

HEADSS Assessment

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The HEADSS Assessment is a psychosocial interview tool designed to identify adolescent health and well-being risks and needs. It stands for Home Environment, Education and Employment, Activities, Drug Use, Sexuality, and Suicidality. The assessment covers key aspects of an adolescent's life, helping healthcare providers to understand their circumstances and to tailor useful health advice, support, and interventions.

Who lives at home with you? Describe your relationships with family members. Have there been any recent changes in your living situation? Are there any significant problems or stressors at home?

How are you doing in school/work? Have teachers/bosses noted any changes in your performance or behavior? What are your future educational or vocational plans? Do you have any concerns about learning or attention issues?

What do you like to do in your free time? Are you involved in any sports or clubs? Who are your friends and what are they like? How much physical activity do you get each day?

Have you ever used tobacco, alcohol, or other substances? If yes, how frequently and how much? Have you ever tried to quit or cut down? Are you aware of the potential health impacts of these substances?

Are you sexually active or have you ever been? Do you have questions about sexual orientation or gender identity? What forms of contraception are you using? Have you ever had a sexually transmitted infection or are you concerned about this?

Have you ever thought about hurting yourself or suicide? Have you ever attempted suicide? Do you currently have a plan to harm yourself? Are you currently experiencing feelings of hopelessness or despair?