**Practicum Laboratory**

Mental Status / Behavioral Checklist

Client: Counselor-in-training: Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Present | | |
|  |  | No | Somewhat | Yes |
| Appearance | 1. physically unkempt, unclean |  |  |  |
| 1. clothing disheveled, dirty |  |  |  |
| 1. clothing atypical, unusual, bizarre |  |  |  |
| 1. unusual physical characteristics |  |  |  |
| Comments: | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | Present | | |
|  |  |  | No | Somewhat | Yes |
| B  E  H  A  V  I  O  R | Posture | 1. slumped |  |  |  |
| 1. rigid, tense |  |  |  |
| 1. unusual, inappropriate |  |  |  |
| Facial  Expression  Suggests | 1. anxiety, fear, apprehension |  |  |  |
| 1. depression, sadness |  |  |  |
| 1. anger, hostility |  |  |  |
| 1. unchanging or fixed expression |  |  |  |
| 1. bizarreness, inappropriateness |  |  |  |
| General Body  Movements | 1. accelerated, increased speed, hyper |  |  |  |
| 1. decreased, slowed |  |  |  |
| 1. peculiar, inappropriate |  |  |  |
| 1. restlessness, fidgety |  |  |  |
| Speech | 1. increased, loud |  |  |  |
| 1. decreased, slowed |  |  |  |
| 1. unusual, slurring stammering |  |  |  |
| Client’s Attitude  Toward Counselor-in-training | 1. domineering |  |  |  |
| 1. submissive, overly compliant |  |  |  |
| 1. provocative |  |  |  |
| 1. suspicious |  |  |  |
| 1. uncooperative |  |  |  |
| Comments: | | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Present | | |
|  |  | No | Somewhat | Yes |
| Feeling  Affect  Mood | 1. emotion inappropriate for situation |  |  |  |
| 1. emotional swings |  |  |  |
| 1. flat, unvarying mood |  |  |  |
| 1. euphoric, elated(happy) mood |  |  |  |
| 1. angry, hostile mood |  |  |  |
| 1. fearful, anxious, apprehensive |  |  |  |
| 1. depressed, sad |  |  |  |
| Comments: | | | | |

**Mental Status / Behavioral Checklist,** *continued*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Present | | |
|  |  | No | Somewhat | Yes |
| Perception | 1. illusions (erroneous perceptions) |  |  |  |
| 1. auditory hallucinations |  |  |  |
| 1. visual hallucinations |  |  |  |
| 1. other type of hallucination |  |  |  |
| Comments: | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | Present | | |
|  |  |  | No | Somewhat | Yes |
| T  H  I  N  K  I  N  G | Intellectual  Functioning | 1. impaired level of consciousness |  |  |  |
| 1. impaired attention span |  |  |  |
| 1. impaired abstract thinking |  |  |  |
| 1. impaired calculation ability |  |  |  |
| 1. impaired intelligence |  |  |  |
| Orientation to | 1. person |  |  |  |
| 1. place |  |  |  |
| 1. time |  |  |  |
| Insight | 1. difficulty acknowledging presence of psychological problems |  |  |  |
| 1. blames others or circumstances for most problems |  |  |  |
| Judgment | 1. impaired ability to manage daily living activities |  |  |  |
| 1. impaired ability to make reasonable life decisions |  |  |  |
| Memory | 1. impaired immediate memory |  |  |  |
| 1. impaired recent memory |  |  |  |
| 1. impaired remote memory |  |  |  |
| Thought  Content | 1. obsessions |  |  |  |
| 1. compulsions |  |  |  |
| 1. phobias |  |  |  |
| 1. derealization / depersonalization |  |  |  |
| 1. suicidal thoughts |  |  |  |
| 1. homicidal thoughts |  |  |  |
| 1. delusions (false beliefs) |  |  |  |
| 1. ideas of reference (“actions or talk of others somehow relate to me”) |  |  |  |
| 1. ideas of influence (one has more impact or influence than is true) |  |  |  |
| Stream of Thought  (As Manifested by Speech) | 1. loose associations |  |  |  |
| 1. decreased / slow thought flow |  |  |  |
| 1. increased thought flow |  |  |  |
| Comments: | | | | | |