

Empowered Change: Counseling & Education

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CLIENT HISTORY AND INFORMATION FORM*

Date of Intake: _____ Record Number: _____

Full Legal Name: _____

Preferred Name of Address/Nickname: _____

Current Mailing Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____

Message OK? Y N

Work Phone: _____

Message OK? Y N

Cell Phone: _____

Message OK? Y N

Email Address: _____

Message OK? Y N

How did you hear about us? _____

Date of Birth _____ Age _____

Height _____ Weight _____ Hair Color _____ Eye Color _____

Gender _____

Ethnicity _____

Religion / Spirituality _____

The following checklist asks you several questions about your personal history and your current life. Some of these questions may be easy for you to answer and others may be more difficult. Please know that your therapist will use this information to get to know you better and that being as open and honest about your responses will be very helpful during this process. At the same time, also know that you certainly are not required to answer any questions that you don't want to answer. No matter how you answer, all of your responses are legally protected under the fullest extent of the law and your therapist will be reviewing them with you in more detail. Begin by entering your *Personal Information* and *Demographic Information* above. Then turn to the beginning of the next page to answer the remaining questions in this **Intake and Information Form**.

For each question, circle the answer that best describes your personal history or current life.

Many questions have an additional space labeled "Other" for writing in an answer if the correct answer was not provided in the list.

For most questions, only one answer is required. For questions followed by the symbol (✓✓✓), please indicate as many answers that apply. For questions that do not apply, please circle the response, "Does not apply."

- Thank You -

*Adapted from the *Personal History Checklist for Adults* by John A. Schinka, PhD and Noeticus Counseling Center's Matieral.

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I. Presenting Information:

1. What is your race/ethnicity?
 - a. Asian or Pacific Islander
 - b. Latino/Latina
 - c. Chicano/Chicana
 - d. Black/African American
 - e. White/Caucasian
 - f. Native American
 - g. Mixed Background: _____
 - h. Other Background: _____
2. Who referred you here, or recommended that you come?
 - a. No one, came by myself
 - b. Friend
 - c. Family member
 - d. Family medical provider
 - e. Other medical provider: _____
 - f. A community agency: _____
 - g. Clergy or religious staff
 - h. Police, probation, court
 - i. Victim Assistance: _____
 - j. Other: _____
3. What is the primary issue, concern, or problem that led you to seek services with us?
 - a. Have no problem
 - b. Depression
 - c. Anxiety
 - d. Problems thinking clearly
 - e. Problems with marriage/relationship
 - f. Problems with family
 - g. Problems with job
 - h. Problems with alcohol
 - i. Problems with drugs
 - j. Health problems
 - k. Facing criminal charges
 - l. Being physically abused
 - m. Feelings of wanting to harm myself
 - n. Feelings of wanting to harm others
 - o. Other: _____
4. In your own opinion, how severe is this issue or concern?
 - a. Does not apply
 - b. Mild
 - c. Moderate
 - d. Severe
 - e. Completely unable to meet your responsibilities
 - f. Other: _____
5. How long have you had this issue, concern, or problem?
 - a. Does not apply
 - b. For the past several days (1-14)
 - c. For the past several weeks (2-12)
 - d. For the past several months (3-11)
 - e. For the past year
 - f. For the past two years
 - g. For the past several years
6. Which of the following has the problem, concern, or issue affected? (✓✓✓)
 - a. Does not apply
 - b. None
 - c. Your performance at work
 - d. Your personal relationships
 - e. Your health

7. Have sought help for this issue, concern, or problem before?
 - a. Does not apply
 - b. No
 - c. Yes, with success
 - d. Yes, but with only partial success
 - e. Yes, but without success
8. What other issues, concerns, or problems are you having? (✓✓✓)
 - a. No other issues, concerns, or problems
 - b. Depression
 - c. Anxiety
 - d. Problems thinking clearly
 - e. Problems with marriage/relationship
 - f. Problems with family
 - g. Problems with job
 - h. Problems with alcohol
 - i. Problems with drugs
 - j. Health problems
 - k. Facing criminal charges
 - l. Being physically abused
 - m. Feelings of wanting to harm myself
 - n. Feelings of wanting to harm others
 - o. Other: _____

