

10-MINUTE CONFIDENTIAL QUESTIONNAIRE

RELEVANT SOCIAL/MARITAL/FAMILY HISTORY:

CURRENTLY, how are your relationships with people in your life (spouse, children, parents, siblings)	Explain:
CURRENTLY, what symptoms do you have and how are they getting in the way of your relationships with people in your life?	Explain:
Describe your relationships with friends and family BEFORE THE MILITARY?	Explain:
Describe any problems related to trust, isolation, anger, fatigue, disconnection, etc. towards family & friends?	Explain:

RELEVANT OCCUPATIONAL AND EDUCATIONAL HISTORY:

What is your current job title, job duties, work schedule?	Explain:
How are your symptoms interfering with your work?	Explain:
Describe problems related to low motivation, focus/memory, fatigue, hypervigilance, triggers, etc.	Explain:
Have you missed work or received warnings from supervisor due to anger or performance deficiencies?	Explain:

MENTAL HEALTH HISTORY:

CURRENTLY, what mental disorder diagnoses do you have?	Explain:
IN THE PAST, what mental disorder diagnoses do you have?	Explain:
CURRENTLY, what psychiatric medications are you taking?	Explain:
IN THE PAST, what psychiatric medications have you taken?	Explain:
Have you had therapy now or in the past? Describe with dates and duration	Explain:

RELEVANT LEGAL AND BEHAVIORAL HISTORY:

Have you ever been convicted of a crime? When? What? Why?	Explain:
Any DUIs? When?	Explain:

RELEVANT SUBSTANCE ABUSE HISTORY:

BEFORE the military, did you use any drugs/alcohol? Describe type & amount per week	Explain:
DURNIG THE MILITARY, did you use drugs/alcohol? Describe type & amount per week	Explain:
CURRENTLY, do you use drugs/alcohol? Describe type & amount per week	Explain:

SUICIDE:

Have you had suicide ideations or attempts? List dates, methods, reason	Explain:
When was the most recent suicide ideation (thoughts)? Why?	Explain:
What is your safety plan just in case you become suicidal? Who will you call for support?	Explain: