

Client Intake Questionnaire

Please fill in the information below and bring it with you to your first session. Please note: information provided on this form is protected as confidential information.

Personal Information

Name: _____ Date: _____

Parent/Legal Guardian (if under 18): _____

Address: _____

Home Phone: _____ May we leave a message? Yes No

Cell/Work/Other Phone: _____ May we leave a message? Yes No

Email: _____ May we leave a message? Yes No *Please note: Email correspondence is not considered to be a confidential medium of communication.

DOB: _____ Age: _____ Gender: _____

Marital Status: Never Married Domestic Partnership Married Separated Divorced Widowed

Referred By (if any): _____

History

Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)? No Yes (previous therapist/s _____)

Are you currently taking any prescription medication? Yes No If yes, please list:

Have you ever been prescribed psychiatric medication? Yes No If yes, please list and provide dates:

General and Mental Health Information

How would you rate your current physical health? (Please circle one) Poor Unsatisfactory Satisfactory
Good Very good

Please list any specific health problems you are currently experiencing: _____

How would you rate your current sleeping habits? (Please circle one) Poor Unsatisfactory Satisfactory
Good Very good

Please list any specific sleep problems you are currently experiencing:

How many times per week do you generally exercise? _____

What types of exercise do you participate in? _____

Please list any difficulties you experience with your appetite or eating problems: _____

Are you currently experiencing overwhelming sadness, grief or depression? No Yes If yes, for approximately how long? _____

Are you currently experiencing anxiety, panics attacks or have any phobias? No Yes If yes, when did you begin experiencing this? _____

Are you currently experiencing any chronic pain? No Yes If yes, please describe: _____

Do you drink alcohol more than once a week? No Yes

How often do you engage in recreational drug use? Daily Weekly Monthly Infrequently Never

Are you currently in a romantic relationship? No Yes If yes, for how long? _____

On a scale of 1-10 (1 being poor and 10 being exceptional), how would you rate your relationship? _____

What significant life changes or stressful events have you experienced recently? _____

Family Mental Health History

In the section below, identify if there is a family history of any of the following. If yes, please indicate the family member's relationship to you in the space provided (e.g. father, grandmother, uncle, etc.)

Please Circle when appropriate, then List Family Member(s):

Alcohol/Substance Abuse yes / no _____

Anxiety yes / no _____

Depression yes / no _____

Domestic Violence yes / no _____

Eating Disorders yes / no _____

Obesity yes / no _____

Obsessive Compulsive Behavior yes / no _____

Schizophrenia yes / no _____

Suicide Attempts yes / no _____

Personal Social History

Please circle all that apply, and then list the age at time of occurrence.

Dysfunctional family background yes / no if yes, when? _____

Problems in school with behavior yes /no if yes, when? _____

Problems in school with grades yes /no if yes, when? _____

Problems on the job yes / no if yes, when? _____

Punished physically yes / no if yes, when? _____

Physically abused yes / no if yes, when? _____

Sexually abused yes /no if yes, when? _____

Emotionally/verbally abused yes / no if yes, when? _____

Divorced yes / no if yes, when? _____

Widowed yes /no if yes, when? _____

Significant death/loss (specify) yes / no if yes, when? _____

Teased/harassed in school yes / no if yes, when? _____

Financial irresponsibility yes / no if yes, when? _____

Problems with social adjustment yes / no if yes, when? _____

Unwanted pregnancy yes /no if yes, when? _____

Problems with sexual adjustment yes / no if yes, when? _____

Past alcohol abuse yes / no if yes, when? _____

Past drug abuse yes / no if yes, when? _____

Legal issues yes / no if yes, when? _____

Additional Information

Are you currently employed? No Yes If yes, what is your current employment? _____

Do you enjoy your work? yes / no

Is there anything stressful about your current work? _____

Do you consider yourself to be spiritual or religious? No Yes If yes, describe your faith or belief:

What do you consider to be some of your strengths? _____

What do you consider to be some of your weaknesses? _____

What would you like to accomplish out of your time in therapy? _____

Is there anything else you would like your therapist to know?
