

## INDIVIDUAL INTAKE FORM

Please provide the following information for our records.

Today's Date: \_\_\_\_\_

Information you provide here is held to the same standards of confidentiality as our therapy.

Your Name \_\_\_\_\_ Therapist's Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Birth date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_\_ Gender  M  F

Marital Status:  Never Married  Partnered  Married  Separated  Divorced  Widowed

Number of Children: \_\_\_\_\_ Names/Ages \_\_\_\_\_

Home Phone: \_\_\_\_\_ May we leave a message?  Yes  No

Work Phone \_\_\_\_\_ May we leave a message?  Yes  No

Cell/Other Phone: \_\_\_\_\_ May we leave a message?  Yes  No

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

I prefer paperless correspondence, so please send my statements via email.  Yes  No

Name of parent/guardian (if you are a minor): \_\_\_\_\_

How Did You Hear About Wellspring Family Therapy Center? \_\_\_\_\_

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

**My insurance** is:  Mayo  BlueCross  CCS  Health Partners  Medica  UCare  UMR  \_\_\_\_\_

**My insurance MEMBER ID #** is \_\_\_\_\_.

**My insurance GROUP #** is {Mayo:  BPRMR  BMEDS  BBASC}  Other: \_\_\_\_\_.

**My insurance GROUP Name** is \_\_\_\_\_.

**My insurance 5-digit "EDI" code** (may be listed on the back of card) for claim submissions is \_\_\_\_\_

Do you have an advance directive/living will?  Yes  No

Are you currently receiving psychiatric services or professional counseling elsewhere?  Yes  No

Have you had previous psychotherapy?  Yes  No

Previous therapist's name \_\_\_\_\_ Diagnosis at that time? \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Phone \_\_\_\_\_

Are you currently taking prescribed psychiatric medication (antidepressants or others?)  Yes  No

If Yes, please list what they are: \_\_\_\_\_

If no, have you been previously prescribed psychiatric medication?  Yes  No

If Yes, please list what they were: \_\_\_\_\_

**OCCUPATIONAL INFORMATION**

Are you currently employed? Yes No

If yes, who is your current employer/position? \_\_\_\_\_

If yes, are you happy at your current position? \_\_\_\_\_

Please list any work-related stressors, if any: \_\_\_\_\_

**HEALTH AND SOCIAL INFORMATION**

How is your physical health at present? (please circle)

Poor            Unsatisfactory            Satisfactory            Good            Very good

Please list any persistent physical symptoms or health concerns (e.g. chronic pain, headaches, hypertension, diabetes, etc.): \_\_\_\_\_

Are you having any problems with your sleep habits? Yes No

If yes, what problems:  Sleep too little     Sleep too much     Poor quality sleep     Disturbing dreams  
Other \_\_\_\_\_

How many times per week do you exercise? \_\_\_\_\_ Approximately how long each time? \_\_\_\_\_

Are you having any difficulty with appetite or eating habits? Yes No

If yes, check where applicable:  Eating less     Eating more    Binging     Restricting

Have you experienced significant weight changes in the last 2 months? Yes No

Do you regularly use alcohol? Yes No

In a typical month, how often do you have 4 or more drinks in a 24-hour period? \_\_\_\_\_

How often do you engage in recreational drug use?  Daily    Weekly     Monthly     Rarely     Never

Has anyone told you they were concerned about your alcohol/drug use? Yes No

Have you had suicidal thoughts recently?  Frequently     Sometimes     Rarely    Never

Have you had them in the past?  Frequently     Sometimes     Rarely    Never

Are you currently in a romantic relationship? \_\_\_\_\_

In the last year, have you experienced any significant life changes or stressors: \_\_\_\_\_

**HAVE YOU EVER EXPERIENCED?**

Extreme Depressed Mood	<input type="checkbox"/> Yes <input type="checkbox"/> No
Wild Mood Swings	<input type="checkbox"/> Yes <input type="checkbox"/> No
Rapid Speech	<input type="checkbox"/> Yes <input type="checkbox"/> No
Extreme Anxiety	<input type="checkbox"/> Yes <input type="checkbox"/> No
Panic Attacks	<input type="checkbox"/> Yes <input type="checkbox"/> No
Phobias	<input type="checkbox"/> Yes <input type="checkbox"/> No
Sleep Disturbances	<input type="checkbox"/> Yes <input type="checkbox"/> No
Hallucinations	<input type="checkbox"/> Yes <input type="checkbox"/> No

- |   |  |
|---|--|
| Unexplained Losses of Time  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Unexplained Memory Lapses   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Alcohol/Substance Abuse   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Frequent Body Complaints  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Eating Disorder   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Body Image Problems   | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Repetitive Thoughts (e.g. obsessions)                                 | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Repetitive Behaviors<br>(e.g., frequent checking, hand washing, etc.) | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Homicidal Thoughts  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Suicide Attempt   | <input type="checkbox"/> Yes <input type="checkbox"/> No |

**RELIGIOUS/SPIRITUAL INFORMATION**

- Do you consider yourself to be religious? Yes No  
 If yes, what is your faith? \_\_\_\_\_  
 If no, do you consider yourself to be spiritual? Yes No

**OTHER INFORMATION**

- What do you consider to be your strengths? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 What do you like about yourself? \_\_\_\_\_  
 \_\_\_\_\_  
 What are effective coping strategies that you've learned? \_\_\_\_\_  
 \_\_\_\_\_

**FAMILY MENTAL HEALTH HISTORY**

Has anyone in your family (either immediate family members or relatives) experienced difficulties with the following? (circle any that apply and list family member, e.g., sibling, parent, uncle, etc.):

- |                         |  |
|-------------------------|--|
| Difficult Family Member | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Depression              | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Bipolar Disorder        | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Anxiety Disorders       | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Panic Attacks           | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Schizophrenia           | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Alcohol/Substance Abuse | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Eating Disorders        | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Trauma History          | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Suicide Attempts        | <input type="checkbox"/> Yes <input type="checkbox"/> No |

**COUNSELING AGREEMENT**

- I have received, read and understand the Counseling Agreement and the Privacy Policy.
- I have read and agree to abide by the Safety Contract at all times.
- I authorize the release of the minimum amount necessary of my personal health information to our referenced insurance company and your therapist's billing company, in order to obtain any reimbursement for services received.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**TREATMENT PLAN**

Please complete this form as best you can. If you are unsure of your answers, bring your questions in and your therapist will help you complete the treatment plan.

Problems (Why I'm Here):

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Goals (What I Want):

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Indicators (How Do I Know That I'm Making Progress?):

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Estimate – How Long to Achieve Goals \_\_\_\_\_ (You and your therapist will figure this out.)

Likelihood (0-100%) of Achieving Goals? \_\_\_\_\_ (You and your therapist will figure this out.)

\_\_\_\_\_  
Client Signature and Date

\_\_\_\_\_  
Therapist Signature and Date

Review Dates: \_\_\_\_\_

## FEE POLICY

Client Name \_\_\_\_\_

Intake Date \_\_\_\_\_

- ❖ The fee of \$\_\_\_\_ per 55 minute individual or couples session, or \$\_\_\_\_ for a 2-hour group therapy session, is payable at the time of each session, unless other arrangements have been made. You may use cash or check (made out to individual therapist "LLC" name) or credit card (when accepted).
- ❖ The client is fully and directly responsible to the individual therapist for the payment of services rendered.
- ❖ Insurance coverage differs, so please check with your insurance company to determine the requirements for mental health coverage.
- ❖ A receipt will be provided upon request which the client can submit to his/her insurance company.
- ❖ If payment becomes a problem, you are encouraged to discuss this directly with your therapist to consider your options.
- ❖ If fees change during the course of treatment, you will be given adequate notice of these changes.
- ❖ You will be charged for missed appointments or appointments cancelled with less than a 24-hour notice (except in cases of illness, emergency or severe weather).
- ❖ Fees for telephone or interactive internet-based contacts are prorated based on standard hourly fee.
- ❖ Overdue payments will be assessed a 5% monthly interest fee.

### I understand the current fee schedule and my responsibility for payment of fees.

\_\_\_\_\_ I understand that services will be provided on a private-pay basis and that payment is due at the time of service. At my request, therapist will provide a summary receipt that I may submit for possible medical Flexible Spending Account reimbursement.

\_\_\_\_\_ I have discussed the fees for counseling and understand that services will be out-of-network with my insurance company. I give permission for my therapist to contact my insurance company to determine insurance coverage and submit claims. I agree that even if I am reimbursed directly from my insurance company, I am responsible to pay my therapist for the full amount charged for services provided.

