Biopsychosocial assessment

Client | Date | Session no.

1. Presenting concern

Why the client came now, in their own words.

2. History of the concern

When it started, how it changed, what made it better or worse.

3. Biological

Physical health, medication, sleep, appetite, substance use, family health history.

4. Psychological

Mood, past mental health care, coping. Thoughts of harm, asked directly.

5. Social

Family, relationships, work or study, culture, finances, legal issues.

6. Strengths and supports

What helps the client, people and resources to lean on.

7. Summary

How the three sides fit together: a short working formulation.

8. Recommendations

Proposed focus, session frequency, referrals.

Biopsychosocial assessment: filled example

Client Anna, 34 (fictional) | Date 10/15 | Session no. 1

1. Presenting concern

"I can't switch off from work." Anxiety before planning meetings, poor sleep for a month.

2. History of the concern

Started in spring with a new manager. Worse before deadlines, better on vacation.

3. Biological

Sleeps 5 hours, wakes at 4 am. No medication. **Five cups of coffee a day**, alcohol rarely.

4. Psychological

Anxious mood, short counseling at university. Copes by checking and overworking. **Denies thoughts of self-harm.**

5. Social

Lives with her partner, close to her sister. Works as an analyst. No legal or money problems.

6. Strengths and supports

Motivated and reflective, a supportive partner, runs twice a week.

7. Summary

Work stress and high standards feed the anxiety, **checking and poor sleep keep it going**. Good supports.

8. Recommendations

Weekly CBT for anxiety, sleep routine. **Suggest a visit to her doctor** about sleep.