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## Adult History Form

### Identification

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Todays: Date: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Contact Email and/or 2<sup>nd</sup> Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_ Place of employment: \_\_\_\_\_

Relationship Status: Dating/Single/Married?Divorced: \_\_\_\_\_

Any children? \_\_\_\_ If so, ages: \_\_\_\_\_

Referred by: \_\_\_\_\_

The following confidential information will be used to provide us with a more complete understanding of you. If you have any doubts about your answer, respond to the best of your ability and place a question mark (?) at the end. If you are unable to answer the question, please leave it blank. Thank you for your assistance.

### Referral Situation

1. What recent events or concerns have led to your seeking an evaluation?
  
2. Please state in your own words the nature of your present concerns? Please list any symptoms that are bothering you:
  
3. Were your concerns first noted by someone else? \_\_\_\_\_ If so, by whom?
  
4. Please describe briefly your goals and expectations for yourself and what you hope may be accomplished through an evaluation:

**Personal and Social History**

(a) Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

(b) Siblings: Number of Brothers: \_\_\_\_\_ Brothers' Ages: \_\_\_\_\_  
Number of Sisters: \_\_\_\_\_ Sisters' Ages: \_\_\_\_\_

(c) Father(s): Living? \_\_\_\_\_ If alive, give father's present age: \_\_\_\_\_  
If deceased, give his age at time of death: \_\_\_\_\_  
Cause of death: \_\_\_\_\_  
Father's occupation: \_\_\_\_\_

(d) Mother(s): Living? \_\_\_\_\_ If alive, give mother's present age: \_\_\_\_\_  
If deceased, give her age at time of her death: \_\_\_\_\_  
Cause of death: \_\_\_\_\_  
Mother's occupation: \_\_\_\_\_

(e) Religion/spirituality: As a child: \_\_\_\_\_ As an adult: \_\_\_\_\_

(f) Education: What is the last grade completed (degree)?: \_\_\_\_\_

(g) Any particular issues of concern that applied during your childhood/adolescence? Learning/Educational/Social  
Please describe.

(h) What do you do for a living?

(i) Does your present work satisfy you? \_\_\_\_\_ If not, please explain

(j) Have you ever been hospitalized for psychological problems? \_\_\_\_\_ If yes, when and where:

(k) Do you have a family physician? \_\_\_\_\_ If so, please give his/her name(s) and telephone number(s)

When was your last medical exam?

(I) Have you ever attempted suicide? \_\_\_\_\_ Injured yourself on purpose? \_\_\_\_\_

**Physical Health Factors**

Do you have any current concerns about your physical health? Please specify: \_\_\_\_\_

Please list any medicines you are currently taking, or have taken during the past 6 months (including aspirin, birth control pills, or any medicines that are prescribed or taken over the counter) \_\_\_\_\_

Do you eat three well-balanced meals each day? If not, please explain: \_\_\_\_\_

Do you get regular physical exercise? If so, what type and how often? \_\_\_\_\_

Please check any of the following that apply to you:

Never      Rarely      Frequently      Very Often

- Marijuana \_\_\_\_\_
- Tranquilizers \_\_\_\_\_
- Sedatives \_\_\_\_\_
- Aspirin \_\_\_\_\_
- Cocaine \_\_\_\_\_
- Painkillers \_\_\_\_\_
- Alcohol \_\_\_\_\_
- Coffee \_\_\_\_\_
- Cigarettes \_\_\_\_\_
- Narcotics \_\_\_\_\_
- Stimulants \_\_\_\_\_
- Hallucinogens (LSD, etc) \_\_\_\_\_

Have you ever had any head injuries or loss of consciousness? Please give details:

Please describe any surgery you have had (give dates):

If you wish to add any additional comments/information to this form, please feel free to do so in the space below. Your patience and thoroughness in completing this form will be of great benefit in this assessment. Thank you for your cooperation.