II. Family Background

9. Who primarily raised you?
 - a. Biological / birth parents
 - b. Biological / birth father
 - c. Biological / birth mother
 - d. Biological / birth father and stepmother
 - e. Biological / birth mother and stepfather
 - f. Grandparents on father's side
 - g. Grandparents on mother's side
 - h. Aunt and uncle
 - i. Aunt
 - j. Uncle
 - k. Older brother
 - l. Older sister
 - m. Adoptive parents
 - n. Foster parents
 - o. Orphanage
 - p. Charitable institution
 - q. Other: _____
10. When growing up, how many children were in your family?
 - a. Does not apply
 - b. You were an only child
 - c. 2 including yourself
 - d. 3 including yourself
 - e. 4 including yourself
 - f. 5 including yourself
 - g. 6 including yourself
 - h. 7 including yourself
 - i. 8 including yourself
 - j. 9 including yourself
 - k. 10 including yourself
 - l. More than 10 including yourself
11. Of the other children in your family, how many were stepbrothers or stepsisters?

Fill In the Blank: _____

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12. Which child were you?

- a. Does not apply, you were an only child
- b. The youngest child
- c. A middle child
- d. The oldest child
- e. Other: _____

13. Where were you born?

- a. In United States
- b. In Canada
- c. In Mexico
- d. In Europe
- e. In Asia
- f. In South America
- g. In Central America
- h. In the West Indies
- i. In the Pacific Islands
- j. Other: _____

14. As a child, where did you primarily live?

- a. On a farm
- b. In a rural town
- c. In a small town
- d. In a small city
- e. In a large city
- f. In a suburb
- g. In many different places
- h. Other: _____

15. As a child, where did you live?

- a. In United States
- b. In Canada
- c. In Mexico
- d. In Europe
- e. In Asia
- f. In South America
- g. In Central America
- h. In the West Indies
- i. In the Pacific Islands
- j. In many different countries
- k. Other: _____

16. How much education did your father complete?

- a. Does not apply
- b. Do not know
- c. Less than eighth grade
- d. Eighth grade
- e. Some high school
- f. High school graduate
- g. Some college
- h. College graduate
- i. Postgraduate work
- j. Postgraduate degree

17. When you were growing up, what was the main type of work your father did?

- a. Does not apply
- b. Was primarily unemployed
- c. Worked in many different occupations
- d. Unskilled worker
- e. Skilled worker
- f. Clerical worker
- g. Salesperson
- h. Small business owner
- i. Technical specialist
- j. Business manager

- k. Health professional
- l. Social services professional
- m. Business executive
- n. Not employed outside the home
- o. Military service
- p. Other: _____

18. How much education did your mother complete?

- a. Does not apply
- b. Do not know
- c. Less than eighth grade
- d. Eighth grade
- e. Some high school
- f. High school graduate
- g. Some college
- h. College graduate
- i. Postgraduate work
- j. Postgraduate degree

19. When you were growing up, what was the main type of work your mother did?

- a. Does not apply
- b. Was primarily unemployed
- c. Worked in many different occupations
- d. Unskilled worker
- e. Skilled worker
- f. Clerical worker
- g. Salesperson
- h. Small business owner
- i. Technical specialist
- j. Business manager
- k. Health professional
- l. Social services professional
- m. Business executive
- n. Not employed outside the home
- o. Military service
- p. Other: _____

20. When you were growing up, what was the main source of income for your family?

- a. Does not apply
- b. Father's job
- c. Mother's job
- d. Both parents' jobs
- e. Welfare / Social Services
- f. Alimony
- g. Child support payments
- h. Other: _____

21. When you were growing up, how would you characterize your family?

- a. Does not apply
- b. Below poverty level
- c. At poverty level
- d. Low / Below average income
- e. Moderate / Average income
- f. High / Above average income
- g. Other: _____

III. Childhood and Adolescence

22. How old was your father at the time of your birth?

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- a. Do not know
- b. 15-19
- c. 20-29
- d. 30-39
- e. 40-49
- f. 50 or older

23. How old was your mother at the time of your birth?

- a. Do not know
- b. 15-19
- c. 20-29
- d. 30-39
- e. 40-49
- f. 50 or older

24. To your knowledge, what were the conditions of birth?

(✓✓✓)

- a. Do not know
- b. Normal, no unusual problems or issues
- c. Premature birth
- d. Long labor
- e. Complications with delivery
- f. Mother ill at time of birth
- g. Treated in intensive care after birth

25. To your knowledge, when did you learn to walk and talk?

- a. Do not know
- b. At the normal or typical age
- c. Earlier than most children
- d. Later than most children

