



# Psychosocial Assessment

Name: \_\_\_\_\_  
ID No: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Date of Initial Assessment: \_\_\_\_\_

*Directions: After the assessment interview, check off items that apply. Write information obtained from the interview. If subject area is not applicable, write N/A.*

**Status:**

**Appearance and General Behavior**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Appropriate attire  | <input type="checkbox"/> Oriented to time, place and person | <input type="checkbox"/> Guarded/avoidant |
| <input type="checkbox"/> Clothing disheveled | <input type="checkbox"/> Disoriented/confused               | <input type="checkbox"/> Uncooperative    |
| <input type="checkbox"/> Poor hygiene        | <input type="checkbox"/> Pressured speech                   | <input type="checkbox"/> Agitated         |
| <input type="checkbox"/> Cooperative         | <input type="checkbox"/> Psychomotor retardation            | <input type="checkbox"/> Other: _____     |

Comment: \_\_\_\_\_

**Mood/Affect**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Normal mood            | <input type="checkbox"/> Labile                   | <input type="checkbox"/> Depressed/sad |
| <input type="checkbox"/> Appropriate to content | <input type="checkbox"/> Irritable                | <input type="checkbox"/> Anxious       |
| <input type="checkbox"/> Adaptable              | <input type="checkbox"/> Inappropriate to content | <input type="checkbox"/> Other: _____  |
| <input type="checkbox"/> Flat affect            | <input type="checkbox"/> Euphoria/elated          |  |
| <input type="checkbox"/> Angry/hostile          | <input type="checkbox"/> Anhedonia                |  |

Comment: \_\_\_\_\_

**General Functioning/Behavior**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Able to abstract      | <input type="checkbox"/> Potential for suicidal ideation | <input type="checkbox"/> Impaired concentration memory |
| <input type="checkbox"/> Logical/goal directed | <input type="checkbox"/> Limited insight                 | <input type="checkbox"/> Social withdrawal/isolation   |
| <input type="checkbox"/> Alert                 | <input type="checkbox"/> Poor anger management           | <input type="checkbox"/> Articulates needs and issues  |
| <input type="checkbox"/> Fully oriented        | <input type="checkbox"/> Low self esteem                 | <input type="checkbox"/> Impaired judgment             |
| <input type="checkbox"/> Poor impulse control  | <input type="checkbox"/> Decreased attention span        | <input type="checkbox"/> Other: _____                  |

Comment: \_\_\_\_\_

**Coping Mechanisms/Resources**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Able to live independently | <input type="checkbox"/> Adequate problem solving skills   | <input type="checkbox"/> Able to ask for assistance               |
| <input type="checkbox"/> Insight oriented           | <input type="checkbox"/> Able to articulate needs/concerns | <input type="checkbox"/> Adequate coping/stress management skills |
| <input type="checkbox"/> Good judgment              | <input type="checkbox"/> Able to reach out to others       | <input type="checkbox"/> Takes responsibility for actions         |
| <input type="checkbox"/> Able to make decisions     | <input type="checkbox"/> Appropriate emotional expression  | <input type="checkbox"/> Other: _____                             |

Comment: \_\_\_\_\_

**Living Status**

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> Independent        | <input type="checkbox"/> Lives with friends  | <input type="checkbox"/> HUD housing  |
| <input type="checkbox"/> Lives with family  | <input type="checkbox"/> Group/institutional | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Lives with partner | <input type="checkbox"/> Homeless/shelter    |                                       |

Comment: \_\_\_\_\_

**Support Network/Resources**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Family            | <input type="checkbox"/> Substance abuse treatment        | <input type="checkbox"/> 12 step program: _____       |
| <input type="checkbox"/> Friends/co-worker | <input type="checkbox"/> None                             | <input type="checkbox"/> Mental health agency: _____  |
| <input type="checkbox"/> Significant other | <input type="checkbox"/> Community support group/agencies | <input type="checkbox"/> Religious/social affiliation |

Comment: \_\_\_\_\_

**Perception of Support System as Reported by Participant:**

\_\_\_\_\_  
\_\_\_\_\_

Receiving Services from Other Agencies/Service Providers:  Yes  No

Agencies: \_\_\_\_\_  
\_\_\_\_\_

Significant Cultural/Religious Issues:  Yes  No

\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

**Involvement with Legal System:**  Current  Past  No  
 Status of Current Legal Involvement: \_\_\_\_\_

Cigarettes/Smokeless Tobacco	(Pre-contemplation)	(Contemplation/Preparation)	(Action)
Current usage:	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Does not want to quit	<input type="checkbox"/> Wants to quit <input type="checkbox"/> Ready to quit
Other household members:	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Does not want to quit	<input type="checkbox"/> Wants to quit <input type="checkbox"/> Ready to quit
Client has (increased) (decreased) tobacco use: (cigarettes) (smokeless tobacco) (other: _____)			
Education provided:	<input type="checkbox"/> Tobacco use	<input type="checkbox"/> Second hand smoke risk	
# of successful (> one week) quit attempts in lifetime: _____	Has tobacco related illness: _____		
If pregnant, stopped usage upon learning of pregnancy:	<input type="checkbox"/> Yes <input type="checkbox"/> No	During pregnancy, started usage again: <input type="checkbox"/> Yes	

