

Psycho Social Wellbeing Scale – practitioner ratings

WHEN ASSESSING YOUR CLIENT’S WELL-BEING IN THE FOLLOWING AREAS, PLEASE

USE **THE PAST 30 DAYS** AS YOUR TIME FRAME:

MENTAL STATUS: COGNITIVE FUNCTIONING

Consider the client’s level of hallucinations, delusions, disorientation, bizarre behavior or speech, memory problems, serious confusion or other symptoms of serious cognitive impairment.

How would you rate their overall mental status at this time?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

MENTAL STATUS: EMOTIONAL STATE

Consider the client’s level of depression, anxiety, obsessional thinking and overall emotional state.

How would you rate their overall emotional condition at this time?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

IMPULSE CONTROL

Think about your client’s overall behavior. Consider things such as their ability to express themselves effectively, ability to work at things patiently, tendencies to verbally or physically lash out at others, run away, harm themselves or proneness to impulsive, criminal, or drug-abusing behavior.

How would you rate their overall impulse control?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

USE OF ALCOHOL AND OTHER DRUGS

Consider the clients use of alcohol, illicit substances (cocaine, heroin, marijuana, pcp, hallucinogens, etc.) and prescription medication. Consider the following: how often do they use them, in what quantity, and what are the psychological, physical and social consequences associated with their use?

How would you rate the client's overall functioning with regard to the use of alcohol and other drugs?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

COPING SKILLS

Think about your client's ability to cope with problems and everyday stresses.

How would you rate their ability to assess problem situations, deal with "triggers," use stress reduction strategies, consider possible solutions, perhaps reach out to others for help in order to deal effectively with their difficulties?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

HEALTH

Consider the clients overall health. Aside from normal, transient illnesses, think about health habits, chronic primary health disorders, their estimate of their own health, ability to engage in their usual activities relatively free from discomfort, overall energy level, hospitalizations and treatments for illness other than psychiatric ones.

How would you rate their health overall?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

RECREATIONAL ACTIVITIES

Consider what the client does for fun (alone or social), hobbies, relaxation (reading, TV, video games, playing cards, etc. . .) and physical exercise (walking, jogging, biking, etc.).

How would you rate the client's overall involvement in recreational activities?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

LIVING ENVIRONMENT

Think about your client's current living environment. Consider such things as adequacy of food, clothing, shelter, safety, and level of restrictiveness.

How would you rate their overall living environment?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

IMMEDIATE SOCIAL NETWORK (close friends, spouse, family)

Consider the quality of your client's relationships with those available friends, family, spouse (as applicable).

How would you rate the quality of the interaction between your client and them with respect to closeness, intimacy, general interpersonal satisfaction, effective communications, conflict, level of hostility, aggression, abuse?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

EXTENDED SOCIAL RELATIONSHIPS/NETWORK (local community)

Think about your client's relationships with persons outside their immediate family and social group. Consider their relationship to others in the community, their involvement in social groups, organizations, and general feeling of integration into the wider community in which they live.

How would you rate their overall relationship with the community right now?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

INDEPENDENT LIVING/SELF CARE

Consider how your client manages their household, takes care of personal hygiene, eats, sleeps and otherwise cares for themselves.

How would you rate their performance in this area?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1

WORK SATISFACTION

If the client works outside the home, is a homemaker or student, think for a moment about their work productivity.

Considering the type of work they are engaged in, how would you rate their overall work productivity right now?

EXCELLENT	GOOD	MARGINAL	IMPAIRED	POOR
5	4	3	2	1