

INLAND EMPIRE BEHAVIORAL GROUP, INC

PATIENT INFORMATION SHEET (PLEASE PRINT)

PATIENT NAME LAST _____ FIRST _____ MI _____

DOB _____ SEX M F GENDER _____ SEXUAL ORIENTATION _____

ADDRESS _____

CONTACT NUMBER _____ EMAIL _____ SSN _____

LANGUAGE _____ VETERAN Y N LIVING ARRANGEMENT _____

MARITAL STATUS Unmarried Married Single Divorced Widowed Other _____

PROFESSION Student Employed Unemployed Housewife Retired Other _____

RACE White Black Asian Pacific Islander Multi Declined Other _____

ETHNICITY Hispanic/Latino Declined Other _____

REFERRAL NAME _____

FOR MINOR PARENT / GUARDIAN NAME _____

DOB _____ Patient Relationship _____ Cell _____

PRIMARY INSURANCE INFORMATION

PRIMARY INSURANCE NAME _____ ID _____

SUBSCRIBER RELATION Self Spouse Child Other _____ D.O.B. _____

GROUP# _____ SSN _____ EMPLOYER NAME _____

SECONDARY INSURANCE INFORMATION NONE Initial: _____

SECONDARY INSURANCE NAME _____ ID _____

SUBSCRIBER RELATION Self Spouse Child Other _____ D.O.B. _____

GROUP# _____ SSN _____ EMPLOYER NAME _____

EMERGENCY CONTACT

NAME _____ PHONE# _____

RELATION TO PT _____

Signature of Patient / Legal Guardian* _____ Date _____

Name (Printed) _____ Relationship to Patient _____

Patient Name (if different from that above) _____

*Except for birth parents, proof of legal guardianship that includes right to make medical treatment decisions for the patient above must be provided along with personal identification

Documentation Required for Patient File: Copy of Insurance Card both front and back
 Identification (parent/legal guardian's in case of Minor)

ITEMS MARKED ARE OPTIONAL

INLAND EMPIRE BEHAVIORAL GROUP, INC
FINANCIAL POLICY

Please understand that payment of your bill is considered a part of your treatment. IEBG, Inc will bill your insurance; however, you are responsible for all co-payment and deductibles as set by your insurance plan and to obtain and track authorizations for your treatment. Co-payment amounts may vary during the course of treatment, as outlined by your plan. Co-payments and any deductible identified are due and payable at each appointment.

If at any time during your treatment you become ineligible for coverage by your insurance, you will be responsible for 100% of your bill. For special modalities of treatment not covered by your benefit plan, a written agreement will be signed between you and your clinician. This agreement should cover the fees and treatment plan and should never contain fees more than the fee-for-service discount rates that your benefit plan provides.

You are responsible to notify any changes to your insurance, contact information such as address, phone, and email well in advance. On the day of your appointment, if you are found to be ineligible, you are responsible to pay office fee for all services.

Minor Patients

The parent or the legal guardian making appointments and accompanying a minor are responsible for full payment of the visit charges. For unaccompanied minors, non-emergency treatment will be denied unless charges have been pre-authorized to an approved payment plan or payment by cash or check at time of service has been verified.

Courtesy Reminder Calls / Messages

I understand that IEBG will do the appointment reminders and SMS messages as a courtesy only and that keeping track of my appointments and keeping my appointment is my responsibility. **Initial:** _____

No-Show or Missed Appointments Fee / Discharge Policy

Appointments not kept (missed) and those not canceled or rescheduled at least 24 hours in advance are marked as No Show. For all No Show appointments, a \$50.00 fee is charged to patient. This fee is not payable by your insurance and is imposed to recoup lost income. Repeated "no show" appointments could result in referring you back to the the insurance company for reassignment to another practitioner. Rescheduling or canceling on the part of the provider does not transfer to a monetary amount, therefore provider cancellation is not included in this clause. IEBG reserves the right to cancel any appointments that are not confirmed before the 24 hour mark, patient will be notified in advance of cancellation to give the patient the ability to confirm or reschedule. **Initial:** _____