**Alcohol**

History of Dependency/Addiction:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Family History of Dependency/Addiction:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Current Use of Alcohol:	Type: _____	Frequency:	Amount: _____
Readiness for Change:	<input type="checkbox"/> Pre-contemplation	<input type="checkbox"/> Contemplation/Preparation	<input type="checkbox"/> Action <input type="checkbox"/> N/A
Alcohol treatment:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Provider: _____	Last date treated: _____
If pregnant, stopped usage upon learning of pregnancy:	<input type="checkbox"/> Yes <input type="checkbox"/> No		

**Other Drugs**

History of Addiction	<input type="checkbox"/> Yes <input type="checkbox"/> No	Family History of Abuse/Addiction:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Current Use	Type: _____	Frequency:	Amount: _____
<input type="checkbox"/> Marijuana	<input type="checkbox"/> Cocaine/Crack	<input type="checkbox"/> Hallucinogens	<input type="checkbox"/> Opiates <input type="checkbox"/> Benzodiazepines
<input type="checkbox"/> Amphetamine	<input type="checkbox"/> Barbiturates	<input type="checkbox"/> Inhalants	<input type="checkbox"/> Prescription med.: _____
Readiness for Change:	<input type="checkbox"/> Pre-contemplation	<input type="checkbox"/> Contemplation/Preparation	<input type="checkbox"/> Action <input type="checkbox"/> N/A
Drug Treatment	<input type="checkbox"/> Yes <input type="checkbox"/> No	Provider: _____	Last Date Treated: _____
If pregnant, stopped usage upon learning of pregnancy:	<input type="checkbox"/> Yes <input type="checkbox"/> No		

**Mental Health History**

	Current	Past
Mental health history	<input type="checkbox"/>	<input type="checkbox"/>
Depressed mood	<input type="checkbox"/>	<input type="checkbox"/>
Social impairment, including family relationship	<input type="checkbox"/>	<input type="checkbox"/>
Impairment in occupational functioning/ADLS	<input type="checkbox"/>	<input type="checkbox"/>
Impairment in school functioning	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

	Current	Past
Marital discord	<input type="checkbox"/>	<input type="checkbox"/>
Suicidal plan/attempt	<input type="checkbox"/>	<input type="checkbox"/>
Family dysfunction	<input type="checkbox"/>	<input type="checkbox"/>
Impairment of judgment	<input type="checkbox"/>	<input type="checkbox"/>
Anxious Mood	<input type="checkbox"/>	<input type="checkbox"/>
Poor conduct/impulse control	<input type="checkbox"/>	<input type="checkbox"/>
Familial history: _____	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Mental Health/Substance Abuse History: Treatment/Dates/Follow-up/Response:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**History of Sexual Abuse**

Current:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Past Hx:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Assistance sought:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Assisted by:	_____

Situation/ Status: \_\_\_\_\_

**History of Physical/Emotional Abuse or Domestic Violence**

Current:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Past Hx:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Assistance sought:	<input type="checkbox"/> Yes <input type="checkbox"/> No	Assisted by:	_____

Situation/ Status: \_\_\_\_\_

Name:	_____
ID No:	_____
Date of Birth:	_____

**\*\*\*If Pregnant:**  
**Presenting Feelings Regarding this Pregnancy/Significant Concerns and Priorities:**

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**Significant Pregnancy History, Family Planning Issues, Child Spacing Information:**

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**\*\*\*If Adolescent Pregnancy:**

Educational Status/Issues: \_\_\_\_\_

Family/FOB Reaction to Pregnancy/Infant: \_\_\_\_\_  
 \_\_\_\_\_

Attachment Issues: \_\_\_\_\_  
 \_\_\_\_\_

Income/Support Issues: \_\_\_\_\_

Other: \_\_\_\_\_

**Parenting**

<input type="checkbox"/> Realistic expectations	<input type="checkbox"/> Parenting technique/discipline issues
<input type="checkbox"/> Unrealistic expectations	<input type="checkbox"/> Children not living in the home: _____
<input type="checkbox"/> Anger management/self-control	<input type="checkbox"/> Child protection issues: _____
<input type="checkbox"/> Parent/child interaction issues	<input type="checkbox"/> Caregivers are aware of the dangers of shaking a child
<input type="checkbox"/> Other: _____	

**Parenting: Attachment Issues/Concerns/Priorities/Parental Relationship/Relationship with Children in the House:**

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Name: \_\_\_\_\_

**Psychosocial Assessment/Pre-Counseling Summary**

Identification of Problems/Assets/Limitations/Barriers to Care/etc. (Address Any Checked Items Requiring Further Clarification)

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**Psychosocial Counseling Intervention Plan**

State Need for Counseling, Develop Plan with Client; Establish Goals with Dates for Completion and Frequency of Counseling Sessions.

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**Psychosocial Counseling Intervention Plan Update**

Update Counseling Plan Goals Here. (Individual Counseling Session Progress Should be Recorded in the Progress Notes)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Date of Update: \_\_\_\_\_

Signature of Psychosocial Counseling/Assessment Provider: \_\_\_\_\_

Psychosocial Assessment Date: \_\_\_\_\_ Title: \_\_\_\_\_