26. Which of the following childhood illnesses or injuries did you have? (✓✓✓)

- a. None
- b. Do not remember
- c. Measles
- d. German measles
- e. Mumps
- f. Chicken pox
- g. Polio
- h. Asthma
- i. Diabetes
- j. Rheumatic fever
- k. Tuberculosis
- l. Meningitis
- m. Broken arm
- n. Broken leg
- o. Serious head injury
- p. Other: _____

27. Which of the following operations did you have as a child?

(✓✓✓)

- a. None
- b. Appendectomy
- c. Tonsillectomy
- d. Other: _____

28. Did you start school in kindergarten or the first grade?

- a. Kindergarten
- b. First grade
- c. Other: _____

29. How old were you when you started school?

- a. 4 years old
- b. 5 years old
- c. 6 years old

- d. 7 years old
- e. 8 years old
- f. Other: _____

30. What types of schools did you attend from grades 1-8?

(✓✓✓)

- a. Public school
- b. Private school
- c. Parochial school
- d. School for students with disabilities
- e. Orphanage school
- f. Military academy
- g. Boarding school
- h. Other: _____

31. Did you have any problems when you first started school?

(✓✓✓)

- a. No problems that you remember
- b. Were afraid of school and did not want to go
- c. Were sick a lot and missed a lot of school
- d. Had to be forced to go to school
- e. Other: _____

32. Which of the following describes your experiences in grades 1-8?

- a. Generally received excellent grades
- b. Generally received good grades
- c. Generally received average grades
- d. Generally received poor grades

33. Which of the following describes your experiences in grades 1-8 (continued)? (✓✓✓)

- a. None
- b. Had special classes for a learning disability
- c. Had to repeat a grade
- d. Had to repeat more than one grade
- e. Had special tutoring

34. Which of the following describes your experiences in grades 1-8 (continued)?

- a. Enjoyed school
- b. Felt neutral about school
- c. Disliked school

35. Which of the following describes your experiences in grades 1-8 (continued)?

- a. Got along well with all your teachers
- b. Got along well with all but a few of your teachers
- c. Usually got along poorly with your teachers

36. Which of the following describes your experiences in grades 1-8 (continued)? (✓✓✓)

- a. None
- b. Had to be disciplined in school frequently
- c. Were suspended
- d. Were expelled from school
- e. Other: _____

37. Which of the following describes your experiences from ages 5-13?

- a. Had many friends
- b. Had several friends
- c. Had few friends
- d. Other: _____

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38. Which of the following describes your experiences from ages 5-13?

- a. Rarely got into trouble
- b. Frequently got into trouble
- c. Were always getting into trouble
- d. Were considered a delinquent child

39. Which of the following describes your experiences from ages 5-13? (✓✓✓)

- a. None
- b. Parents did not get along
- c. Parents got divorced
- d. Family moved a lot
- e. Family had financial problems
- f. Did not get along with brothers and/or sisters
- g. Had a lot of medical problems
- h. Were physically abused
- i. Were sexually abused
- j. Witnessed domestic violence
- k. Other: _____

40. How would you describe yourself as a child from ages 5-13? (✓✓✓)

- a. Active
- b. Passive
- c. Happy
- d. Content
- e. Unhappy
- f. Calm
- g. Nervous
- h. Fearful
- i. Moody
- j. Outgoing
- k. Shy
- l. Lonely
- m. Quiet
- n. Noisy
- o. Coordinated
- p. Clumsy
- q. Academically excelled
- r. Academically challenged
- s. Other: _____

41. How would you describe your family relationships while you were a child from ages 5-13? (✓✓✓)

- a. Does not apply
- b. Marked by frequent arguments
- c. Marked by physical fights
- d. Unsupportive
- e. Supportive
- f. Warm, close
- g. Cold, distant
- h. Other: _____

42. How old were you when you started the 9th grade?

- a. Did not attend the 9th grade
- b. 11 years old
- c. 12 years old
- d. 13 years old
- e. 14 years old
- f. 15 years old

- g. 16 years old
- h. Other: _____

43. What types of schools did you attend from grades 9-12? (✓✓✓)

- a. Does not apply
- b. Public school
- c. Private school
- d. Parochial school
- e. School for students with disabilities
- f. Orphanage school
- g. Military academy
- h. Boarding school
- i. Other: _____

44. Did you have any problems when you first started the 9th grade? (✓✓✓)

- a. Does not apply
- b. No problems that you remember
- c. Were anxious about starting high school
- d. Were sick a lot and missed a lot of school
- e. Were afraid you would not do well academically
- f. Were afraid you would not fit in
- g. Other: _____

45. Which of the following describe your experiences in high school? (✓✓✓)

- a. Does not apply
- b. Received excellent grades
- c. Received good grades
- d. Received average grades
- e. Received poor grades

46. Which of the following describe your experiences in high school? (✓✓✓)

- a. Does not apply
- b. None
- c. Had special classes for a learning disability
- d. Had to repeat a grade
- e. Had to repeat more than one grade
- f. Had special tutoring

47. Which of the following describes your experiences in high school?

- a. Does not apply
- b. Enjoyed school
- c. Felt neutral about school
- d. Disliked school

48. Which of the following describe your experiences in high school?

- a. Does not apply
- b. Got along well with all your teachers
- c. Got along well with all but a few of your teachers
- d. Usually got along poorly with your teachers

49. Which of the following describe your experiences in high school? (✓✓✓)

- a. Does not apply
- b. None
- c. Had to be disciplined in school frequently
- d. Were suspended
- e. Were expelled from school
- f. Other: _____

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50. Which activities did you engage in while in high school? (✓✓✓)

- a. Does not apply
- b. None
- c. Team sports (junior or senior varsity)
- d. Intramural sports
- e. Choir
- f. Glee club
- g. Cheerleading
- h. Student government
- i. Academic clubs (math, science, etc.)
- j. Hobby clubs (chess, stamp, etc.)
- k. Yearbook
- l. Student newspaper
- m. Band
- n. Other: _____

51. Did you graduate from high school?

- a. Yes
- b. No, dropped out because of poor grades
- c. No, dropped out because of discipline problems
- d. No, dropped out to work to support family
- e. No, dropped out because drug/alcohol problems
- f. No, dropped out because of health problems
- g. No, dropped out because you got pregnant
- h. No, dropped out because girlfriend got pregnant
- i. No, because: _____

52. Which of the following describes your experiences from ages 14-18?

- a. Had many close friends
- b. Had several close friends
- c. Had few close friends
- d. Had no close friends

53. Which of the following describes your experiences from ages 14-18?

- a. Did not date
- b. Dated infrequently
- c. Dated regularly
- d. Usually had a steady girlfriend/boyfriend

54. Which of the following describes your experiences from ages 14-18?

- a. Rarely got into trouble
- b. Frequently got into trouble
- c. Were always getting into trouble
- d. Were considered a delinquent adolescent

55. Which of the following describe your experiences from ages 14-18? (✓✓✓)

- a. None
- b. Parents did not get along
- c. Parents got divorced
- d. Family moved a lot
- e. Family had financial problems
- f. Did not get along with brothers and/or sisters
- g. Had a lot of medical problems
- h. Were physically abused

- i. Were sexually abused
- j. Witnessed domestic violence
- k. Other: _____

56. How would you describe yourself from ages 14-18? (✓✓✓)

- a. Active
- b. Passive
- c. Happy
- d. Content
- e. Unhappy
- f. Calm
- g. Nervous
- h. Fearful
- i. Moody
- j. Outgoing
- k. Shy
- l. Lonely
- m. Quiet
- n. Noisy
- o. Coordinated
- p. Clumsy
- q. Academically excelled
- r. Academically challenged
- s. Other: _____

57. How would you describe your family relationships when you were age 14-18? (✓✓✓)

- a. Does not apply
- b. Marked by frequent arguments
- c. Marked by physical fights
- d. Unsupportive
- e. Supportive
- f. Warm, close
- g. Cold, distant
- h. Other: _____

58. What were your plans when you left high school? (✓✓✓)

- a. Did not really have any plans
- b. Planned to go to work
- c. Planned to continue education
- d. Planned to get married
- e. Planned to enter a committed relationship
- f. Planned to enter armed services
- g. Others: _____

IV. Military Service History

59. Have you served in the military?

- a. No
- b. No, were a conscientious objector
- c. No, left country to avoid the draft
- d. Yes, drafted into Army
- e. Yes, enlisted in the Army
- f. Yes, enlisted in the Navy
- g. Yes, enlisted in the Air Force
- h. Yes, enlisted in the Marines
- i. Yes, enlisted in the Coast Guard

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- j. Currently serving in the Army
- k. Currently serving in the Navy
- l. Currently serving in the Air Force
- m. Currently serving in the Marines
- n. Currently serving in the Coast Guard

