

Diagnostic Assessment Interview

S²IGECAPS A²GS P³OMP² CAGES

I am going to change my usual style and become quite mechanical in order to cover a lot of questions. This approach will give us a baseline and help us make a more accurate diagnosis. We want to make sure we are not missing any other important diagnosis. We might touch on some difficult things, but I will respect your boundaries, and will only stay on the surface. I will take note and we will follow up on things at a later appointment. It is important for me to know what you are dealing with in order for us to work together.

On a scale where 1 = the worst and 10 = the best, please answer on average these days:

1 Sadness

- a. How sad are you if 1 = the worst and 10 = the best, on average these days?
- b. Most sad about what? First thing that comes to your mind

2 Sleep

- a. If 1 = the worst and 10 = the best, how would you rate your sleep on average these days?
- b. Does it take you minutes or hours to fall asleep?
- c. How many hours do you sleep if you add them all up, even if they are interrupted?
- d. Do you feel rested or not rested when you wake up?
- e. Do you nap during the day?
- f. Do you snore?

3 Interest/pleasure in life

- a. How would you rate your interest/pleasure in life if 1 = the worst and 10 = the best, on average these days

4 Guilt

- a. How would you rate your guilt on average these days if 1 = the worst and 10 = the best?
- b. Most guilty about what? First thing that comes to your mind.

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5 Energy level

a. How would you rate your energy level if 1 = the worst and 10 = the best, on average these days?

6 Concentration

a. How would you rate your concentration if 1 = the worst and 10 = the best, on average these days?

b. Any history of learning disabilities or ADHD?

7 Appetite

a. How would you rate your appetite if 1 = the most unhealthy and 10 = the most healthy, on average these days?

b. Have you gained or lost weight in the past months and how much?

c. Have you ever been anorexic (restricted your food) or bulimic (binge eat/purge/excessive exercise), or simply binge eat?

8 Psychomotor Retardation

a. That dragged out feeling when you wake up and drag yourself through the day, how would you rate it if 1 = the most dragged out and 10 = not dragged out at all, on average these days?

b. That edgy irritable feeling, 1 = the most irritable and 10 = the least, how would you rate it on average these days?

9 Suicide

a. Now looking at suicide, first let's look at suicidal thoughts, then we'll look at suicidal intent.

b. Looking at suicidal thoughts if 1 = thinking about suicide all the time and 10 = not thinking about suicide at all, how would you rate your thoughts, on average these days?

c. Do you have a plan?

d. Have you gathered materials to carry out suicide?

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- e. What keeps you going and/or gives you hope?
- f. Looking at intent, how would you rate your intent, 1= I am definitely going to do it, you cannot stop me, and 10 = I have thoughts but I don't intend to do it?
- g. Have you ever attempted suicide in the past?
When? How?
- h. Have you ever cut or burned yourself?

10 Anger/Frustration

- a. How much frustration/anger do you carry inside you if 1 = a lot and 10 = not much, on average these days?
- b. Most angry about what?
- c. Do you have any homicidal thoughts, and if so against whom?

11 Anxiety

- a. How much anxiety do you struggle with if 1 = the worst and 10 = the best, on average these days?

12 Generalized Anxiety

- a. There are several types of anxiety; one is a generalized anxiety where a person is a worrywart. Have you ever been called a worrywart?
- b. Do you worry more than most people about everyday things and have trouble controlling it?
- c. Does it keep you awake at night or make you feel sick?

13 Social Anxiety

- a. Then, there is social anxiety where a person is painfully shy, avoids meeting new people, and worries about being embarrassed or humiliated.
Can you relate to this?

14 Panic

- a. Then there are panic attacks where suddenly, out of the blue, your heart is racing, you are breathing quickly, your mouth and fingers may be tingly, and you think you are going to die or lose control. It comes and goes very quickly.

Can you relate to this?

If yes, how many panic attacks a day/week/month?

