

HISTORY-TAKING HEADINGS

When taking a “psychiatric history” a standard set of questions for every new patient will help gather information and detect significant life events. As a patient, you could refer to this list in preparation for your first visit to the psychiatrist or therapist.

Mode of Referral: Who referred you to the specialist?

Presenting Complaint & History of Presenting Complaint: Why are you here?

Family History: Mother, Father, Siblings (relationships, jobs, personalities, etc)

Personal/Developmental History: Birth, Childhood Environment/Abuse, Teenage Life

Education/School History: Academic success, bullying, etc.

Marital History: State of marriage, Age, Job and Personality of spouse, Children

Job History

Past Medical History: operations, major illnesses, allergies

Past Psychiatric History: previous therapists & psychiatrists, psychiatric admissions

Current Medication(s): (including length on treatment, dosages)

Substance Use/Abuse History: Cigs, Marijuana, Alcohol, Cocaine, Mushrooms, etc.

Social History: Living arrangements (partner, address, renting, owning, etc.)

Sexual History: details may be best avoided during initial visit

The 3 F's

Family History of Psychiatric Illness

Forensic History

Fun (Hobbies, Interests, Social Life)

Mental Status Examination

History taking is followed by an assessment of the patient's mental state.