triggers, avoidance