\_\_\_\_\_ I understand that my therapist is an in-network provider for my insurance. I give permission for my therapist to contact my insurance company to determine insurance coverage and submit claims. I agree to pay associated deductible and/or coinsurance payments to my therapist.

I have been given a copy of the current fee policy and have been given the opportunity to discuss my financial situation with my therapist. I understand I will be responsible for all fees as indicated on the current fee schedule and as outlined on this payment contract. I am also aware that I may be charged a late cancel/no show charge.

\_\_\_\_\_  
Signature of Client or Guardian

\_\_\_\_\_  
Date

## COUNSELING AGREEMENT

This agreement is designed to help build a positive working relationship between you and your therapist. It also informs you of your rights and responsibilities in the therapy relationship. If you have any questions or concerns, please feel free to discuss them with your therapist.

### 1. Therapeutic Relationship

The relationship between you and your therapist is very important and is different from other relationships in your life. You are expected to talk freely and openly about yourself, much more so than you do in social relationships. Your therapist's responsibility is to listen, select, sort, make observations, and reflect back to you behaviors, thoughts, feelings, and values or beliefs that will enable you to understand and see yourself more clearly. The goal of this process is the reorganization of your thinking, feelings, and behavior in a manner more satisfying to you. This does not predict, nor guarantee a successful outcome in therapy. While your therapist may suggest changes, only you can choose if those changes are valuable and pertinent, and only you are able to make those changes.

You and your therapist will work together to establish goals for therapy and this will be the focus of your initial session which is something that will continue to be revisited. Therapy can be a very intense experience and sometimes painful. But therapy is also very supportive and reassuring, with very rewarding, life changing outcomes.

### 2. Supervision

Yvette Kidman has completed her Masters degree in Marriage and Family Therapy but is not yet licensed. She is working under supervision while accumulated hours of clinical counseling, so if you are seeing Yvette, your case may be discussed confidentially with her supervisor individually or in group supervision sessions required by her degree & state licensing board. Your identity will be protected in accordance with all governmental and ethical regulations.

### 3. Appointments

Appointments are typically 50 to 80 minutes in length. You and your therapist will work together to personalize a schedule to fit your needs.

### 4. Cancellation Policy

If you need to cancel an appointment for any reason, please do so at least 24 hours in advance. **You will be charged a full fee for appointments not canceled within 24 hours.**

### 5. Confidentiality

Client information is kept strictly confidential and the release of information about you to anyone can only be done with your written consent. Because therapists are all mandated reporters, state law, however, places certain limitations on the right of confidentiality (see also Notice of Privacy Rights attached):

- ❖ Threats of suicide
- ❖ Threats of harming another person
- ❖ Any incidence or knowledge of suspected neglect, physical, or sexual abuse of children and/or vulnerable adults

During professional consultation, the therapist may discuss facts in a case, but the identity of the client will remain confidential.

When meeting as couples and/or families, it may be helpful to meet with your therapist individually. If individual sessions are scheduled, no confidences will be held by the therapist. Your therapist reserves the right to use his/her best judgment to share pertinent information, or will ask the individual to share the information, in the best interest of the marriage or family.

For couples and families, in order for information to be shared between your therapist at Wellspring and another individual, we require a signed release of information from both or all parties.

When children are being seen by a therapist, the custodial parent(s) will be informed of their child's progress for children under 18 years of age.

## **6. Fees**

Payment of fees is expected at the time of each session. You may use cash, check, or money order. Insurance coverages differ, so please check with your insurance company to determine the requirements for mental health coverage. A receipt will be provided which can be submitted by the client.

Overdue payments will be assessed a \$5.00 fee for each month the payment is overdue. There is a charge for written reports of files based on an hourly fee structure. Your therapist will give you a 30-day notice if fees change.

In court cases, you are encouraged to pass information on to lawyers and the court through written reports, which can be generated by your therapist at the hourly fee rate. If your therapist is asked to do a deposition or appear in court, the fees are \$350 per hour plus a mileage fee of \$0.75 per mile

## **7. Hours & Emergencies**

After normal business hours, you may try to contact your therapist by leaving phone messages on his/her number as listed above. Messages are retrieved regularly throughout the weekdays but not consistently after hours. If you need immediate assistance, please call 2-1-1 (United Way's Alliance of Information & Referral), or Olmsted County Crisis Services hotline at (507) 281-6248, or call 9-1-1, or go to the nearest hospital emergency room.

## **8. Wellspring Family Therapy Center, LLC**

Wellspring Family Therapy Center, LLC is a limited liability corporation. Although you may see one or more therapists working under the name, each therapist has an independent practice and is covered individually with their own private liability insurance. If you have questions or concerns about your therapy process, please contact your therapist directly.

## **9. Complaints**

You are urged to discuss with your therapist any questions, concerns, or problems you may have about the therapy you receive. Often times, part of the therapeutic relationship involves working through misunderstandings or misconceptions. You also have the right to file a complaint with your therapist at: Wellspring Family Therapy Center, 1530 Greenview Drive SW, Rochester, MN 55902, or the Minnesota Department of Health at: 121 East 7<sup>th</sup> Street, St. Paul, MN 55101, 612.623.5522.

## **10. Therapy Session**

An important aspect of therapy is the relationship that develops between you and your therapist. As with any new relationship, it takes some time to trust and feel safe. If the relationship does not develop after a reasonable amount of time (three to four sessions), you may want to talk with your therapist about it and a referral can be made. Your therapist will be happy to help with this.

The therapeutic relationship is unique in that you will be focusing on aspects of yourself that may not ordinarily receive attention. The therapeutic approach used by the therapist comes from a variety of psychological theories. For those clients wishing to address spiritual concerns, an eclectic approach from an ecumenical Christian perspective will generally be utilized. As each client is different, each session varies depending on the needs of the client and the goals set by the client and therapist.

The therapist will work with the client towards healthy development, meaningful and satisfying relationships, and address conflict between mind, body, and spirit. The intention is to address relationship issues, behavioral problems, family-of-origin concerns, destructive thought patterns, and spiritual issues. Core values and

beliefs are identified and based on the issues of concern your therapist will help with insight and observations where needed. Your therapist will strive towards a safe environment in which clients can talk freely and openly about their concerns.

Therapy is a process. Initially you may feel uncomfortable, even anxious, about talking about sensitive issues. This anxiety begins to reduce as the relationship between you and your therapist develops and trust builds. As you learn new ways to interact with yourself and others, these new ways to interact may feel uncomfortable. Sometimes things seem to get worse before they get better. This is expected and typical of everyone making life adjustments.

One of the most growth-producing times for the client can be when he/she expresses anger with the therapist. This expression of "owning" one's feelings and having the therapist respect them often results in a very affirming experience for the client. Your therapist is open to hearing about your concerns and feelings.

It is critical to stay with the therapy even during these uncomfortable times. Once you get through this phase, and as we discuss the emotions around these issues, you should begin to feel more comfortable. During this stage, you will continue to apply the new skills and you will feel more courageous in meeting problems directly. As you near the end of therapy, you and your therapist will discuss discontinuing the therapy, with the understanding that you can choose to return any time if you feel the need.

## **11. Therapy Techniques**

Each therapist at Wellspring Family Therapy Center uses a combination of psychotherapy techniques. These include Cognitive Behavioral Therapy (addressing negative thoughts, feelings and behavior), Psychodynamic Therapy, Emotionally-focused Therapy, Systems Approach, EMDR (Eye Movement Desensitization Reprocessing), Virginia Satir Change Process, and Solution-Focused Therapy, among others. If you have questions, please ask your therapist directly and he/she can explain things more thoroughly.

## PRIVACY POLICY

The privacy of your medical information is important to your therapist(s), with the understanding that this information is personal. Therefore, we are committed to protecting it. To comply with certain legal requirements, your therapist creates an individual record of the care and services you receive to better provide you with quality care. This notice details the ways that your medical information may be used or shared. Furthermore, it describes your rights and certain duties we have regarding the use and disclosure of medical information. This notice is effective April 14, 2003.

1. **Uses of Information Obtained From You:** The information your therapist obtains from you is used to establish diagnosis, determine your treatment plans and goals, provide the services you request, and establish your ability to pay for these services.
2. **Therapist's Legal Responsibility:** The law requires your therapist to keep your medical information private, give you this notice describing our legal duties, privacy practices, and your rights regarding your medical information, and to follow the terms of the notice that is now in effect.
3. **Patient Rights:** Effective April 14, 2003, the 45 CFR Health Insurance Portability and Accountability Act (HIPAA) went into effect with rules on not only disclosure but also on the use of patient information. Under this Act clients, must be given a Notice of Privacy Practices upon the arrival of their first service. The following list of rights now applies to any patient of a health care provider:
  - a) **Right to Request Medical Records:** The patient has a right to access their medical records.
  - b) **Right to Request Additional Restrictions:** You may request restrictions on the use and disclosure of protected health information for treatment, payment, and health care operations. While your therapist will consider all requests for additional restrictions carefully, they are not required to agree to a requested restriction. If you wish to request a restriction, please make a request in writing and submit it to your therapist, who will send you a written response.
  - c) **Right to Receive Confidential Communications:** You may request, and your therapist will accommodate, any reasonable (written) request for you to receive protected health information by alternative means of communication or at alternative locations.
  - d) **Right to Inspect and Copy Your Health Information:** If you desire access to your records, please make a written request to your therapist. If you request copies, there will be a \$2.00 charge per page. Please note, under limited circumstances your therapist may deny you access to a portion of your records.
  - e) **Right to Amend Your Records:** You have the right to request that your therapist amend protected health information maintained in your clinical file or billing records. If you desire to amend your records, please request in writing the amendment and submit it to your therapist. Under certain circumstances, he/she has the right to deny your request to amend your records and notify you of this denial as provided by the HIPAA regulations. If your requested amendment to your records is accepted, a copy of your amendment will become a permanent part of the medical record. By "amend," your therapist is permitted to append information to the original record, as opposed to physically remove or change the original record.
  - f) **Right to Receive an Accounting of Disclosures:** Upon request, you may obtain an accounting of disclosures of your protected health information other than those for which you gave written authorization or those related to your treatment, payment for services, or health care operations. The accounting will apply only to covered disclosures prior to the date of your request provided such period does not exceed six years and does not apply to disclosures that occurred prior to April 14, 2003. If you request an accounting more than once during a twelve (12) month period, a charge may apply. You will be informed of the cost prior to the request being filled.
  - g) **Right to Receive a Paper Copy of this Notice:** Upon request, you may obtain a paper copy of this privacy notice.

4. **Use and Disclosure of Your Medical Information With Written Consent:** Your therapist is permitted to use and disclose information about you for treatment and/or services to doctors, nurses, psychiatrists, psychologists, other mental health professionals. Also included are other people in charge of your care or health care professionals assisting in your treatment. Your therapist may also use and disclose your medical information for payment purposes to insurance companies for disability payments, etc. Furthermore, he/she may also use information for healthcare operations that may include information disclosed to business associates such as billing software providers or transcriptionists.
5. **Use and Disclosures With Neither Consent Nor Authorization:** According to state and federal requirements, your therapist is mandated to report information he/she maintains about you to other agencies or individuals without your written consent under the following circumstances:
  - a) If your therapist has reason to believe there has been:
    - abuse of a child or vulnerable adult.
    - victimization due to violence.
    - victimization due to other crimes.
    - potential or intention to seriously harm another person, they may have a legal obligation to warn the intended victim and/or the police.
    - the possibility a pregnant woman has used a controlled substance (e.g., cocaine, heroin) for a non-medical purpose during the pregnancy.
  - b) If it is court-ordered.
  - c) If a non-custodial parent requests information, they may receive information about your therapist's services for their child, but not about services to the other parent.
  - d) If there is an emergency, your therapist may communicate your condition to a family member or other appropriate persons.
  - e) If your account is delinquent, your therapist may attempt to obtain reimbursement through small claims court or to collection agency. Your therapist may also report delinquent accounts to credit bureaus.
  - f) Examination of records for an audit or accreditation.
  - g) To meet federal, state, and local statistical requirements.
  - h) If a new statute, federal law, or State Commissioner of Administration authorizes a new use of the information after you had been given this notice.
6. **Regarding Minors:** Minnesota State Law authorizes that a minor has the right to request the private data about them be kept from their parents. This request will be honored if your therapist believes it will protect the child from physical or psychological harm.
7. **Providing Information About You:** You are not required to provide information about yourself; however, without some information your therapist may not be able to provide the most appropriate services. If you are here because of a court order, and you refuse to provide information, that refusal may be communicated to the court.
8. **Right to Change Terms of this Notice:** Your therapist may change the terms of this notice at any time. If this notice is changed, your therapist may make the new notice terms effective for all protected health information that is maintained, including any information created or received prior to issuing the new notice. If your therapist changes this notice, they will post it in public access areas, or give you a copy of the updated notice.
9. **Complaints:** If you desire further information about your privacy and confidentiality rights, or are concerned that your rights may have been violated, or disagree with a decision that was made about access to your protected health information, you are encouraged to contact your therapist directly. You may also file a written letter of complaint with the Secretary of the Department of Health and Human Services. Your therapist(s) will not retaliate against you if you file a complaint.