Miscellaneous Fees

Please note that outside forms completion is at your doctor's discretion and not a guarantee. There will be a charge for all paperwork completed by my provider. I understand that the following services have a fee not covered by my health plan and are my sole responsibility. **Initial:** _____

- \$300.00 for all disability paperwork
- \$50.00 Cancellation within 24 hours of appointment time/ no show fee
- \$30.00 Medical Records
- \$50.00 Letter writing
- \$1,000.00 Lawyer Forms
- \$50.00 Any other documents that need to be signed. Subject to change depending on documents

Updates to Patient Contact Information and Insurance Coverage

I agree that I will bring my identification and insurance card every time I come for my appointment. I understand that it is my responsibility to inform my doctor's office any changes to insurance coverage, mailing address and phone number on file. I understand that my insurance verification and authorizations are obtained by my doctor's office as a courtesy. If my plan is not active or if my plan does not cover the services provided, my appointment could be canceled without warning, or I could be charged full fee for the services. So, it is important that I must keep my contact information updated all time and provide timely information.

I understand and accept responsibility to pay the full fees for all services rendered by my provider such as copay, coinsurance and/or deductible assigned by my plan or if my insurance on file determines that there is no coverage or changes the coverage after the service is rendered. Please sign below indicating your understanding of IEBG Inc's financial policy.

Signature of Patient, Legal Guardian/Legal Representative: _____ **Date:** _____

Name (Printed): _____ **Relationship to Patient:** _____

Patient Name (if different from that above): _____

INLAND EMPIRE BEHAVIORAL GROUP, INC

Consumer Notice of Rights and Responsibilities

Dignity and Respect

- ❖ You have the right to be treated with consideration, dignity and respect – and the responsibility – to respect the rights, property and environment of all physicians and other health care professionals, employees and other patients.
- ❖ You have the right to access your own treatment records and have the privacy and the confidentiality of those records maintained.
- ❖ You are also entitled to exercise these rights regardless of gender, age, sexual orientation, marital status or culture; or economic, educational or religious background.

Knowledge and Information

- ❖ You have the right to receive information about the organization's services and practitioners, clinical guidelines, and member's right and responsibilities.
- ❖ You have the right – and the responsibility – to know about and understand your health care and your coverage, including:
 - Participating with your physician and other healthcare professionals in decision making regarding your treatment planning. Having participated and agreed to a treatment plan, you have a responsibility to follow the treatment plan or advise your provider otherwise.
 - The names and titles of all health care professionals involved in your treatment.
 - Your clinical condition and health status.
 - Any services and procedures involved in your recommended course of treatment.
 - Any continuing health care requirements following your discharge from a provider's office, hospital, or treatment program.
 - How your health plan operates – as stated in your Policy and/or Certificate.
 - The medications prescribed for you – what they are for, how to take them properly and possible side effects.

Continuous Improvement

- ❖ As a partner with your health plan and any health care professional who may be involved in your care, you have the right to:
 - Contact a Member Service Associate to address all questions and concerns as well as to make suggestions for improvement to the health plan and/or the members' rights and responsibilities policies.
 - Ask questions about any clinical advice or prescribed treatment if you need an explanation or want more information.
 - Appeal any unfavorable behavioral health care decisions by following the established appeal or grievance procedures of your health plan.

