

Genesis Psychiatric Center  
1380 Pantheon Way, Suite 310  
San Antonio, Texas 78232  
Office (210) 404-9696  
Fax (210) 404-9466

Edmund P. "Ted" Williams, IV, M.D.  
Gary Dunham, PA-C  
Nicholas Gaultney, PMHNP, BC  
Jennifer Harris, PA-C

### PATIENT INFORMATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Suffix: \_\_\_\_\_  Male  Female

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_ Occupation: \_\_\_\_\_

Social Security #: \_\_\_\_\_ Drivers License #/State: \_\_\_\_\_

Home Address: \_\_\_\_\_ Apt #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Other: \_\_\_\_\_

E-mail: \_\_\_\_\_

What is the best way to reach you:  -Home  -Cell  -Work  -Other May we contact you at work? Y N

Emergency Contact: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Pharmacy Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Referred by: \_\_\_\_\_ Phone: \_\_\_\_\_

PARENT/GUARDIAN/RESPONSIBLE PARTY  SELF  OTHER (Please complete if other)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Suffix: \_\_\_\_\_  Male  Female

Home Address: \_\_\_\_\_ Apt #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Other: \_\_\_\_\_

Social Security #: \_\_\_\_\_ Drivers License #/State: \_\_\_\_\_ DOB: \_\_\_\_\_

Employer: \_\_\_\_\_ Position/Title: \_\_\_\_\_

### INSURANCE INFORMATION – Please present Insurance cards at EVERY visit.

**PRIMARY** Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_ Effective Date: \_\_\_\_\_ Employer: \_\_\_\_\_

Policy Holder Name: \_\_\_\_\_ Policy Holder DOB: \_\_\_\_\_

Policy Holder Social Security #: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_

**SECONDARY** Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Group #: \_\_\_\_\_ Effective Date: \_\_\_\_\_ Employer: \_\_\_\_\_

Policy Holder Name: \_\_\_\_\_ Policy Holder DOB: \_\_\_\_\_

Policy Holder Social Security #: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_

## ***Genesis Psychiatric Center***

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### **Patient Information, Consent, and Financial Policy**

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Welcome to the Genesis Psychiatric Center. We appreciate the opportunity to work with you. The following information is provided for your benefit so that we may serve you better. Please read carefully and sign at the bottom of page 2. You will be given a copy for your records.

1. **PAYMENTS:** Fees for services: which include unpaid balances, deductibles; copayments and fees are due at the time of your visit. We accept cash, debit, and all major credit cards.
2. **APPOINTMENTS:** We ask that you arrive on-time for your appointments. This will facilitate our ability to see you as scheduled. Patients arriving past the appointment time may result in rescheduling.  
**NEW PATIENTS:** A reservation fee of \$125 is required to schedule your first appointment. For those with in-network insurance, this fee may be refunded to you at your first appointment (depending on your insurance plan/coverage); you will then be charged for your visit in accordance with your insurance plan/coverage. For private/self pay patients (including those with out-of-network insurance), the registration fee is applied to your New Patient appointment and the remaining balance is due at the time of your visit.
3. **CANCELLATIONS/MISSED APPOINTMENTS:** **NEW PATIENTS:** are asked to cancel their first appointment not less than 3 business days before their scheduled appointment by speaking with someone in our office directly. Late cancellation of your appointment will result in your \$125 reservation fee not being refunded. **EXISTING PATIENTS:** patients are asked to cancel at least 24 hours in advance of the scheduled appointment time. There will be a \$50 late cancel charge. The charge for not showing for an appointment is \$100. This charge is not payable by insurance and I understand that this will be my responsibility.
4. **CHANGE OF INFORMATION:** Please provide us with any change regarding your address, phone number or insurance information as soon as possible.
5. **MEDICATION REFILLS:** Please contact your pharmacy first. They will contact our office for authorization of the refill. ***You must be seen regularly (usually not less than every 3 months) for proper monitoring of your condition and the medications prescribed.*** Controlled substances will not be filled after hours or weekends. There will be a \$25 charge for filling a prescription after hours. Expedited refill request less than 2 business days will incur a \$15. Charge. A \$15 charge for lost or expired prescriptions.
6. **URINE PRESCRIPTION MONITORING:** Urine prescription monitoring will be conducted on all new patients and periodically on patients taking controlled substances. Patients with drug screens positive for illicit substances will not be prescribed medications that are potentially habit forming.
7. **AFTER HOURS CARE:** In a life-threatening emergency, please call 911. For urgent non-emergency matters please call our office number (210) 404-9696 and leave a message with the answering service. If needed the provider on call will return your call as soon as possible.
8. **MEDICAL RECORDS:** Request for copies of your medical records must be made in writing on a form provided by our office. Our office will respond within 15 business days to a properly completed written request. Fees: As per the rules adopted by the Texas State Board of Medical Examiners: \$25.00 for the first 20 pages, \$.50 cents for each page thereafter. No charge Doctor to Doctor/Hospital. Charges will be assessed for Letters and completion of forms.
9. **TERMINATION OF DOCTOR/PATIENT RELATIONSHIP:** The provider reserves the right to terminate the doctor/patient relationship at their discretion. Reasons for termination may include, but are not limited to: failure to comply with treatment plan, untimely unpaid balances, history of missed appointments, tampering or refusal of drug screen, verbal abuse of staff and lack of a good fit. The patient (or the patient's legal representative) has the right to terminate treatment at his/her discretion. Upon either party's decision to terminate the relationship, the provider will continue care for at least 30 days and recommend more appropriate resources.

10. **LEGAL AND COURT-RELATED MATTERS:** Dr. Williams and the providers with Genesis Psychiatric Center do not participate in court-related matters, such as divorce or child support cases. However, if court-related work is required, the practices' cost related to that work is the sole responsibility of the patient and/or their responsible party. These matters include but are not limited to: preparation, communication with involved parties, depositions, testimony, standby efforts, attorney fees, and other costs incurred as a direct result of the matter.
11. **EDUCATION:** Genesis Psychiatric Center is a teaching site for the University of Texas Health Science Center at SA (UTIHSCSA). You may be asked to allow students to join your session. The choice is entirely yours. We appreciate your contribution to their medical education.
12. **PROMOTIONAL ACTIVITIES FOR PHARMACEUTICAL COMPANIES:** Dr. Williams has contracts with several pharmaceutical companies to educate other physicians about their products. These are promotional programs he is trained and paid to give.
13. **COLLECTION AGENCY:** In the event of a delinquent account balance, I will be responsible for all collection fees assessed by the collection agency onto the account.
14. **CONSENT TO TREATMENT:** I consent to evaluation and treatment of myself, my minor child or ward.
15. **ASSIGNMENT OF BENEFITS:** I hereby authorize my insurance benefits to be paid directly to Genesis Psychiatric Center and understand that I am financially responsible for non-covered services. I also authorize Genesis Psychiatric Center to release any information to my insurance company required to process claims.

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Patient Name (please print)

Patient or Authorized Representative Signature

Date

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Authorization Form for Release of Protected Health Information with Family or Friends

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

I grant permission for my healthcare provider and their representatives of Genesis Psychiatric Center to discuss my care using this disclosure form to share relevant information about my healthcare or discuss financial information for payment on my account with family or friends.

**Release my protected health information to the following person(s)/entity:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

The information you may release subject to this authorization is the following:

Appointment date/time  Yes  No      Explanation of diagnosis and/or procedures  Yes  No

Lab Reports  Yes  No      Billing Information  Yes  No

**I do not want any of my information shared with family or friends**

I consent to Genesis Psychiatric Center to leave a message on my voicemail regarding my lab test results:  
 Yes       No

I understand that my healthcare information at Genesis Psychiatric Center is protected. By signing this form, you are granting Genesis Psychiatric Center to disclose your protected health information for the purpose of treatment, payment and health care operations. Our Notice of Privacy Practices provides more detailed information about how we may use and disclose this information. The terms of our Notice may change, and if so, you may obtain a revised copy by contacting our office. The Notice is available on our website and in our lobby. If you would like a copy please see the front desk.

\_\_\_\_\_  
Patient/Authorized Representative Signature

\_\_\_\_\_  
Date

*This consent will be considered valid until such time that I revoke it. I reserve the right to revoke it at any time. I understand that to revoke this consent, I must provide written notice to Genesis Psychiatric Center.*

**INITIAL PSYCHIATRIC EVALUATION**

20180712

**ADULT**

Age 18 and older (after high school)

**Genesis Psychiatric Center**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Name of others with you today:  No one, I came alone today  Spouse/Other: Name, relationship to you: \_\_\_\_\_

Are you ALLERGIC to any medicines?  No  Yes List: \_\_\_\_\_  NKDA

Do you see a **therapist** for talk therapy?  No  Yes Name: \_\_\_\_\_

**How did you hear about us?** If someone referred you, who? \_\_\_\_\_

Check all that apply:  Insurance company  Therapist  Physician  Friend  Internet  TV Commercial  Other \_\_\_\_\_

**BACKGROUND INFORMATION**

**Tell us about your family & living situation**

**Educational, Work, Legal & Religious History**

**Names of those living in the same household and names of Children & Step Children *not* living with you:**

No one lives with me. I live alone.

<u>Living with you?</u>	<u>Name</u>	<u>Age</u>	<u>Relationship to you</u>
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	_____	_____
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	_____	_____
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	_____	_____
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	_____	_____
<input type="checkbox"/> Yes <input type="checkbox"/> No	_____	_____	_____

Have you ever been divorced?  No  Yes How many times? \_\_\_\_\_

Have you ever been remarried?  No  Yes How many times? \_\_\_\_\_

**Occupation:** \_\_\_\_\_

**Education:** Current or highest grade level? \_\_\_\_\_

If in school, how are grades? \_\_\_\_\_

**Legal** – Have you had any legal problems or ongoing problems with custody issues?  No  Yes

Describe: \_\_\_\_\_

**Spiritual History**

Are you a Christian?  No  Yes  Unsure

Other Religious beliefs? \_\_\_\_\_

How important to you is faith in God:

Important  Somewhat Important  Not Important

Do you now or have you ever met with others in religious or spiritual community?  No  Yes

How important is or was this to you?

Important  Somewhat Important  Not Important

**THE PROBLEM WHICH BRINGS YOU HERE:**

You may write on the other side if needed

**Why are you here and What are your problems/concerns?**

(Briefly explain the problem that brings you here now and what stressful circumstances have contributed to it.)

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Patient Initials \_\_\_\_\_

<b>COGNITION – Mental sharpness over the past month</b>	<b>0 – Good</b> (No problems)	<b>1 – Minimal</b> problems	<b>2 – Moderate</b> problems	<b>3 – Marked</b> problems	<b>MG-CPFQ</b>
How has your <i>motivation/interest level/ enthusiasm</i> been over the past month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Total: <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div>
Your <i>wakefulness/alertness</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your <i>energy level</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your ability to <i>focus/sustain attention</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your ability to <i>remember/recall information</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your ability to <i>find words</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Your <i>sharpness/mental acuity</i> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**SUICIDAL THOUGHTS, ATTEMPTS, OR SELF-HARM**

<p><b>CURRENT THOUGHTS OF SUICIDE OR DEATH</b></p> <p><input type="checkbox"/> I do <u>not</u> think of suicide or death – <i>if checked, skip this section</i></p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I feel that life is empty or wonder if it's worth living</p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I have wished I were dead or wished I could go to sleep and not wake up.</p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I Have been having thoughts of killing myself</p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I have been thinking about how I might do this.</p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I am thinking about <u>acting</u> on these thoughts</p> <p><input type="checkbox"/> No <input type="checkbox"/> Yes - I have started to work out or have worked out the details of how to kill myself.</p>	<p><b>PAST SUICIDE ATTEMPTS</b></p> <p><input type="checkbox"/> NONE    <input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3 or more</p> <p><b>SELF MUTILATION</b></p> <p><input type="checkbox"/> I have <u>not</u> ever hurt myself physically to distract myself from emotional pain – <i>if checked, may skip to next section</i></p> <p><input type="checkbox"/> I used to feel like cutting or hurting myself to deal with emotional pain, b t not any more</p> <p><input type="checkbox"/> Recently I have felt like cutting or hurting myself</p> <p><input type="checkbox"/> I think about cutting or hurting myself several times a day</p>
<p>Comments:</p>	

**OTHER SYMPTOMS**

<p><b>SOCIAL ANXIETY SYMPTOMS</b></p> <p><input type="checkbox"/> A persistent fear of being embarrassed or looking foolish, especially around unfamiliar people, i.e. very shy</p> <p><input type="checkbox"/> You avoid situations in which you might be embarrassed so much that it interferes significantly with your ability to function normally</p> <p><b>OBSESSIVE-COMPULSIVE SYMPTOMS</b></p> <p><input type="checkbox"/> Do you wash or clean a lot?</p> <p><input type="checkbox"/> Do you check things a lot?</p> <p><input type="checkbox"/> Is there any thought that keeps bothering you that you would like to get rid of but can't?</p> <p><input type="checkbox"/> Do your daily activities take a long time to finish?</p> <p><input type="checkbox"/> Are you concerned about putting things in a special order or symmetry, or is very upset by mess?</p> <p><input type="checkbox"/> Compulsive hair pulling (Trichotillomania)</p> <p><input type="checkbox"/> Compulsive pornography</p> <p><input type="checkbox"/> Compulsive internet use</p> <p><input type="checkbox"/> Compulsive shopping</p> <p><input type="checkbox"/> Compulsive stealing</p> <p><input type="checkbox"/> Are you very concerned and preoccupied about the appearance of some part(s) of your body which you consider especially unattractive?</p> <p><b>PHOBIAS/SPECIFIC FEARS</b></p> <p><input type="checkbox"/> Fear of going out or going certain places</p> <p><input type="checkbox"/> Other specific fears? If so, what?</p>	<p><b>POST-TRAUMATIC STRESS SYMPTOMS</b></p> <p><input type="checkbox"/> You have experienced a very significant traumatic event.</p> <p>If YES, what? _____</p> <p><input type="checkbox"/> Distressing memories or nightmares</p> <p><input type="checkbox"/> Easily startled, always 'on guard'</p> <p><input type="checkbox"/> Feeling numb, unreal, or detached</p> <p><input type="checkbox"/> You avoid situations reminding you of the trauma</p> <p><b>EATING ISSUES</b></p> <p><input type="checkbox"/> Constantly dieting despite others saying you're thin</p> <p><input type="checkbox"/> Binge eating or purging</p> <p><b>ANGER, &amp; AGGRESSION</b></p> <p>Do you have (too frequently) sudden outbursts of anger?    <input type="checkbox"/>Yes</p> <p>With aggression?    <input type="checkbox"/>Yes</p> <p>Are you having thoughts of hurting someone else? <input type="checkbox"/>Yes</p> <p><b>OTHER SYMPTOMS</b></p> <p>Are there times that you feel fine one minute and then become tearful (or laughing) the next minute over something small or for no reason at all.    <input type="checkbox"/>Yes</p> <p>Do you detect hidden meanings in what people say or do?    <input type="checkbox"/>Yes</p> <p>Do you often feel persecuted?    <input type="checkbox"/>Yes</p> <p>Feel that people can read or control your thoughts?    <input type="checkbox"/>Yes</p> <p>Hallucinations (hear voices or see things)    <input type="checkbox"/>Yes</p>
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PATIENT INITIALS \_\_\_\_\_

**DEVELOPMENTAL, ABUSE, & TRAUMA HISTORY**

Was your childhood: <input type="checkbox"/> Basically happy <input type="checkbox"/> Painful Why? Were you a victim of past: <input type="checkbox"/> Physical abuse? <input type="checkbox"/> Neglect? <input type="checkbox"/> Emotional abuse? <input type="checkbox"/> Sexual abuse? Other? Explain briefly: _____ _____	<input type="checkbox"/> No <input type="checkbox"/> Yes Do you have any history of <u>learning difficulties</u> – dyslexia, being a slow learner, etc? Explain: _____ _____
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**FAMILY HISTORY**

**Please indicate whether any of your (blood) relatives have had any of these concerns:**

	Parents	Brothers/Sisters	Children	Grandparents	Aunts/Uncles/Cousins
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ADHD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Autistic Disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suicide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol/Drug Problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manic or Bipolar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Schizophrenia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety and/or panic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obsessive-Compulsive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**RELATIONSHIPS AND SOCIAL SUPPORTS**

**MARITAL ISSUES/ SIGNIFICANT OTHERS**  
Are you married?  Yes  No If NO, are you in a steady relationship?  Yes  No  
How would you rate your relationship?  Happy  Fairly happy  Just OK  Fairly unhappy  Very unhappy  
If VERY UNHAPPY, please write briefly in the space provided below what the general nature of the problems are.  
\_\_\_\_\_  
\_\_\_\_\_

**SOCIAL SUPPORTS**  
 Yes  No Do you experience a lot of loneliness?  
 Yes  No Do you have a close confidant other than spouse? How often do you talk? \_\_\_\_\_

**OTHER CONFLICTUAL RELATIONSHIPS**  
 Yes  No Are you having significant conflict or stress with anyone other than your spouse? If so, who? \_\_\_\_\_  
About what? \_\_\_\_\_

**JOB**  
How would you rate your work satisfaction?  Very happy  Fairly happy  Just OK  Fairly unhappy  Very unhappy  
If VERY UNHAPPY, please write briefly below what the general nature of the problems are.  
\_\_\_\_\_  
\_\_\_\_\_

PATIENT INITIALS \_\_\_\_\_

### EXERCISE

In a typical week, how many times do you exercise at least 20-30 min (any type, or brisk walking or yoga)?

- None   
 1 time   
 2 times   
 3 times   
 4 times   
 5 times   
 6 times   
 7 times

### SLEEP ISSUES

#### IN THE LAST TWO WEEKS:

Do you generally feel rested when you wake up in the morning?  Yes  No

What time do you typically go to bed? \_\_\_\_\_ What time do you typically fall asleep? \_\_\_\_\_

What time do you typically wake up? \_\_\_\_\_

Including naps during the day, how many hours, on average, do you sleep per 24-hour day? \_\_\_\_\_

If you awaken frequently through the night, how many times do you awaken, and how long does it take you to go back to sleep?

If so, you awaken approximately times? \_\_\_\_\_ Time it takes to get back to sleep: \_\_\_\_\_

Do you struggle to stay awake when you should be awake?  Yes

Is your work, home, or social life negatively affected by excessive sleepiness, or, for example driving a car?  Yes

Do you have a tendency to snore?  Yes

Have you been told that you stop breathing briefly at times while you are sleeping at night?  Yes

Have you been prescribed CPAP?  Yes If Yes, do you use it regularly?  Yes

Do you work shifts or a nontraditional schedule (could include being a caregiver for infant or elderly)?  Yes

**THE EPWORTH SLEEPINESS SCALE** is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Use the following scale to choose the most appropriate number for each situation.

#### SITUATION

#### CHANCE OF DOZING OR FEELING SLEEPY

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place (for example: a theater or a meeting) \_\_\_\_\_

As a passenger in a car for an hour without a break \_\_\_\_\_

Lying down to rest in the afternoon when circumstances permit \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after a lunch without alcohol \_\_\_\_\_

In a car, while stopped for a few minutes in traffic \_\_\_\_\_

- 0 = none**  
**1 = slight**  
**2 = moderate**  
**3 = high**

Total Score

### PROBLEMS WITH EMOTIONAL INSTABILITY

Having problems with *emotional instability* means having unstable relationships, low self-esteem, and problems with impulsive behavior, beginning by early adulthood. A common feature of this emotional instability is fear of being left alone (abandoned), even if the threat of being abandoned is not real. This fear may lead to frantic attempts to hold on to others and may cause them to become overly dependent on how others feel about them. Angry mood swings and erratic behavior can lead to troubled relationships in many areas of life.

Problems with emotional instability – do you tend to:

- Make frantic efforts to avoid real or imagined abandonment.
- Have a pattern of difficult relationships caused by alternating between extremes of intense admiration and hatred of others.
- Have an unstable self-image or be unsure of his or her own identity.
- Act impulsively in ways that are self-damaging, such as extravagant spending, sex with many partners, substance abuse, binge eating, or reckless driving.
- Have recurring suicidal thoughts, make repeated suicide attempts, or cause self-injury through mutilation, such as cutting or burning oneself.
- Have frequent emotional overreactions or intense mood swings, including feeling depressed, irritable, or anxious.  
These mood swings may only last a few hours at a time. In rare cases, they may last a day or two.
- Have long-term feelings of emptiness.
- Have inappropriate, fierce anger or problems controlling anger – or often display temper tantrums or get into fights.
- Have temporary episodes of feeling suspicious of others without reason (paranoia) or losing a sense of reality.



## CURRENT and PAST MEDICATIONS

List ALL CURRENT MEDICATIONS, VITAMINS, HERBAL, & SUPPLEMENTS that you are now taking:

Medication, Vitamin, or Herbal	Medication, Vitamin, or Herbal	Medication, Vitamin, or Herbal

List ALL PAST MEDICATIONS that you have taken:

√ if Taking Now or Past	Medication Have you ever taken any of these:	dose	When & Why Stopped	When	√ if Taking Now or Past	Medication Have you ever taken any of these:	dose	When & Why Stopped	When
<input type="checkbox"/> Now <input type="checkbox"/> Past	Ritalin/Methylin				<input type="checkbox"/> Now <input type="checkbox"/> Past	Abilify			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Metadate				<input type="checkbox"/> Now <input type="checkbox"/> Past	Aristada or Maintenna			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Mydayis				<input type="checkbox"/> Now <input type="checkbox"/> Past	Rexulti			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Aptensio				<input type="checkbox"/> Now <input type="checkbox"/> Past	Geodon			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Concerta				<input type="checkbox"/> Now <input type="checkbox"/> Past	Risperdal/Invega			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Focalin (or XR)				<input type="checkbox"/> Now <input type="checkbox"/> Past	Zyprexa			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Daytrana				<input type="checkbox"/> Now <input type="checkbox"/> Past	Seroquel (or XR)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Adderall (or XR)				<input type="checkbox"/> Now <input type="checkbox"/> Past	Saphris			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Vyvanse				<input type="checkbox"/> Now <input type="checkbox"/> Past	Fanapt			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Other stimulant				<input type="checkbox"/> Now <input type="checkbox"/> Past	Latuda			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Strattera				<input type="checkbox"/> Now <input type="checkbox"/> Past	Vraylar			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Clonidine				<input type="checkbox"/> Now <input type="checkbox"/> Past	Clozapine			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Guanfacine				<input type="checkbox"/> Now <input type="checkbox"/> Past	Lithium			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Prozac				<input type="checkbox"/> Now <input type="checkbox"/> Past	Depakote			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Zoloft				<input type="checkbox"/> Now <input type="checkbox"/> Past	Tegretol (Carbamazepine)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Paxil				<input type="checkbox"/> Now <input type="checkbox"/> Past	Trileptal			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Luvox				<input type="checkbox"/> Now <input type="checkbox"/> Past	Lamictal (lamotrigine)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Celexa				<input type="checkbox"/> Now <input type="checkbox"/> Past	Topamax			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Lexapro				<input type="checkbox"/> Now <input type="checkbox"/> Past	Valium (Diazepam)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Effexor XR				<input type="checkbox"/> Now <input type="checkbox"/> Past	Xanax (Alprazolam)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Pristiq				<input type="checkbox"/> Now <input type="checkbox"/> Past	Ativan (Lorazepam)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Cymbalta				<input type="checkbox"/> Now <input type="checkbox"/> Past	Klonopin (Clonazepam)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Wellbutrin				<input type="checkbox"/> Now <input type="checkbox"/> Past	Lyrica			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Remeron				<input type="checkbox"/> Now <input type="checkbox"/> Past	Neurontin			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Buspirone				<input type="checkbox"/> Now <input type="checkbox"/> Past	Hydroxyzine			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Trintellix				<input type="checkbox"/> Now <input type="checkbox"/> Past	Ambien (or CR)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Viibryd				<input type="checkbox"/> Now <input type="checkbox"/> Past	Lunesta			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Fetzima				<input type="checkbox"/> Now <input type="checkbox"/> Past	Temazepam			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Nefazodone				<input type="checkbox"/> Now <input type="checkbox"/> Past	Sonata			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Amitriptyline				<input type="checkbox"/> Now <input type="checkbox"/> Past	Trazodone			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Imipramine				<input type="checkbox"/> Now <input type="checkbox"/> Past	Rozerem			
<input type="checkbox"/> Now <input type="checkbox"/> Past	EMSAM				<input type="checkbox"/> Now <input type="checkbox"/> Past	Melatonin			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Nardil				<input type="checkbox"/> Now <input type="checkbox"/> Past	Benadryl (antihistamine)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Parnate				<input type="checkbox"/> Now <input type="checkbox"/> Past	Other OTC sleep aid			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Ketamine				<input type="checkbox"/> Now <input type="checkbox"/> Past	Buprenorphine			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Provigil/Nuvigil				<input type="checkbox"/> Now <input type="checkbox"/> Past	Antabuse (disulfiram)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Aricept (donepezil)				<input type="checkbox"/> Now <input type="checkbox"/> Past	Camprial (acamprosate)			
<input type="checkbox"/> Now <input type="checkbox"/> Past	Namenda (memantine)				<input type="checkbox"/> Now <input type="checkbox"/> Past	Naltrexone (oral or injectable)			