### SAFETY CONTRACT

All of us at Wellspring Family Therapy Center very much value your personal safety at all times. This is an important and heartfelt concern that we take very seriously -- both professionally and personally. To that end, we have developed this Safety Contract for you to review, sign, and refer to in the future throughout our time together.

Sincerely,  
Shelly Winemiller, Ed Patton, Yvette Kidman

1. My comments and conduct during sessions should never be attacking or threatening, but rather constructively focused. If I am ever feeling attacked or threatened by anyone during a session, I will discuss my concerns with my therapist.
2. If at any time I am feeling hopeless, despondent, or like I may want to give up, I will let my therapist know.
3. If I ever have thoughts or plans about ending my life or hurting someone else, I will dial 911 to get professional help immediately.
4. If I express a specific intention of harming myself or hurting someone else, I understand that my therapist is obliged to break confidentiality in order to provide safety to myself and others around me.

I agree to abide by this Safety Contract at all times, both during and between sessions.

\_\_\_\_\_  
(Client signature)

\_\_\_\_\_  
(date)

Your Name \_\_\_\_\_ Today's Date: \_\_\_\_\_

Responses you provide to these outcomes measures is held to the same standards of confidentiality as our therapy. Your therapist may periodically ask you to complete these measures in the future.

Please respond to each question or statement by marking one box per row.

		Excellent	Very good	Good	Fair	Poor
Global04	In general, how would you rate your mental health, including your mood and your ability to think? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
Global05	In general, how would you rate your satisfaction with your social activities and relationships? .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

PROMIS GIHe-Me2a: \_\_\_\_/10; t=\_\_\_\_

CURRENT level of confidence...		I am not at all confident	I am a little confident	I am somewhat confident	I am quite confident	I am very confident
SEMEM015	I can handle negative feelings .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM018	I can find ways to manage stress .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM016	I can handle upsetting situations .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM012	I can avoid feeling discouraged .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM017	I can keep emotional distress from interfering with things I want to do .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM010	I can bounce back from disappointment ....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM003	I can relax my body to reduce my anxiety .	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SEMEM019	I can handle the stress of going for treatment of my medical conditions .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS SeEffMaEm-SF8a: \_\_\_\_/40; t=\_\_\_\_

In the past 7 days...

		Never	Rarely	Sometimes	Often	Always
EDANX01	I felt fearful .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDANX40	I found it hard to focus on anything other than my anxiety .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDANX41	My worries overwhelmed me .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDANX53	I felt uneasy .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS ED-An-SF4a: \_\_\_\_/20; t=\_\_\_\_

**In the past 7 days...**

		Never	Rarely	Sometimes	Often	Always
EDDEP04	I felt worthless .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDDEP06	I felt helpless .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDDEP29	I felt depressed .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDDEP41	I felt hopeless .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDDEP22	I felt like a failure .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
EDDEP36	I felt unhappy .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS De-SF6a: \_\_\_\_/30; t=\_\_\_\_

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SRPSAT06r1	I am satisfied with my ability to do things for my family .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SRPSAT33_CaPS	I am satisfied with my ability to do things for fun with others .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SRPSAT34r1	I feel good about my ability to do things for my friends.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SRPSAT49r1	I am satisfied with my ability to perform my daily routines .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS SwSoRocA-SF4a: \_\_\_\_/20; t=\_\_\_\_

		Never	Rarely	Sometimes	Usually	Always
FSE31053x2	I have someone who will listen to me when I need to talk.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
FSE31059x2	I have someone to confide in or talk to about myself or my problems .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SS12x	I have someone who makes me feel appreciated.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
SSQ3x2	I have someone to talk with when I have a bad day .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS EmSu-SF4a: \_\_\_\_/20; t=\_\_\_\_

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