

## PSYCHOLOGICAL/SOCIAL HISTORY

Instructions: Answer the following questions as they apply to you. On earns questions no answers will apply so do not mark anything. Circle the right answers Some questions will have more than one answer so circle all that apply. Put a check mark by any answers you want to discuss.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_ SEX: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

What is your race? (1 answer)

- |                      |                     |
|----------------------|---------------------|
| 1. Asian             | 5. Mexican American |
| 2. Black             | 6. Native American  |
| 3. Caucasian (white) | 7. Oriental         |
| 4. Latin             | 8. Other            |

1. Who primarily raised you? (1 answer)

- |                          |                             |
|--------------------------|-----------------------------|
| 1. Natural Parents       | 8. Institutional Caretakers |
| 2. Father Only           | 9. Aunt and/or Uncle        |
| 3. Mother Only           | 10. Brother and/or Sister   |
| 4. Father and Stepmother | 11. Maternal Grandparent(s) |
| 5. Mother and Stepfather | 12. Paternal Grandparent(s) |
| 6. Adoptive Parents      | 13. Other                   |
| 7. Foster Parents        |                             |

2. How would you characterize your childhood? (answer all that apply)

- |                |                     |
|----------------|---------------------|
| 1. Happy       | 5. Hard to Remember |
| 2. Frightening | 6. Secure           |
| 3. Unhappy     | 7. Painful          |
| 4. Dull        | 8. Regimented       |

3. Which descriptor(s) characterize your mother (maternal caretaker)? (answer)

- |                   |                   |
|-------------------|-------------------|
| 1. Warm           | 8. Domineering    |
| 2. Distant        | 9. Abusive        |
| 3. Uncaring       | 10. Fault finding |
| 4. Strict         | 11. Understanding |
| 5. Unpleasant     | 12. Perfect       |
| 6. Rejecting      | 13. Affectionate  |
| 7. Overprotective |                   |

4. Which descriptor(s) all that apply) characterize your father (paternal caretaker)? (answer all that apply)

- |                   |                   |
|-------------------|-------------------|
| 1. Warm           | 8. Domineering    |
| 2. Distant        | 9. Abusive        |
| 3. Uncaring       | 10. Faultfinding  |
| 4. Strict         | 11. understanding |
| 5. Unpleasant     | 12. Perfect       |
| 6. Rejecting      | 13. Affectionate  |
| 7. Overprotective |                   |

5. How would you describe your parents' (or parent substitutes) relationship? (answer all that apply)

- |                     |                            |
|---------------------|----------------------------|
| 1. Close            | 8. Reserved                |
| 2. Cold             | 9. Distant                 |
| 3. Ideal            | 10. Happy                  |
| 4. Violent          | 11. Domineering/submissive |
| 5. Indifferent      | 12. Loving                 |
| 6. Full of conflict | 13. Hostile                |
| 7. Hot and cold     |                            |

6. How many brothers and sisters did you have? (1 answer)

- |          |                    |
|----------|--------------------|
| 1. One   | 6. Six             |
| 2. Two   | 7. Seven           |
| 3. Three | 8. More than seven |
| 4. Four  | 9. None            |
| 5. Five  |                    |

7. Which descriptors characterize you as a child (0 to 12 years of age)? (answer all that apply)

- |                  |                    |
|------------------|--------------------|
| 1. Outgoing      | 10. Nervous        |
| 2. Shy           | 11. Rebellious     |
| 3. Active        | 12. Serious        |
| 4. Aggressive    | 13. Stubborn       |
| 5. Awkward       | 14. Unhappy        |
| 6. Happy         | 15. Calm           |
| 7. Friendly      | 16. Temperamental  |
| 8. Emotional     | 17. Self-Confident |
| 9. Irresponsible |                    |

8. What was your order of birth? (1 answer)

- |           |               |
|-----------|---------------|
| 1. Oldest | 3. Youngest   |
| 2. Middle | 9. Only Child |

9. What were problems for you as a child (0 to 12 years of age) (answer all that apply)

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1. None                        | 10. Academic                       |
| 2. Getting along with mother   | 11. Physical/medical problems      |
| 3. Getting along with father   | 12. Nerves                         |
| 4. Getting along with siblings | 13. Felt I was a burden to parents |
| 5. Getting along with peers    | 14. Overweight                     |
| 6. Getting along with teachers | 15. Underweight                    |
| 7. Bed-wetting                 | 16. Having my feelings hurt        |
| 8. Nightmares                  | 17. Fear of failure                |
| 9. Excessive fears or worries  |                                    |

10. What did your parents (parent caretakers) argue about? (answer all that apply)

- |                           |                                |
|---------------------------|--------------------------------|
| 1. Money                  | 6. Jealousy                    |
| 2. Discipline of children | 7. Not taking care of the home |
| 3. Relatives interfering  | 8. Not being a good provider   |
| 4. Drinking               | 9. Never argued                |
| 5. Sex                    |                                |

11. What was your fathers (paternal caretakers) occupation? (1 answer)

- |                      |  |
|----------------------|--|
| 1. Homemaker         | 9. Unemployed                            |
| 2. Professional      | 10. Disabled                             |
| 3. Owner of Business | 11. Government Service                   |
| 4. Skilled Craftsman | 12. Personal Service (Hairstylist, Maid) |
| 5. Office Worker     | 13. Military Service                     |
| 6. Salesperson       | 14. Executive                            |
| 7. Skilled Laborer   | 15. Does Not Apply                       |
| 8. Unskilled Laborer |  |

12. What was your mother's (maternal caretaker's) occupation? (1 answer)

- |                      |   |
|----------------------|---|
| 1. Homemaker         | 9. Unemployed                             |
| 2. Professional      | 10. Disabled                              |
| 3. Owner of Business | 11. Government Service                    |
| 4. Skilled Craftsman | 12. Personal Service (Hair Stylist, Maid) |
| 5. Office Worker     | 13. Military Service                      |
| 6. Salesperson       | 14. Executive                             |
| 7. Skilled Laborer   | 15. Does Not Apply                        |
| 8. Unskilled Laborer |   |

13. How would you describe your mother's method of discipline? (1 answer)

- |                  |                 |
|------------------|-----------------|
| 1. Strict        | 4. Lenient      |
| 2. Fairly Strict | 5. Inconsistent |
| 3. Fair          |                 |

14. How would you describe your fathers method of discipline? (1 answer)

- |                  |                 |
|------------------|-----------------|
| 1. Strict        | 4. Lenient      |
| 2. Fairly Strict | 5. Inconsistent |
| 3. Fair          |                 |

15. What tears did you have as a child (0 to 12 years of age)? (answer all that apply)

- |   |  |
|---|--|
| 1. No significant fears                     | 6. Might be laughed at                   |
| 2. Death                                    | 7. Might be abandoned or lose my parents |
| 3. Might Fail                               | 8. Animals                               |
| 4. Might be seriously injured or become ill | 9. Other Children                        |
| 5. Strangers                                |  |

16. How would you characterize your sexual experiences? (1 answer)
- Pleasant
  - Neutral
  - Unpleasant
17. How far did you go in school? (1 answer)
- Completed less than 6 grades
  - Completed elementary school
  - Completed junior high (9th grade)
  - Attended high school but did not receive a diploma
  - Received a G.E.D.
  - Graduated high school
  - Vocational or Business school training beyond high school
  - Attended college but did not graduate
  - Graduated college - four year degree
  - Completed college course work at the graduate level
  - Earned a Masters degree
  - Earned a Doctoral Degree
18. How would you rate your intellectual ability? (1 answer)
- Below average
  - Average
  - Above average
  - Superior/gifted
19. Were you ever held back in school? (1 answer)
- No
  - Yes
20. In general, what grades did you make in school? (1 answer)
- Many D's and F's
  - Mostly Cs
  - Most B's and A's
  - Mostly A's
21. Did you ever get in trouble while in school? (1 answer)
- No
  - Occasionally
  - Often
22. Did you have any problems learning to read? (1 answer)
- No
  - Yes
23. Did you have any problems learning math? (1 answer)
- No
  - Yes
24. Did your peers ridicule, tease or make fun of you more than other kids? (1 answer)
- No
  - Yes
25. Rate your family's economic status during childhood and adolescence: (1 answer)
- Poverty level (received welfare)
  - Working Class
  - Middle Class
  - Upper Middle Class
  - Wealthy
26. Who provided the main source of income for your family? (1 answer)
- Mother
  - Father
  - A Relative
  - Social Service (Welfare, Unemployment, Disability)
  - A Friend of the Family
  - Other
27. Did your parents agree on how money should be spent? (1 answer)
- Agreed most of the time
  - Disagreed
  - Disagreed frequently
28. Did your family experience any financial problems? (1 answer)
- No
  - Occasionally
  - Often
29. Currently, how much money does the household earn that you now live in? (1 answer)
- Less than \$8,000
  - \$8,000 - \$12,000
  - \$12,000 - \$15,000
  - \$15,000 - \$20,000
  - \$20,000 - \$30,000
  - \$30,000 - \$45,000
  - More than \$45,000
30. Have you had any major changes in income during the last 2 years? (1 answer)
- No
  - Decreased significantly
  - Increased significantly
31. What is your family's primary (1 answer)
- My Earnings
  - My Partner's Earnings
  - Relatives
  - Disability Payments
  - Unemployment
  - Welfare
  - Investments
  - Other
32. Is providing enough income for your family a big stress in your life? (1 answer)
- No
  - Yes
33. Are you presently employed? (1 answer)
- No
  - Yes
34. How long have you been working at this job? (1 answer)
- Less than 6 months
  - 6 months to one year
  - 1 to 3 years
  - 3 to 5 years
  - 5 to 10 years
  - 10 to 15 years
  - 15 to 20 years
  - More than 20 years
  - Does not apply
35. How many hours per week do you work? (1 answer)
- Less than 10
  - 10 to 20
  - 20 to 30
  - 30 to 45
  - More than 45
  - Does not apply
36. In general, how do you enjoy your work? (1 answer)
- Enjoyable
  - Neutral
  - Unenjoyable
  - Does not apply
37. Have you ever been fired? (1 answer)
- No
  - Yes
38. Have you ever been laid off? (1 answer)
- No
  - Yes
39. What is the longest period of time you held one job? (1 answer)
- Less than 1 year
  - 1 to 3 years
  - 3 to 5 years
  - 5 to 10 years
  - More than 10 years
40. Since starting full time work, what is your longest nonwork period? (1 answer)
- Less than 1 month
  - 1 to 6 months
  - 6 months to 1 year
  - 1 to 3 years
  - 3 to 5 years
  - 5 to 10 years
  - More than 10 years
41. Do you have any problems at work? (1 answer)
- No
  - Yes
42. What kinds of work have you performed in the past? (answer all that apply)
- A Homemaker
  - A Professional
  - A Owner Of Business
  - A Skilled Craftsman
  - An Office Worker
  - A Salesperson
  - A Skilled Laborer
  - An Unskilled Laborer
  - Have Never Worked
  - In Government Service
  - Personal Service (Hair Stylist, Maid)
  - An Executive
  - Other
43. Have you ever served in the military? (1 answer)
- No
  - Yes
44. Which branch did you serve in? (1 answer)
- Does not apply
  - Air Force
  - Army
  - Navy
  - Marines
  - Coast Guard
45. How long did you serve? (1 answer)
- Does not apply
  - Less than 3 months
  - Less than 1 year
  - 1 to 2 years
  - 2 to 4 years
  - 4 to 6 years
  - 6 to 10 years
  - 10 to 15 years
  - More than 15 years

46. What kinds of problems did you experience while in the military? (answer all that apply)
1. Getting used to following rules and regulations
  2. Taking orders
  3. Nerves
  4. Began using drugs
  5. Began using alcohol to excess
  6. Was reprimanded by my superiors for my conduct
  7. Had to perform special duty because of my conduct (K.P., Latrine, etc.)
  8. Did time in the stockade/brig
  9. Was court marshalled
  10. Went AWOL
  11. Other
  12. Does not apply/none
47. Were you stationed in a combat zone? (1 answer)
1. Does not apply
  2. No
  3. Yes, for less than 3 months
  4. Yes, for 3 to 6 months
  5. Yes, for 6 months to 1 year
  6. Yes, for 1 to 2 years
  7. Yes, for 2 to 3 years
  8. Yes, for 3 to 4 years
  9. Yes, for longer than 4 years
48. What was the highest rank you attained? (1 answer)
1. Does not apply
  2. Enlisted person
  3. Noncommissioned Officer
  4. Officer
49. What were the terms of your discharge: (1 answer)
1. Does not apply
  2. Still on active duty
  3. Honorably discharged due to mental problems
  4. Honorably discharged due to physical problems
  5. Honorable discharge
  6. Dishonorably discharged
50. Did you ever see a psychologist or psychiatrist while in the military? (1 answer)
1. Does not apply
  2. No
  3. Was hospitalized for mental problems
  4. For evaluation and treatment (outpatient)
  5. For evaluation only
51. Do you have a service-connected disability? (1 answer)
1. Does not apply
  2. No
  3. Physical
  4. Mental
  5. Physical and Mental
52. Which of the following have you used? (answer all that apply)
1. None
  2. Cocaine
  3. Barbiturates
  4. Amphetamines
  5. Hallucinogenics
  6. Opium
  7. Quaaludes
  8. Heroin
  9. Marijuana
  10. Tranquilizers without prescription
  11. Pain pills without prescription
  12. PCP
53. Have you ever felt there was time you drank too much alcohol? (1 answer)
1. No
  2. Yes, on one occasion
  3. Yes, on several occasions
  4. Yes, on more than several occasions
54. On the average, how often do you drink alcohol? (1 answer)
1. Never
  2. Once or twice a year
  3. Once a week
  4. Once a week
  5. Several times a week
  6. Daily
55. How would you describe your illegal drug usage? (1 answer)
1. Never used drugs
  2. Once or twice a year
  3. Once or twice a month
  4. Once a week
  5. A couple times a week
  6. Daily
56. Have you ever been involved in an alcoholism or drug treatment program? (1 answer)
1. No
  2. Yes
57. Did your parents have a problem with alcohol when you were a child? (1 answer)
1. No
  2. Mother only
  3. Father only
  4. Both parents did
  5. The person who raised me did
58. Do you smoke cigarettes? (1 answer)
1. No, never have
  2. No, I quit smoking
  3. Yes, a pack a week or less
  4. Yes, approximately one-half pack a day
  5. Yes, a pack a day
  6. Yes, more than a pack a day
59. Have any family members ever experienced mental illness? (answer all that apply)
1. No
  2. I have
  3. Mother
  4. Father
  5. Sibling(s) (brother(s)/sister(s))
  6. Grandparents
  7. Outside the immediate family (uncle, aunt)
60. Did you have any bad illnesses as a child (e.g., hospitalizations)? (1 answer)
1. No
  2. Yes
61. Have you had any significant accidents in the past 3 years? (1 answer)
1. No
  2. Yes
62. Have you had any major illnesses or hospitalizations in the past 3 years? (1 answer)
1. No
  2. Yes
63. Rate your general level of health. (1 answer)
1. Excellent
  2. Good
  3. Fair
  4. Poor
  5. Extremely Poor
64. Are you currently under the care of a physician? (1 answer)
1. No
  2. Yes
65. What medications are you currently taking? (answer all that apply)
1. None
  2. Pain pills
  3. Antibiotics
  4. Anti-inflammatory pills
  5. Anticonvulsant pills
  6. Heart pills
  7. High blood pressure pills
  8. Tranquilizers
  9. Antidepressants
  10. Vitamins
  11. Insulin
  12. Allergy pills
  13. Stomach pills
  14. Other
66. What is your marital status? (1 answer)
1. Single, but involved in an intimate relationship
  2. Single
  3. Divorced
  4. Separated
  5. Married
67. Have you ever been divorced? (1 answer)
1. No
  2. Yes
68. How long have you been with your current partner? (1 answer)
1. Not involved in an intimate relationship at this time
  2. Less than 1 year
  3. 1 year
  4. 2 years
  5. 3 years
  6. 4 years
  7. 5 years
  8. More than 5 years
  9. More than 10 years
  10. More than 15 years
  11. More than 20 years
  12. More than 25 years
  13. More than 30 years
69. How many children do you have? (1 answer)
1. 1
  2. 2
  3. 3
  4. 4
  5. None
  5. 5
  6. 6
  7. 7
  8. More than 7
70. How would you describe your partner? (answer all that apply)
1. Warm
  2. Unhappy
  3. Distant
  4. Uncaring
  5. Happy
  6. Unpleasant
  7. Enjoyable
  8. Abusive
  9. Faultfinding
  10. Understanding
  11. Perfect
  12. Indifferent
  13. Argumentative
  14. Boring
  15. Stimulating
  16. Unforgiving
  17. Tense
  18. Affectionate
  19. Does not apply

71. Are you having problems with your child(ren)'s behavior? (1 answer)  
 1. No 3. Does not apply  
 2. Yes
72. Is the frequency of sex a problem? (1 answer)  
 1. No 2. Yes
73. What are your living arrangements? (1 answer)  
 1. Living with relatives in their home 5. Buying a home  
 2. Living with friends in their home 6. Own my own home  
 3. Renting a home 7. Boarder  
 4. Renting an apartment 8. Living in a dorm  
 9. Other
74. How often do you and your partner argue? (1 answer)  
 1. Never 5. Several times a week  
 2. Rarely 6. Daily  
 3. Once a month 7. Several times a day  
 4. Once a week 8. Does not apply
75. Has your relationship ever been threatened by an affair? (1 answer)  
 1. No 3. Yes, my partner's affair  
 2. Yes, my affair 4. Does not apply
76. What interests do you and your partner share? (answer all that apply)  
 1. None 9. Politics  
 2. Children 10. Socializing with friends  
 3. Work-related 11. Television  
 4. Sports 12. Religious activities  
 5. Hobbies or crafts 13. Club activities  
 6. Movies 14. Talking  
 7. Theatre 15. Games  
 8. Music
77. How well do you feel your partner fulfills his/her role with you? (1 answer)  
 1. Very well 4. Very poorly  
 2. Fairly Well 5. Does not apply  
 3. Poorly
78. Do you eat a balanced diet? (1 answer)  
 1. No 2. Yes
79. Do you participate in a regular exercise program? (1 answer)  
 1. No 2. Yes
80. How would you characterize your size? (1 answer)  
 1. Very thin 4. A little overweight  
 2. Thin 5. Overweight  
 3. About average 6. Very overweight
81. Which of the following have you experienced in the past two years? (answer all that apply)  
 1. Marital reconciliation 7. Divorce  
 2. Jail term 8. Death of spouse/partner  
 3. Retirement 9. Pregnancy  
 4. Fired at work 10. More or less arguments with partner  
 5. Change in health of family member 11. None  
 6. Marital separation
82. Which of the following have you experienced in the past two years? (answer all that apply)  
 1. Death of a close friend 6. Change to different line of work  
 2. Marriage 7. Business readjustment  
 3. Death of close family member  
 4. Change in financial state 8. Gain of a new family member  
 5. Personal injury or illness 9. Sex difficulties
83. How would you rate your ability to cope with life? (1 answer)  
 1. Very good 3. Fair  
 2. Good 4. Poor
84. How would you describe yourself? (answer all that apply)  
 1. Quiet 6. Aggressive  
 2. Outgoing 7. Temperamental  
 3. Talkative 8. Self-confident  
 4. Shy 9. Wild  
 5. Active
85. How would you describe your mental state? (answer all that apply)  
 1. Tense 16. Responsible  
 2. Depressed 17. Rebellious  
 3. Forgetful 18. Serious  
 4. Sad 19. Unassertive your mental state?  
 5. Worried 20. Disappointed  
 6. Fearful 21. Regretful  
 7. Angry 22. Irritable  
 8. Unenthusiastic 23. Calm  
 9. Confused 24. Scared  
 10. Carefree 25. Hyperactive  
 11. Stubborn 26. Nervous  
 12. Easygoing 27. Happy  
 13. Friendly 28. Distrustful  
 14. Smart 29. None of above  
 15. impatient
86. Have you ever had legal problems? (answer all that apply)  
 1. No 3. Arrested  
 2. Civil (e.g., Divorce) 4. Convicted
87. What is the primary problem bothering you?  
 1. Marriage 8. Physical (ill/tired)  
 2. Family 9. Alcohol  
 3. Loneliness 10. Drugs  
 4. Moodiness 11. Sex  
 5. Depression 12. Memory  
 6. Anxiety 13. Work  
 7. Self-confidence 14. Other
88. How long ago did you begin to be troubled by this problem? (1 answer)  
 1. Within the past month 6. Between 5 and 10 years  
 2. Between 1 and 6 months 7. Over 10 years  
 3. Between 6 and 12 months 8. All my life  
 4. Between 1 and 2 years 9. Does not apply  
 5. Between 2 and 5 years
89. Rate the degree to which this problem has affected your life. (1 answer)  
 1. Very little 4. A good deal  
 2. A little 5. A great deal  
 3. A fair amount 6. Does not apply
90. How often do you experience this problem? (1 answer)  
 1. Many times a day 6. Several times a month  
 2. Several times a day 7. Monthly  
 3. Daily 8. Several times a year  
 4. Several times a week 9. Less than once a year  
 5. Once a week 10. Does not apply
91. What other kinds of problems are bothering you? (answer all that apply)  
 1. Marriage 9. Alcohol  
 2. Family 10. Drugs  
 3. Loneliness 11. Sex  
 4. Moodiness 12. Memory  
 5. Depression 13. Work  
 6. Anxiety 14. Other  
 7. Self-confidence 15. Does not apply  
 8. Physical (ill/tired)