

ADULT INTAKE FORM

GENERAL INFORMATION

Please provide the following information and answer the questions. Information you provide here is protected as confidential information. Please fill out this form and bring it to your first session.

Name: _____ Today's Date: _____

Your age: _____ Date of Birth (DOB): _____

What is the main reason you're here today? _____

What would you like to achieve from our meeting? _____

HEALTH & MENTAL HEALTH INFORMATION

Do you currently have any medical problems? _____

Have you ever been treated for any of the following? If so please circle and describe:

Head injury, strokes, seizures, fainting, loss of consciousness, neurologic conditions (Multiple sclerosis, Parkinson's), cancer, headaches, diabetes/kidney, allergies, chronic fatigue, high fevers, surgeries, any **other conditions**:

Have you previously seen a therapist or psychiatrist? If so, what year? Who did you see and for what reason? About how many meetings did you have? Was the experience helpful or not? How so?

Have you ever been hospitalized for medical or mental illness? If so, list when, where, & reason:

Please list current prescription medications with dosage (psychiatric and general health):

Please list any previous psychiatric medications (with dosage and dates): _____

Do you drink alcohol or use recreational drugs? If so, what kind and how often? _____

Do you or anyone close to you consider your use to be a problem? Yes No

Who is your primary care physician? _____

Who is your psychiatrist (if applicable)? _____

When was your last complete physical exam (month/year)? _____

How many times a week do you exercise? _____ What type and how many minutes? _____

Do you eat a healthy diet? _____

YOUR FAMILY GROWING UP (Family of Origin)

Please list all of your brothers and sisters, parents or step-parents.

First name	Biological (Yes/No)	Current Age	Male/ Female	Married or Partnered? (Yes/No)	Describe your relationship in a few words

Yourself

Where were you born? _____

Where did you live most of your childhood? _____

What was the highest grade of education you completed? _____

When you were a child, did you struggle with any of the following:

Age

Learning disabilities	Yes	No	_____
Hyperactivity	Yes	No	_____
Bed wetting	Yes	No	_____
School fears	Yes	No	_____
Teasing/Bullying	Yes	No	_____
Eating disorders	Yes	No	_____
Witnessing violence in the home	Yes	No	_____
Sexual, physical or emotional abuse	Yes	No	_____
If so, at what age and by whom?	_____		

FAMILY MENTAL HEALTH HISTORY

In the section below identify if any members of your family and extended family has a history of any of the following. If yes, please indicate the family member's relationship to you in the space provided.

	Please circle	List Family Member(s)
Anxiety (general)	Yes No	
Obsessive Compulsive Behavior	Yes No	
Depression	Yes No	
Suicide Attempts	Yes No	
Bipolar/Manic Depressive	Yes No	
Alcoholism	Yes No	
Substance Abuse	Yes No	
Domestic Violence	Yes No	
Eating Disorders	Yes No	
Obesity	Yes No	
Schizophrenia	Yes No	
Counseling or Psychotherapy	Yes No	
Psychiatric Hospitalizations	Yes No	

CURRENT FAMILY, SOCIAL SUPPORTS, OCCUPATION & LIFE

INTERESTS/ACTIVITIES

Intimate Relationships & Social Supports

Are you currently married? Yes No How long? _____

Are you currently partnered/in a romantic relationship? Yes No How long? _____

Do you have any concerns about your current marital or romantic relationship that you would like to discuss? If so what are they?

Are you currently separated or divorced? Yes No How long? _____

If you and your former spouse/partner have children together, please describe your current custody & visitation schedule (if any) and the status of your communication: _____

Please describe your social relationships. Do you have friends and/or extended family? Go out for fun? Socialize? Whom can you turn to for emotional and other forms of support?

Children

Please list your biological, adopted and/or stepchildren (if applicable)

First name	Biological, Adopted or Step	Current Age	School grade?	Male/ Female	Lives with you? (Yes/No)	Describe your relationship in a few words

Employment and/or Current Educational Situation

Are you currently employed? Yes No Are you currently a student? Yes No

Please describe your current work or academic situation: _____

Do you enjoy your work/school? Is there anything stressful about it? _____

Interests/Activities/Spirituality

What are some of your interests & activities? _____

Do you consider yourself spiritual or religious? Yes No

Is so, describe your spirituality/faith and you level of participation in a faith-based group (if applicable) : _____

How much are each of the following areas currently a problem for you?

	Not at all 1	A little 2	Somewhat 3	Considerably 4	Terribly 5
Anxiety	1	2	3	4	5
Physical Problems	1	2	3	4	5
Sleep Problems	1	2	3	4	5
Depression	1	2	3	4	5
Alcohol or Substance Abuse	1	2	3	4	5
Family Conflicts	1	2	3	4	5
Marital Conflicts	1	2	3	4	5
Social Relationships	1	2	3	4	5
Job/School	1	2	3	4	5
Sexual Problems	1	2	3	4	5
Spiritual/religious	1	2	3	4	5
Legal Problems	1	2	3	4	5
Eating Disorder/Struggles	1	2	3	4	5
Abuse (physical, emotional, sexual)	1	2	3	4	5

Have you experienced any unusually severe stresses during the last year? Yes No
 If yes, please describe: _____

What do you consider to be your strengths? _____

What do you consider to be your areas of needed growth? _____

Is there any other information you'd like to add? _____
