

Reference for case finding questions and suggested questions for use in conducting psychosocial assessment.

Case finding questions

Questioning about current depressive symptoms

During the past month, have you often been bothered by feeling down, depressed or hopeless?

During the past month, have you often been bothered by little interest or pleasure in doing things?

Questioning about current anxiety symptoms

Do you sometimes worry so much that it affects your day-to-day life?

Psychosocial assessment

Past and family history of mental health disorders

Have you ever experienced or needed treatment for a mental health condition e.g. depression, anxiety, bipolar disorder, psychosis?

Has any member of your immediate family (grandparent, parent, brother or sister) needed treatment for a mental health problem?

Major life stressors

In the last twelve months have you experienced stress, change or loss of someone close, relationship problems, illness, pregnancy complications or loss, financial worries or moving house or interstate?

Emotional and practical support

Do you feel safe and well supported by your current partner?

When you were growing up did you feel like your mother provided the emotional support you needed?

If you need practical support do you have someone who could help you? *or*

Do you have people you can rely on to provide practical support if you need it?

If you needed emotional support do you have someone who could help you? *or*

Do you have someone who you can rely on to provide emotional support to you if you need it?

Drug and/or alcohol abuse

Do you or others think that you or your partner may have a problem with drugs or alcohol abuse?

Past and/or current abuse/family violence

When you were growing up did you always feel cared for and protected?

Incorporate 4 week consultation Family Violence questions.

