



## Biopsychosocial Assessment

An integrative approach to your development and well-being takes into account biological / physiological, psychological, and social / cultural aspects. This builds on Engel's Biopsychosocial Theory (1977). Let's assess where you are in terms of each of these:

### Biological / Physiological

Nutrition | -0---1---2---3---4---5---6---7---8---9---10-|

Sleep | -0---1---2---3---4---5---6---7---8---9---10-|

Physical Strength | -0---1---2---3---4---5---6---7---8---9---10-|

Stamina / Endurance | -0---1---2---3---4---5---6---7---8---9---10-|

Durability | -0---1---2---3---4---5---6---7---8---9---10-|

Movement | -0---1---2---3---4---5---6---7---8---9---10-|

Body composition | -0---1---2---3---4---5---6---7---8---9---10-|

Medical issues | -0---1---2---3---4---5---6---7---8---9---10-|

Family medical history | -0---1---2---3---4---5---6---7---8---9---10-|

Comments:

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## Psychological

Core Beliefs	-0---1---2---3---4---5---6---7---8---9---10-
Emotional Regulation	-0---1---2---3---4---5---6---7---8---9---10-
Agency	-0---1---2---3---4---5---6---7---8---9---10-
Associations / Triggers	-0---1---2---3---4---5---6---7---8---9---10-
Values / Sense of Purpose	-0---1---2---3---4---5---6---7---8---9---10-
Identity / Sense of Self	-0---1---2---3---4---5---6---7---8---9---10-
Anxiety	-0---1---2---3---4---5---6---7---8---9---10-
Goal Directedness	-0---1---2---3---4---5---6---7---8---9---10-
Overall Mental Wellbeing	-0---1---2---3---4---5---6---7---8---9---10-

Comments:

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## Social / Cultural

Close friendships | -0---1---2---3---4---5---6---7---8---9---10-|

Intimate relationships | -0---1---2---3---4---5---6---7---8---9---10-|

Family interactions | -0---1---2---3---4---5---6---7---8---9---10-|

Living environment | -0---1---2---3---4---5---6---7---8---9---10-|

Time in Nature | -0---1---2---3---4---5---6---7---8---9---10-|

Work environment | -0---1---2---3---4---5---6---7---8---9---10-|

Comments:

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Action Plan (Specific, Measurable, Achievable, Realistic, Time bound)

Biological / Physiological

Psychological

Social / Cultural