Biopsychosocial Questionnaire

Thank you for taking the time to complete this questionnaire. This is a way for me to begin to build a comprehensive picture of you as a whole person – looking at different aspects of your life that might be connected to how you're feeling. I'll be looking at biological (physical health), social (relationships, environment), and psychological (thoughts, feelings, experiences) factors.

I appreciate that this is a thorough questionnaire, with 38 questions in total, and it might take some time to complete. Please feel free to take your time and complete it at your own pace. You might find it helpful to break it down into a few sittings – perhaps focusing on the biological questions first, then the social, and finally the psychological in separate sittings.

When answering the questions, you can provide as much detail as you feel comfortable with, or simply give a brief answer like 'yes' or 'no'. It is completely up to you. If you come across a question you don't wish to answer, please feel free to skip it. I understand that some topics can be sensitive. Please note that some questions you skip may be gently brought up for discussion in our sessions together, if it feels relevant and helpful.

PREDISPOSING FACTORS:

Biological Factors:

Looking back at your childhood and younger years, were there any significant health issues or medical conditions that affected you?

Are there any health conditions that seem to run in your family that you're aware of?

Were there any significant illnesses, injuries, or hospitalisations earlier in your life?

Social Factors:

What was your family like growing up? Who was in your household?

How did your family communicate or handle disagreements?

Were there any significant changes or difficulties in your family when you were younger?

How would you describe the community or neighbourhood you grew up in?

Were there any cultural aspects of your upbringing that were particularly important or had a big influence?

Did you experience any difficulties related to your background or identity as you were growing up?

Thinking about school, what was your experience like?

Psychological Factors:

Thinking about your childhood, what was your temperament like? Were you a sensitive child, or more laid back?

Were there any early experiences that you feel shaped you significantly?

Have you had previous experiences with mental health challenges or support in the past?

How did you handle difficult emotions (neglect, anger, sadness)?

PRECIPITATING FACTORS (IF RELEVANT):

Biological Factors:

Did any changes in your physical health or any new medical issues happen around the time things started feeling difficult?

Social Factors:

Did anything significant happen in your relationships, work, or living situation just before you started experiencing these problems?

Psychological Factors:

What was happening in your life around the time you started feeling this way?

Were there any specific events, worries, or changes that seemed to trigger these difficulties?

PERPETUATING FACTORS

Biological Factors:

How is your physical health right now? Are there any ongoing physical issues that make things harder?

How are your sleep, diet, or energy levels affecting how you're feeling?

Are there any effects of medication or lack of medication that seem to be playing a role?

How is any substance use impacting your current difficulties?

Social Factors:

How are your current relationships affecting how you're feeling? (Are there ongoing conflicts or difficulties?)

Is your current living situation making things more challenging?

Are there things happening at work or in your education that are adding to the difficulties?

How is your financial situation impacting your stress levels or ability to cope?

Do you feel isolated or disconnected from others?

Are there cultural expectations or pressures that feel difficult to manage?

Psychological Factors:

What kind of thoughts go through your mind when you're feeling [e.g., down, anxious]?

Are you afraid of any

Are there certain feelings that seem to get stuck or are hard to shift?

How do you tend to cope when you're feeling like this?

Do those ways of coping help in the long run, or sometimes make things harder?

Are there any fears or worries that stop you from doing things that might help?

PROTECTIVE FACTORS

Biological Factors:

What helps you to feel physically well?

Are there any physical activities or habits that help you feel better?

Do you have a sense of your physical strengths?

Social Factors:

Who are the people in your life who offer you support?

What groups or communities do you feel a part of? How does being part of these groups help you?

What are the things in your environment or community that help you?

Are there cultural practices or community connections that provide you with strength or support?

Do you have pets that offer you comfort or support?

Psychological Factors:

What are your strengths? What are you good at?

What helps you to feel hopeful or positive?

What are the things that help you cope when you're feeling down or stressed? (Focus on healthy coping)

How have you gotten through difficult times in the past?