60. How long did you serve, or have you served, in the military?

- a. Does not apply
- b. Less than 1 year
- c. 1 year
- d. 13-23 months
- e. 2 years
- f. 3-4 years
- g. 5-6 years
- h. 7-10 years
- i. 11-15 years
- j. 16-19 years
- k. 20 years
- l. more than 20 years

61. Have you served in the military during a war or conflict?

(✓✓✓)

- a. Does not apply
- b. Served during peace time only
- c. World War II
- d. Korean War
- e. Vietnam Conflict
- f. Persian Gulf War
- g. War in Afghanistan
- h. War in Iraq
- i. Other: _____

62. Has your service in the military included being stationed outside of the United States?

- a. Does not apply
- b. Yes
- c. No

63. Were you, or have you been, injured during your time in the service? (✓✓✓)

- a. Does not apply
- b. No
- c. Yes, wounded in combat
- d. Yes, but not as a result of combat
- e. Other: _____

64. Were you, or have you been, evaluated or treated for emotional or psychological problems while in the service? (✓✓✓)

- a. Does not apply
- b. No
- c. Evaluated
- d. Treated on outpatient basis
- e. Treated on inpatient basis
- f. Other: _____

65. Which of the following did you experience, or have you experienced, during your time in the service? (✓✓✓)

- a. Does not apply
- b. None

- c. Disciplinary problems
- d. Court-martial
- e. Sentenced to stockade
- f. Drug use
- g. Alcohol abuse
- h. AWOL
- i. Refusal to follow orders
- j. Fights with fellow service men/women
- k. Fights with superior officers
- l. Reduction in rank
- m. Other: _____

66. What type of discharge from the military did you receive?

- a. Does not apply
- b. Still in service
- c. Honorable discharge
- d. Medical discharge
- e. Dishonorable discharge
- f. Left AWOL, were never discharged
- g. Other: _____

67. What was your rank on discharge from the military (current rank if still in service)?

- a. Does not apply
- b. Officer
- c. Noncommissioned officer
- d. Enlisted personnel
- e. Other: _____

68. Do you have a service-connected disability rating?

- a. Does not apply
- b. No
- c. 0-49% for medical disorder
- d. 0-49% for psychological disorder
- e. 50-100% for medical disorder
- f. 50-100% for psychological disorder
- g. Other: _____

V. Educational & Occupational History

69. Have you completed any post-high school education? (✓✓✓)

- a. No
- b. Attended but did not complete junior college
- c. Have a degree from a junior college
- d. Attended college or university but did not complete degree
- e. Have a degree from a college or university
- f. Attended but did not complete technical school
- g. Have a degree from a technical school
- i. Have a degree from a business school
- j. Other: _____

70. Have you completed any postgraduate work?

- a. No
- b. Began but did not complete a postgraduate degree

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- c. Obtained a Master's degree
- d. Obtained a Doctoral degree
- e. Obtained a Law degree
- f. Other: _____

71. At what age did you begin working full-time?

- a. Have never worked full-time
- b. Before age 17
- c. 17
- d. 18
- e. 19
- f. 20
- g. 21
- h. 22 or older

72. What is your employment status?

- a. Employed
- b. Retired
- c. Homemaker
- d. Employed part-time
- e. Disabled
- f. Student
- g. Unemployed
- h. Other: _____

73. What is or has been your primary occupation?

- a. Unemployed
- b. Unskilled worker
- c. Skilled worker
- d. Clerical worker
- e. Salesperson
- f. Small business owner
- g. Technical specialist
- h. Manager
- i. Health professional
- j. Social services professional
- k. Business executive
- l. Not employed outside the home
- m. Military service
- n. Other: _____

74. How long have you been working in your current job?

- a. Not employed
- b. Less than one year
- c. 1 year
- d. 2-3 years
- e. 4-5 years
- f. Over 5 years

75. What other types of work have you done? (✓✓✓)

- a. None
- b. Unskilled worker
- c. Skilled worker
- d. Clerical worker
- e. Salesperson
- f. Small business owner
- g. Technical specialist
- h. Manager
- i. Health professional
- j. Social services professional
- k. Business executive
- l. Other: _____

76. Since finishing your education, what is the longest period of time you have been unemployed when you were looking for a job?