Eligible Employee

Accountability/Autonomy

- ❖ As a partner in your own health care, you have the right to refuse treatment – providing you accept responsibility and the consequences of such a decision—and the right to refuse to participate in any medical research projects.
- ❖ You have a responsibility to participate, to the degree possible, in understanding your behavioral health problems and developing mutually agreed upon treatment goals.
- ❖ You also have the responsibility to:
 - If you have Kaiser or United Health Care Insurance identify yourself as such when receiving behavioral health services.
 - Provide your current provider with previous treatment records, if requested, as well as provide accurate and complete medical information to any other health care professionals involved during the course of your treatment.
 - Be on time for all appointments. Notify your provider's office in advance if your need to cancel or reschedule appointment.
 - Receive all non-emergent or urgent care through your assigned behavioral health provider and obtain preauthorization of service from Managed Care Company, if applicable.
 - Notify your behavioral health plan within 48 hours – or as soon as possible—if you are hospitalized or receive emergency care.
 - Pay all required co-payments and deductibles at the time you receive behavioral health care services.
- ❖ You have the right at all times to contact a member service associate for assistance with issues regarding your behavioral health plan.
- ❖ It is your right to have all the above rights apply to the person you have designated with legal authority to make decisions regarding your health care.

If you have any questions or complaints regarding your rights, contact our management (ask for Grievance Form or send email to iebehavioral@iebgroup.org) or the Member Service Associated with your Insurance Company.

Patient or Guardian's Signature _____ **Date** _____

Practitioner Signature _____ **Date** _____

INLAND EMPIRE BEHAVIORAL GROUP, INC

Mental Health Disclosure Form

Treatment Philosophy-Explanation of Brief Therapy

- ❖ Brief therapy is goal-directed, problem-focused treatment. This means that a treatment goal or several goals are established after a thorough assessment. All treatment is then planned with the goal(s) in mind and progress is made toward accomplishment of that goal in a time efficient manner. You will take an active role in setting and achieving your treatment goals. Your commitment to this treatment approach is necessary for you to experience a successful outcome. If you ever have any questions about the nature of the treatment or your care, please do not hesitate to ask. **Initial here:** _____

Limits of Confidentiality Statement

- ❖ All information between practitioner and patient is held strictly confidential. There are legal exceptions to this:
 1. The patient authorizes a release of information with a signature.
 2. The patient's mental condition becomes an issue in a lawsuit.
 3. The patient presents as a physical danger to self (*Johnson v County of Los Angeles, 1983*).
 4. The patient presents as a danger to others (*Tarasoff v Regents of University of California, 1967*).
 5. Child or Elder abuse and/or neglect are suspected (*Welfare & Institution and/or Penal Code*).

In the latter two cases, the practitioner is required by law to inform potential victims and legal authorities so that protective measures can be taken.

- ❖ All written and spoken material from any and all sessions is confidential unless written permission is given to release all or part of the information to a specified person, persons, or agency. If group therapy is utilized as part of the treatment, details of the group discussion is not to be discussed outside of the counseling sessions. **Initial here:** _____

Release of Information

- ❖ Release of information to my Primary Care Physician, other health care providers, institutions, and referral sources for the purpose of diagnosis, treatment, consultation, and professional communication require prior consents. I further authorize the release of information for claims, certification, case management, quality improvement, benefit administration and other purposes related to my health plan. **Initial here:** _____

Emergency Access

- ❖ We cannot take your calls during the afterhours. You can leave voice mail which is reviewed and responded to during the following business day. For all emergencies, you must call 911 or go to the nearest emergency for help. **Initial here:** _____

Medication Refills

- ❖ You are recommended to make follow up appointment well in advance before your run out of your medication. Our doctors do not approve refills. Same day (walk-in) appointments are not possible unless there is opening. **Initial here:** _____

Consent for Treatment

- ❖ I authorize and request my practitioner carry out psychological exams, treatment and /or diagnostic procedures which now, or during the course of my treatment become advisable. I understand the purpose of these procedures will be explained to me upon my request and that they are subject to my agreement. I also understand that while the course of my treatment is designed to be helpful, my practitioner can make no guarantees about the outcome of my treatment. Further, the psychotherapeutic process can bring up uncomfortable feelings and reactions such as anxiety, sadness, and anger. I understand that this is a normal response to working through unresolved life experiences and that these reactions will be worked on between my practitioner and me. **Initial here:** _____

Patient/Guardian Signature

Date

Practitioner Signature

Date

General Consent for Child or Dependent Treatment

- ❖ I am the legal guardian or legal representative of the patient and on the patient's, behalf legally authorize the practitioner/group to deliver mental health care services to the patient. I also understand that all policies described in this statement apply to the patient I represent.