15 Phobias

a. Any unrealistic or excessive fears of objects or situations like open spaces, closed spaces, elevators, snakes, or spiders?

What?

16 Post Traumatic Stress Disorder

a. Sometimes people have experienced sexual or physical abuse or suffered major trauma like MVA or war trauma, or multiple surgeries. Have you had any of these?

What?

b. People can experience symptoms like nightmares or flashbacks, or they startle easily, become hyper-vigilant, space out and avoid anything that triggers them.

Have you had any of these symptoms?

What?

17 Obsessive Compulsive Disorder

a. Do you have any obsessions/compulsions, for instance, do you wash your hands, check things repeatedly, count things, or need everything in perfect order?

Do you have repetitive distressing thoughts?

Do any of these activities take over an hour a day?

b. Do you have any hoarding, skin picking or hair pulling behavior?

c. Are you overly focused and unhappy with any part of your body?

18 Mood Patterns

a. Some people have a low-grade unhappiness for more days than not that goes back at least 2 years. We used to call this dysthymia but now we call this persistent depressive disorder.

Can you relate to this?

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b. Sometimes this can dip into a deeper depression causing some of the symptoms we mentioned at the beginning. If it lasts for 2 weeks solid or more we call it a major depression. Then treated or untreated it may get better and if it occurs again, we call it recurrent major depression.

Can you relate to this?

c. How many episodes have you had that have lasted 2 weeks or more?

d. What treatment helped you get over past depressions?

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e. Looking at the opposite of depression, this is called bipolar or manic depressive disorder. Here we are talking about staying up for nights on end without the need for sleep, talking fast, thinking fast, spending money like it is going out of style, getting into debt, feeling super sexual, being promiscuous. If this lasts for 4 days solid or more we can call this a hypomanic or manic episode.

Have you had this experience?

19 Psychosis

a. Have you ever lost touch with reality, hearing voices or seeing things that others don't, feeling that someone could magically put thoughts into your mind or take thoughts out of your mind, or that you were getting messages from the TV or radio, or being conspired against?

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What?

20 Personality

a. Think of the person who knows you best; a person who knows both good and bad things about your personality. What might they say about you and the way you relate to others?

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21 CAGE

How many drinks might you have in a typical week?

Are you concerned about your alcohol use?

Cut down – Have you ever tried to cut down?

Annoyed – Do you get annoyed when others comment on your drinking?

Guilty – Do you ever feel guilty about your drinking?

Eye opener – Have you ever had a drink first thing in the day to feel better?

22 Substances

Do you use other substances?

What?

How often?

Are you concerned about your drug use?

23 Is there a family history of depression, anxiety, schizophrenia, bipolar or substance abuse?

24 What medications have you been on?

What medications are you on now?

For how long?

What percentage improvement have you felt on your present medications?

Diagnostic Screening Worksheet

(SCALE: 1=WORST, 10=BEST)

S ² IGECAPS	1 TO 10	COMMENTS
Sadness		
Sleep		
Interest/Pleasure		
Guilt		
Energy		
Concentration		
Appetite		
Psychomotor <ul style="list-style-type: none"> • Slowing • Agitation 		
Suicide <ul style="list-style-type: none"> • Thoughts • Plan • Hope • Intent 		
A ² GS	1 TO 10	COMMENTS
Anger		
Anxiety		
Generalized		
Social		

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DIAGNOSTICS ASSESSMENT WORKSHEET (CONTINUED)

P³OMP²	1 t O 10	COMMENT S
Panic Attacks		
Phobias		
PTSD		
OCD		
Mood Patterns <ul style="list-style-type: none"> • Dysthymia • Depression • Mania 		
Psychosis		
Personality		
CAGES	1 t O 10	COMMENT S
Alcohol <ul style="list-style-type: none"> • Cut down • Annoyed • Guilty • Eye opener 		
Substances		
Family Psych History		
Medication History		