- a. Does not apply
- b. Less than 3 months
- c. 4-6 months
- d. 7 months to 1 year

- e. More than 1 year

77. Since finishing your education, how many different full-time jobs have you had?

- a. Does not apply
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. More than 6

78. Since finishing your education, how many different part-time jobs have you had?

- a. Does not apply
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. More than 6

79. How many times have you been fired or laid off from a job?

- a. Does not apply
- b. None
- c. 1
- d. 2
- e. 3
- f. 4
- g. 5
- h. 6
- i. More than 6

VI. Health and Medical History

80. Which of the following have you been treated for as an adult? (✓✓✓)

- a. None
- b. Arthritis
- c. Cancer
- d. Diabetes
- e. Epilepsy (seizures)
- f. Heart problems
- g. Hypertension (high blood pressure)
- h. Low back pain
- i. Problems with lungs or breathing
- j. Problems with digestive system
- k. Other: _____

81. What are you currently being treated for? (✓✓✓)

- a. None
- b. Arthritis
- c. Cancer
- d. Diabetes
- e. Epilepsy (seizures)
- f. Heart problems

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- g. Hypertension (high blood pressure)
- h. Low back pain
- i. Problems with lungs or breathing
- j. Problems with digestive system
- k. Other: _____

82. Do you currently have any physical problems that are not being treated by a medical doctor, but should be? (✓✓✓)

- a. No
- b. Chest pain
- c. Difficulty with breathing
- d. Dizziness
- e. Loss of consciousness
- f. Pain
- g. Stomach problems
- h. Vision problems
- i. Other: _____

83. How many cigarettes a day do you smoke?

- a. None, have never smoked
- b. None, but used to smoke
- c. Less than one pack per day
- d. One pack per day
- e. More than one pack per day

84. How long have you been smoking (or did you smoke) cigarettes?

- a. Have never smoked
- b. Less than five years
- c. 5-9 years
- d. 10-14 years
- e. 15-19 years
- f. 20 years or more

85. Do you drink alcohol?

- a. No
- b. Occasionally
- c. Regularly
- d. Daily

86. When you drink alcohol, how many drinks do you usually have?

- a. Does not apply
- b. One
- c. Two
- d. Three
- e. Four
- f. Five or more

87. Which of the following have you experienced? (✓✓✓)

- a. None
- b. Lost a job because of drinking
- c. Missed work because of drinking
- d. Were in fights because of drinking
- e. Were arrested for being drunk and disorderly
- f. Had an automobile accident because of drinking
- g. Received a ticket for drinking and driving
- h. Lost driver's license because of drinking
- i. Had arguments with friends or relatives because of your drinking
- j. Other: _____

88. Do you use any drugs illegally or in non-prescribed ways?

- a. No
- b. No, but did in the past

- c. Occasionally
- d. Regularly
- e. Daily

89. Which drugs do you, or did you abuse? (✓✓✓)

- a. Does not apply
- b. Narcotics
- c. Recreational
- d. Prescription
- e. Other: _____

90. How long have you been using, or did you use these drugs?

- a. Does not apply
- b. Less than one year
- c. One year
- d. Two years
- e. Three years
- f. Four years
- g. Five years
- h. Over five years

91. Has there been a recent change in your weight?

- a. No
- b. Yes, a weight gain
- c. Yes, a weight loss
- d. Yes, a weight loss due to dieting/exercise

92. Has there been a recent change in your appetite?

- a. No
- b. Yes, an increase in appetite
- c. Yes, a loss of appetite

93. What problems do you have with your sleep? (✓✓✓)

- a. None
- b. Trouble getting to sleep
- c. Wake up a lot at night
- d. Don't get enough sleep
- e. Sleep too much
- f. Restlessness
- g. Wake up too early in the morning
- h. Sleep enough, but don't feel rested
- i. Other: _____

94. Which is true about your sex life?

- a. Prefer not to answer
- b. Have an active sex life
- c. Are interested in sex, but not active at this time
- d. Have no interest in sex
- e. Are interested, but are abstaining from sex
- f. Other: _____

95. Has there been a recent change in your interest in sex?

- a. No
- b. Yes, an increase in interest
- c. Yes, a decrease in interest

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VII. Family History

96. Which of the following is true about your birth or biological mother?

- a. Does not apply
- b. Do not know if she is alive or deceased
- c. She is alive and well
- d. She is alive, but in poor health
- e. She is deceased
- f. Other: _____

97. Which of the following medical problems has your birth mother had? (✓✓✓)

- a. Does not apply
- b. Do not know
- c. None
- d. Arthritis
- e. Cancer
- f. Diabetes
- g. Epilepsy (seizures)
- h. Heart problems
- i. Hypertension (high blood pressure)
- j. Low back pain
- k. Problems with lungs or breathing
- l. Problems with digestive system
- m. Other: _____

98. Which of the following is true about your birth or biological father?

- a. Does not apply
- b. Do not know if he is alive or deceased

- c. He is alive and well
- d. He is alive, but in poor health
- e. He is deceased
- f. Other: _____

99. Which of the following medical problems has your birth father had? (✓✓✓)

- a. Does not apply
- b. Do not know
- c. None
- d. Arthritis
- e. Cancer
- f. Diabetes
- g. Epilepsy (seizures)
- h. Heart problems
- i. Hypertension (high blood pressure)
- j. Low back pain
- k. Problems with lungs or breathing
- l. Problems with digestive system
- m. Other: _____

100. Which of the following medical problems have any of your brothers, sisters, or children had? (✓✓✓)

- a. Does not apply
- b. Do not know
- c. None
- d. Arthritis
- e. Cancer
- f. Diabetes
- g. Epilepsy (seizures)
- h. Heart problems
- i. Hypertension (high blood pressure)
- j. Low back pain
- k. Problems with lungs or breathing
- l. Problems with digestive system
- m. Other: _____

101. Which of the following have been treated for psychological problems (either as an inpatient or outpatient), other than alcohol or drug abuse? (✓✓✓)

- a. Does not apply
- b. Do not know
- c. None
- d. Mother
- e. Father
- f. Sister
- g. Brother
- h. Child
- i. Other: _____

102. Which of the following have had problems with alcohol? (✓✓✓)

- a. Does not apply
- b. Do not know
- c. None

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- d. Mother
- e. Father
- f. Sister
- g. Brother
- h. Child
- i. Other: _____

103. Which of the following have had problems with drugs?

(✓✓✓)

- a. Does not apply
- b. Do not know
- c. None
- d. Mother
- e. Father
- f. Sister
- g. Brother
- h. Child
- i. Other: _____

VIII. Current Situation

104. How does spirituality or religion influence your life today?

- a. Does not apply
- b. Regular and important part of your life
- c. Occasional part of your life
- d. Rare part of your life
- e. Not an important part of your life
- f. More spiritual than religious
- g. Other: _____

105. How does your culture or ethnicity influence your life today?

- a. Does not apply
- b. Regular and important part of your life
- c. Occasional part of your life
- d. Rare part of your life
- e. Not an important part of your life
- f. Other: _____

106. What areas of your life are most important to you right now?

- a. Does not apply
- b. Children
- c. Environment
- d. Extended Family
- e. Friends
- f. Pets
- g. School / Education
- h. Spouse / Partner
- i. Travel
- j. Work / Employment
- k. Other: _____

107. How do you identify in terms of gender?

- a. Female
- b. Male
- c. Transgender
- d. Other: _____

108. How do you identify in terms of sexual orientation?

- a. Straight
- b. Bisexual
- c. Lesbian
- d. Gay
- e. Other: _____

109. What is your current relationship status? (*Opposite Gender*)

- a. Does not apply
- b. Never married
- c. Never married, but living with a partner
- d. Married
- e. Divorced
- f. Divorced, but living with a partner
- g. Separated
- h. Separated, but living with a partner
- i. Widowed
- j. Widowed, but living with a partner
- k. Other: _____

110. What is your current relationship status? (*Same Gender*)

- a. Does not apply
- b. Never married
- c. Never married, but living with a partner
- d. Married / Committed Relationship
- e. Divorced / Dissolved Relationship
- f. Divorced, but living with a partner
- g. Separated
- h. Separated, but living with a partner
- i. Widowed
- j. Widowed, but living with a partner
- k. Other: _____

111. How many times have you been married or in a long-term, committed relationship?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Five
- g. Six or more (Specify): _____

112. How long have you been living with your current spouse or partner?

- a. Does not apply
- b. Less than 1 year
- c. 1 year
- d. 2 years
- e. 3 years
- f. 4 years
- g. 5 years
- h. 6-10 years
- i. 11-15 years
- j. 16-20 years
- k. More than 20 years
- l. Other: _____

113. What is your current spouse's or partner's employment status?

- a. Does not apply
- b. Employed full time
- c. Retired

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- d. Homemaker
- e. Employed part-time
- f. Disabled
- g. Student
- h. Unemployed
- i. Underemployed
- j. Other: _____

- q. \$40,001.00 - \$42,500.00
- r. \$42,501.00 - \$45,000.00
- s. \$45,001.00 - \$50,000.00
- t. \$50,001.00 - \$55,000.00
- u. \$55,001.00 - \$60,000.00
- v. \$60,001.00 - \$65,000.00
- w. \$65,001.00 - \$70,000.00
- x. \$70,001.00 - \$75,000.00
- y. \$75,001.00 - \$80,000.00
- z. \$80,001.00 and higher

114. What is or has been your current spouse's or partner's main occupation?

- a. Does not apply
- b. Unskilled worker
- c. Skilled worker
- d. Clerical worker
- e. Salesperson
- f. Small business owner
- g. Technical specialist
- h. Manager
- i. Health professional
- j. Social services professional
- k. Business executive
- l. Not employed outside the home
- m. Military service
- n. Other: _____

115. Where do you live?

- a. None, homeless
- b. House
- c. Apartment
- d. Trailer
- e. Condominium
- f. With parents
- g. With friends
- h. With relatives
- i. Other: _____

116. What is your annual household income from all sources?

- a. None
- b. Less than \$5,000.00
- c. \$5,000.00 - \$7,500.00
- d. \$7,501.00 - \$10,000.00
- e. \$10,001.00 - \$12,500.00
- f. \$12,501.00 - \$15,000.00
- g. \$15,001.00 - \$17,500.00
- h. \$17,501.00 - \$20,000.00
- i. \$20,001.00 - \$22,500.00
- j. \$22,501.00 - \$25,000.00
- k. \$25,001.00 - \$27,500.00
- l. \$27,501.00 - \$30,000.00
- m. \$30,001.00 - \$32,500.00
- n. \$32,501.00 - \$35,000.00
- o. \$35,001.00 - \$37,500.00
- p. \$37,501.00 - \$40,000.00

117. What is the major source of your household income?

- a. Does not apply
- b. Your job
- c. Your spouse's or partner's job
- d. Your children
- e. Your parents
- f. Illegal means
- g. Social Security
- h. Pension
- i. Disability payments
- j. Welfare, Social program, or entitlement payments
- k. Investments
- l. Other: _____

118. How many children have you had (count only your biological offspring)?

- a. None
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. More than 6 (Specify): _____

119. How many children current live with you (of all types)?

- a. Does not apply
- b. None
- c. 1
- d. 2
- e. 3
- f. 4
- g. 5
- h. 6
- i. More than 6 (Specify): _____

120. Of the children living with you, how many are stepchildren (or grandchildren, nieces/nephews, etc.)?

- a. Does not apply
- b. None
- c. 1
- d. 2
- e. 3
- f. 4
- g. 5
- h. 6

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i. More than 6 (Specify): _____
 121. How would you describe your relationship with your current spouse or partner?
 a. Does not apply
 b. Good
 c. Fair
 d. Poor
 e. Other: _____

a. None
 b. Separation
 c. Divorce
 d. Marriage/Commitment
 e. Birth of child
 f. Serious illness or injury
 g. Spouse/partner being seriously ill or injured
 h. Death of spouse or partner
 i. Child being seriously ill or injured
 j. Death of child
 k. Parent being seriously ill or injured
 l. Death of a parent
 m. Loss of a job
 n. Spouse or partner losing job
 o. Change of jobs
 p. Spouse or partner changing jobs
 q. Financial problems
 r. Legal problems
 s. Feelings of wanting to harm myself
 t. Feelings of wanting to harm others
 u. Other: _____

122. Which of the following do you and your spouse or partner have arguments about? (✓✓✓)
 a. Does not apply
 b. None
 c. Money matters
 d. Household chores
 e. Disciplining the children (or pets)
 f. Sex
 g. Relationships with relatives
 h. Relationships with friends
 i. Issues related to work
 j. Manners
 k. Alcohol use
 l. Drug use
 m. Religious or spiritual issues
 n. Other: _____

127. What else would you like your therapist to know about your current situation?

123. How often do you and your spouse or partner have arguments?
 a. Does not apply
 b. Rarely
 c. Every day
 d. Several times a week
 e. About once a week
 f. About two or three times a month
 g. Once a month or less
 h. Other: _____

124. How would you describe the quality of relationships in your own family (spouse or partner)?
 a. Does not apply
 b. Good
 c. Fair
 d. Poor
 e. Other: _____

125. How would you describe the quality of relationships in your own family (children)?
 a. Does not apply
 b. Good
 c. Fair
 d. Poor
 e. Other: _____

126. Which of the following have you experienced in the past year? (✓✓✓)

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