Patient Name

Date

Signature of Legal Guardian/Legal Representative

Relationship to Patient

Practitioner

Date

INLAND EMPIRE BEHAVIORAL GROUP, INC
ASSIGNMENT OF BENEFITS – AUTHORIZATION TO PAY BENEFITS TO PROVIDER

I hereby authorize payment directly to the Inland Empire Behavioral Group, Inc / Provider of service for mental health benefits, if any, otherwise payable to me for services, but not to exceed the reasonable and customary charge for those services.

Signature of Patient/Legal Representative: _____

Name (Printed): _____ **Relationship to Patient:** _____

Patient Name (if different from that above): _____

Date: _____

PATIENT ACKNOWLEDGEMENT of NOTICE OF PRIVACY PRACTICES

I, _____ have received the Notice of Privacy Practices, and
Patient Name (Please Print)
understand that Inland Empire Behavioral Group, Inc. has certain legal duties to safeguard my Protected Health Information. (PHI). I also understand that I have certain rights in regard to my (PHI).

Signature of Pt / Legal Guardian

Date

APPEALS AND GRIEVANCES

I understand that any questions or complaints I can contact management and file grievance through direct email to iebehavioral@iebggroup.org. Alternatively, I understand that I can contact my Member Services using the number listed on the back of my insurance card. I understand that I can also file a complaint with California Department of Consumer Affairs either by phone 800-952-5210 or online at www.dca.ca.gov

Signature of Pt / Legal Guardian

Date

AFTER HOUR CALLS POLICY

It is important to understand that we are not an acute care and/or emergency facility. This is an outpatient clinic with limited business hours. All calls during the non-business hours and on weekends will be forwarded to the appropriate office to be reviewed the following business day and responded to as needed.

For all emergencies, you must call 911 or go to the nearest emergency room.

Signature of Pt / Legal Guardian

Date

INLAND EMPIRE BEHAVIORAL GROUP, INC
HEALTH CARE COORDINATION FORM

CONSENT FOR RELEASE OF CONFIDENTIAL INFORMATION TO PRIMARY CARE PHYSICIAN

PATIENT NAME: _____ DOB: _____

MEMBER ID NUMBER OR SOCIAL SECURITY NUMBER: _____

I hereby authorize the release of the medical information listed below which pertains to my medical history, test results, mental or physical condition, or treatment, including information relating to my mental health diagnosis or treatment and /or substance abuse diagnosis and treatment to my primary care physician:

Primary Care Physician Name: _____ Decline Do not have a PCP

Clinic Name: _____

Address: _____

Phone: _____ Fax: _____

I understand that the release of this information is to permit my primary care physician to monitor my health status and to coordinate all the care, which I may receive from specialists. I further understand that I have a right to receive a copy of this authorization upon my request. This authorization becomes effective on the date signed and may be revoked by me at any time, except to the extent action has been taken in reliance hereon. If not revoked, this authorization shall terminate automatically within one year of the date of execution. I understand that the information authorized by this release will be provided to the authorized recipient only. Additional information may be provided to this recipient only with signed consent from me.

SIGNATURE OF PATIENT OR LEGAL GUARDIAN

DATE

INLAND EMPIRE BEHAVIORAL GROUP, INC SYMPTOMS IDENTIFICATION and HEALTH HISTORY

PATIENT'S NAME _____ DOB _____

Please state your presenting problem(s) and the length of time you have experienced them: _____

Please take a few minutes to complete the following. Check the number that applies to you.
The numbers range from 0 meaning not present through 4 meaning severe problem

