

Focused Psychiatric Interview

Identifying information

- Patient's Name
- Date of Interview
- Age
- Sex
- Ethnic/racial background
- Marital status
- Who they live with? (e.g. living alone/at home with parents/family)
- Attended school/work?

Chief Complaint

- In patient's own words – usually one sentence quote

History of present illness

- First time patient saw a psychiatrist
- Was there a diagnosis? Medication prescribed? How long they took medication? Any side effects?
- "Mention top 5 things you want to discuss today because the last thing I want to do is waste your time."
- Check for 5 things that need to be ruled out in psych: Mood, psychosis, depression, mania, substance abuse, suicidal ideation, homicidal ideation
- Legal problems
- Tobacco use
- Major stressors
- Side effects of medication

Past Psych history

- Ever hospitalized or not? Number of times?
- Medication Y/N?

- What medication helps the most? Any side effects?
- History of suicidal attempts
- Any other diagnosis patient has been given in the past

Medical history

- Drug allergies
- Primary Care Provider
- Date of last physical
- Issues of diabetes, HTN, heart, liver, kidney, thyroid, neurological problem?
- Review of Systems (Check for HTN, Diabetes etc)
- Menarche and Last menstrual Period for females
- Past Surgeries
- Vaccination up to date? – For adults & children
- List of medicines and what they were prescribed for
- Sexual History including STD's (What and when)
- HIV Y/N?

Family History

- Age of parents
- Number of siblings & ages in order of eldest first
- Patient's birth order in siblings
- History of psychiatric illness in family
- History of drug or alcohol abuse in nuclear & extended family

Developmental History

- Was the patient a result of planned pregnancy or not?
- Was the patient a wanted pregnancy or not?
- Was the patient carried full term?
- Any complications during pregnancy? With delivery?

- Patient delivered by normal vaginal delivery or C section?
- Was the patient an easy, difficult, or in-between baby? (i.e. colicky)
- How was the psychomotor development? Support head, roll over, sit, stand alone, walk, talk, potty train – were they all done at the expected time?

Social History

- Describe childhood– happy, sad, ugly, traumatic, etc.
- History of physical, emotional or sexual abuse
- Highest level of education completed?
- Longest held job
- Religion – practicing or not? Did patient grow up practicing the same religion, different one, no religion?
- Career goal in life for young patients, “What would you like to be when you grow up?” After patient answers, add “ I am helping you only because I want to see you become a (add career goal) in the future”

Mental Status Exam

- Appearance
- Alertness
- Orientation
- Thought process and content
- Cognitive process
- Concentration
- Calculation
- Intellect
- Judgment
- Extraction
- Insight
- Eye contact
- Speech
- Mood

- Affect
- Cognition
- Abstraction
- Memory

Psychodynamic Formulation

- Predisposing, precipitating and perpetuating issues in a person's life from a biopsychosocial, cultural and spiritual perspective

Differential Diagnosis

- Axis I – psychiatric diagnosis
- Axis II – mental retardation & personality disorder
- Axis III – medical condition
- Axis IV - stressor
- Axis V – GAF (Scale from 1-100)
 - below 35 → hospitalize (~20 → danger to self and others)
 - ~50 → serious impairment (e.g. suicidal, failing all subjects in school)
 - ~60 → moderate difficulties (e.g. occasional panic attacks, conflict with peers and/or co-workers)
 - ~70 → mild symptoms but functioning pretty well (e.g. depressed mood, mild insomnia, occasional theft within household)
 - above 75 → no more than slight impairment; insurance doesn't cover (e.g. problems concentrating after family argument, temporary fall behind schoolwork)

Plan/Treatment/ Recommendation/Follow-Up

- Person in danger or not/ is dangerous or not?
- Needs disability/ Fit for service (If yes, what stress level)
- Check for other general medical issues (Labs and consent for medical/ psych history and notes/school records for children)
- Discuss risks and benefits of current treatment/ alternative treatment options
- Provide treatment recommendation