SYMPTOM	← NONE – SEVERE →				
Crying spells	0	1	2	3	4
Extreme tiredness	0	1	2	3	4
Feelings of dread	0	1	2	3	4
Feelings of hopeless / helpless	0	1	2	3	4
Headaches	0	1	2	3	4
Hearing voices	0	1	2	3	4
Impulse control problems	0	1	2	3	4
Loss of appetite	0	1	2	3	4
Loss of interest in activities	0	1	2	3	4
Loss of interest in sex	0	1	2	3	4
Nervousness	0	1	2	3	4
Feeling helpless / hopeless	0	1	2	3	4

SYMPTOM	← NONE – SEVERE →				
Nightmares	0	1	2	3	4
Panic attacks	0	1	2	3	4
Poor concentration	0	1	2	3	4
Poor memory	0	1	2	3	4
Sadness	0	1	2	3	4
Sleep Problems	0	1	2	3	4
Suicidal thoughts & plans	0	1	2	3	4
Suspiciousness	0	1	2	3	4
Weight loss	0	1	2	3	4
Worry all the time	0	1	2	3	4
Others (Please write)	0	1	2	3	4
	0	1	2	3	4

ALLERGIES? YES NO If Yes, list _____, _____, _____

HEALTH HISTORY BP DIABETIC ASTHMA CORONARY SURGICAL _____

PAST PSYCH HISTORY YES NO _____ HOSPITALIZATIONS YES NO _____ TIMES

FAMILY PSYCH HISTORY YES NO IF YES WHO _____ WHAT _____

ARE YOU TAKING ANY MEDS? YES NO PRESCRIBER _____

_____ HEIGHT _____ FT _____ IN WEIGHT _____ LBS

DO YOU USE ANY OF THE FOLLOWING? ANSWER SPECIFICS FREQUENCY, QUANTITY, FORM OF USE, START AGE / FOR HOW LONG, IF SOBER FOR HOW LONG AND RELAPSE REASONS IF ANY, ETC.

CAFFINE YES NO _____

SMOKE YES NO NEVER PASSIVE _____

TOBACCO YES NO NEVER _____

ALCOHOL YES NO NEVER _____

DRUGS YES NO NEVER _____

FAMILY HISTORY: DRUGS YES NO WHO _____ ALCOHOL YES NO WHO _____

PHARMACY NAME _____ PHONE _____

CROSS STREETS/ADDRESS _____ CITY _____

INLAND EMPIRE BEHAVIORAL GROUP, INC

EMEDICINE / TELEPSYCHIATRY / TELE-MENTAL HEALTH SERVICE

WHAT IS TELEMEDICINE AND TELEPSYCHIATRY OR TELE-MENTAL HEALTH SERVICE?

PATIENT NAME: _____ DOB: _____

CURRENT PATIENT LOCATION: _____, CA

Telemedicine (also sometimes called telehealth / telepsychiatry / tele-mental health) services is a way to deliver healthcare services locally to a patient when the healthcare provider or the patient is located at a distant site. Telemedicine is generally defined as the use of electronic information and communications technology to exchange medical information from one site to another site to provide medical or surgical treatment to a patient and/or to participate in the medical diagnosis of, or medical opinion or medical advice to, a patient.

When a healthcare provider believes a patient may benefit from the use of telemedicine services, telemedicine can maintain a continuity of care with the provider and facilitate patient self-management and caregiver support of the patient. Telemedicine services often provides a broader access to medical care, eliminates transportation concerns, and increases comfort and familiarity for patients and their families when located in their own homes or other local environments.

However, telemedicine uses new communications technology for which there is little research supporting its effectiveness. For example, telemedicine services may not be as complete as in-person healthcare services because the healthcare provider will not always be able to observe subtle non-verbal communications such as a patient’s posture, facial expression, gestures, and tone of voice.

Telemedicine may transfer medical information through the use of interactive, real-time audio/visual technology (for example, video conferencing) or electronic data interchange (for example, computer-to- computer exchanges), or it may transfer medical information through the use of store-and-forward technology (for example, emails). While precautions are taken to secure the confidentiality of telemedicine services, the electronic transmission of medical information can be incomplete, lost or otherwise disrupted by technical failures. Additionally, despite such measures, the transmission and storage of medical information can be accessed by unauthorized persons, causing a breach of the patient’s privacy.

I read and understand the information provided in this document. I discussed any question I had with _____ and all my questions were answered to my satisfaction.

Date _____ Patient’s or Guardian Signature _____

Name and Relationship to Patient if Guardian _____

CONSENT TO USE TELEMEDICINE

PATIENT NAME: _____ DATE OF BIRTH: _____

CURRENT PATIENT LOCATION: _____, CALIFORNIA

I, _____, am physically located in _____, CA. At the beginning of each telemedicine session, I will help _____ to complete a check-in to assess the suitability of using telemedicine services by verifying my full name, my current location, my readiness to proceed, and whether I am in a situation conducive to private, uninterrupted communication. By signing this consent, I understand and agree:

1. Telemedicine and Tele-Mental Health Session are interchangeable in this agreement since this document applies to both Psychiatrist and Therapists sessions.
2. _____ is located in and licensed by the State of California. _____ may not be able to prescribe medications for me and/or may not be able to assist me in an emergency situation when I am located in any other state or country. If I require medication, I may contact _____. If I require emergency care, I may call 911 or proceed to the nearest hospital emergency room for help. If I am having suicidal thoughts or making plans to harm myself, I can call the National Suicide Prevention Lifeline at 1-800-273- TALK (8255) for free 24-hour hotline support.
3. I submit to the exclusive jurisdiction of the California state superior courts and agree that any claim, lawsuit, or other legal proceeding arising out of or relating to the telemedicine services provided by _____ will be brought solely and exclusively in California state superior courts. I also agree that the interpretation of this consent will be exclusively governed by and construed in accordance with the laws of California.

INLAND EMPIRE BEHAVIORAL GROUP, INC

4. _____ believes that telemedicine services are appropriate for my medical condition and that I would benefit from its use despite its risks and limitations. While I may expect anticipated benefits from the use of telemedicine, no specific results can be guaranteed or assured.
5. If _____ believes at any time that another form of services (for example, a traditional in-person consultation) would be appropriate, _____ may discontinue telemedicine services and schedule an in-person consultation with _____ or refer me to a healthcare provider in my area who can provide such services.
6. I have the right to withdraw consent to the use of telemedicine services at any time and receive in- person healthcare services with _____.
7. I received an explanation of how the electronic communications technology will be used for the telemedicine services. I am comfortable with using electronic communications technology to communicate with _____ and understand there are limitations to the technology which may require an in-person consultation.
8. I agree to have the necessary computer, equipment and internet access for my telemedicine communications. I also agree to arrange for a location with enough lighting and privacy that is free from distractions or intrusions during my telemedicine communications.
9. The laws that protect privacy and the confidentiality of my medical information also apply to telemedicine. The medical information that is transmitted electronically by _____ to me will be encrypted during transmission and will be stored only by _____. I understand the dissemination of any personally-identifiable images or information from the telemedicine communication to researchers or other healthcare providers will not occur except as required by federal or California state law.
10. I understand my risks of a privacy violation increase substantially when I enter information on a public access computer, use a computer that is on a shared network, allow a computer to “auto- remember” usernames and passwords, or use my work computer for personal communications. I also understand it is my responsibility to encrypt medical information I transmit electronically to _____ and my failure to use technical safeguards, such as encryption, increases my risks of a privacy violation.
11. I agree to be videotaped and recorded during the telemedicine services. I understand the resulting images and audio will become part of my medical record. Or No part of the encounter will be recorded without my written consent.
12. I agree that I will not record the telemedicine session content in any manner including audio and video, electronic and in any form.
13. I have the right to access my medical information and obtain copies of my medical records in accordance with California law.
14. I understand that the telemedicine services provided to me will be billed to my health insurance company and that I will be billed for any patient responsibility as per my insurance.

I read and understand the information provided in this Consent to Use of Telemedicine. I discussed any question I had with _____ and all of my questions were answered to my satisfaction.

Date: _____ Patient or Guardian's Signature: _____

INLAND EMPIRE BEHAVIORAL GROUP, INC
MEDICATION CONSENT

PATIENT NAME: _____

(Each provider responsible for this client's ongoing care must complete this form separately.)

Information Relevant to Consent:

The undersigned provider for the client named below hereby certifies that he/she has supplied the following information regarding the administration of psychotropic medication to this client:

1. The nature of the client's medical condition
2. The reason for taking such medication, including the likelihood of improving or not improving without such medication, and that consent, once given, may be withdrawn at any time by stating such intention to any member of the treating staff;
3. The reasonable alternate treatments available, if any;
4. The type, range of frequency and amount (including the use of PRN order), method (oral or injection), and duration of taking the medication;
5. The probable side effects of these drugs known to commonly occur, and particular side effects likely to occur with this particular client;
6. The possible additional side effect that may occur to clients taking such medication beyond three months: the client shall be advised that such side effects may include persistnet involuntary movement of the face or mouth and might, at times, include similar movement of the hands and feet, and that these symptoms of tradive dyskinesia are potentially irreversible and may appear after the medications have been discontinued;
7. Printed information on medications given to client:
____ YES ____ NO

Signature of Provider _____ Date _____

Date and provider initials for each additional client consent signature below consent:

The client hereby acknowledges each time by signature below that;

1. I have participated to my satisfaction in the discussion and planning of my current medication services.
2. All the information above regarding the administration of the psychotropic medications has been fully explained to me;
3. I understand this information and have no further questions at this time;
4. I understand that if I have a question after I have taken this medication. I will have an opportunity to discuss them with my prescriber;
5. I understand that nothing in this article prohibits a prescriber from taking appropriate action in an emergency;
6. I understand that I can withdraw this consent at any time by telling a member of the treating staff.

I DO CONSENT TO MY MEDICATION TREATMENT PLAN AND TO THE USE OF (list specific names of medication):

MEDICATIONS	DATE	PATIENT SIGNATURE
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

MOOD AND FEELINGS QUESTIONNAIRE: Long Version

This form is about how you might have been feeling or acting **recently**.

For each question, please check (✓) how you have been feeling or acting ***in the past two weeks***.

If a sentence was not true about you, check NOT TRUE.

If a sentence was only sometimes true, check SOMETIMES.

If a sentence was true about you most of the time, check TRUE.

Score the MFQ as follows:

NOT TRUE = 0

SOMETIMES = 1

TRUE = 2

To code, please use a checkmark (✓) for each statement.	NOT TRUE	SOME TIMES	TRUE
1. I felt miserable or unhappy.			
2. I didn't enjoy anything at all.			
3. I was less hungry than usual.			
4. I ate more than usual.			
5. I felt so tired I just sat around and did nothing.			
6. I was moving and walking more slowly than usual.			
7. I was very restless.			
8. I felt I was no good anymore.			
9. I blamed myself for things that weren't my fault.			
10. It was hard for me to make up my mind.			
11. I felt grumpy and cross with other people.			
12. I felt like talking less than usual.			
13. I was talking more slowly than usual.			
14. I cried a lot.			

Adult Self-Report

15. I thought there was nothing good for me in the future.			
16. I thought that life wasn't worth living.			
17. I thought about death or dying.			
18. I thought my family would be better off without me.			
19. I thought about killing myself.			
20. I didn't want to see my friends.			
21. I found it hard to think properly or concentrate.			
22. I thought bad things would happen to me.			
23. I hated myself.			
24. I felt I was a bad person.			
25. I thought I looked ugly.			
26. I worried about aches and pains.			
27. I felt lonely.			
28. I thought nobody really loved me.			
29. I didn't have any fun in any of my activities.			
30. I thought I could never be as good as other people.			
31. I did everything wrong.			
32. I didn't sleep as well as I usually sleep.			
33. I slept a lot more than usual.			

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + + +
=Total Score:

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult