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DEVELOPMENTAL PROFILE

INTERVIEW

DEVELOPMENTAL PROFILE - INTERVIEW**No: /**

Name : m/f
 Date of birth : Profession:
 Address :
 Therapist: Date of Interview:
 Report sent to : date:

Explaining the interview to the patient

The aim of this interview is to examine in some detail various aspects of your daily life. This will require several interview sessions. I have read the letter from your GP/specialist and I know what you have already told our people at the clinic/outpatient clinic. Your therapist will receive a summary of the interview.

A.
SYMPTOMS AND PROBLEMS
(25')*¹

A.1 Can you tell me briefly why you are here/what your symptoms/problems are? How long have you had these symptoms/problems? What made you decide to come here now?

A.2 How do your symptoms/problems affect your daily life? What do you not do now that you used to do? How long has this been the case?

A.3 How do you react to your symptoms/problems? What do you usually do to lessen their effect or to make the situation as bearable as possible? How is this brought about?

A. SYMPTOMS AND PROBLEMS (continued)

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- A.4 UNDERSTANDING:** (not including therapy) Do you talk to anyone about your symptoms/problems? (if so) With whom? Does it help? (if not) Why not?
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- A.5 SUPPORT:** (not including therapy) Is there anyone who supports you, helps you to cope with your symptoms or make the situation as bearable as possible? (if so) Has this actually helped? Who is this person? What does he or she do? How important is this to you? (if not very important) Why not?
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- A.6 THERAPY:** (Recent) Have you sought treatment for your symptoms during the past year? (if so) What kind of treatment was this? How often did it take place? For how long? Did you feel as if you were understood? Did the treatment help? (if so) What exactly do you feel was helpful? (if not) Why not? (In the case of symptoms which have continued for some time without therapy) Why did you wait until now to seek treatment?
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- A.7 THERAPY** (past): You have previously (in the last 10 years) undergone psychotherapeutic/psychiatric treatment. When? What were your complaints? What type of treatment was this? How often did it take place? For how long? Did you feel as if you were understood? Did the treatment help? (if so) What exactly do you feel was helpful? (if not) Why not?

B.**LIFE-STYLE**

15') (

B.1 HOME SITUATION: Do you live alone? (if not) Have you ever lived alone (in the last 10 years)? (if not) Why not? (if so, or if living alone now) What do you do about meals, housework, laundry? Are you often home alone? Do you feel at home in your room/flat/house? (if not) Why not?

B.2 STAYING AT HOME ALONE (if not living alone): Do you ever spend an extended period of time at home alone? (if so) How long? How often? Do you enjoy this?

B.3 TRAVELLING: Have you ever gone on holiday, or for some other reason spent a week or longer away from home? (if so) When? (in the last ten years)? For how long? Did you enjoy yourself?

B.4 ACTIVITIES OUTSIDE THE HOME: Do you have any activities outside the home in addition to work? (if so) What kind of activity is this? How often? Is this alone or with others?

B.5 MILITARY SERVICE (in the last 10 years, when applicable): Did you fulfil your military service? (if not) Why not? (if so) How did you experience this period?

C. SCHOOLING

(10')

C.1 What schooling or training have you had (after elementary school)? How long did this last? Did you complete this schooling or training? (if not) Why not?

C.2 (if the patient has not been in school for the past 10 years, go on to question D.1)
Why are you following this course?/ What will it help you to achieve?

C.3 Are you satisfied with the results? Why?

C.4 How do you react when something happens you do not agree with? Could you give me an example? Are you satisfied with your reaction? (if not) Why not?

C.5 (Only if the schooling/training is important) Does this course of training/schooling suit you? Why?

D. WORK

(10')

D.1 (If not employed, the last job held during the past 10 years; if not employed during the past 10 years, go on to question D.7) What type of work do you do? (if applicable) What does this entail? How long have you done this work? Do you work on your own or under direct supervision? Do you supervise others?

D.2 Why do you do this work? Is it important to you? Why?

D.3 Are you satisfied with your work situation? Why?

D.4 (if in salaried employment) Is your employer/boss satisfied with your work? And your colleagues? (if dissatisfied) How do you feel about this?

D.5 Are you yourself satisfied with the way you do your work? Why?

D.6 How do you react when something happens you do not agree with? Could you give me an example? Are you satisfied with your reaction? (if not) Why not?

D.7 (Only if the work is important) Does the work you do (did) suit you? Why?

D.8 Have you (during the last 10 years) done other work? When? For how long? Was your employer satisfied with your work? Why did you change jobs/switch to another type of work? (Where there are gaps in the patient's work history) What did you do during this period? (If no longer employed) How long has it been since you last worked? Why are you no longer working? How do you feel about this?

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E. PARTNER

(25')

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- E.1** Do you have a partner? (if no partner, last relationship with a partner in the last 10 years; if no partner in the last 10 years, go on to question E.13) How long have you been living together?
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- E.2** Could you tell me something about your partner?
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- E.3** What do you consider good in this relationship? What is less good or even bad? And how does your partner feel about the relationship? Has your relationship changed since the beginning? (if so) How?
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- E.4** How important are you to him/her? How important is he/she to you? What role does he/she play in your life?
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- E.5** Are you satisfied with the present arrangement regarding housework, money matters, the upbringing of the children? (if not) Why not? And your partner? (if not) Why not? How do you feel about this?
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- E.6** Do you ever have disagreements? (if not) Why do you think this is? (if so) Could you give me an example? How do you feel about your partner's reaction? Are you satisfied with your own reaction?
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- E.7** Do you talk to your partner about what interests you / what you consider important? And does he/she do the same with you? Are you satisfied with this situation? (if not) Why not? And your partner? (if not satisfied) Why not? How do you feel about this?

E. PARTNER (continued)

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- E.8** What leisure activities do you engage in together? Are you satisfied with this situation? (if not) Why not? And your partner? (if partner not satisfied) Why not? How do you feel about this?
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- E.9** How often do you have sex? Are you satisfied with the way this happens? (if not) Why? Do you have an orgasm? How important is sex to you? How does your partner feel about this? (if partner not satisfied) Why not? How do you feel about this?
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- E.10** Have you ever felt you wanted to have sex with another man/woman (same sex as partner)? Has this ever happened? (if so) How did you experience this? And your partner? How do you feel about this?
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- E.11** Have you ever felt you wanted to have sexual contact with someone of the same sex you are? Has this ever happened? How did you experience this? Do you feel that this suits you?
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- E.12** Have you previously (in the last 10 years) had other partners? When? For how long? (with regard to the longest relationship) Why did you break up? Who took the initiative? How did you feel about this?
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- E.13** Does living together with the present partner or living without a partner suit you?/ Is this what you want? Why?

F. CHILDREN

(10')

F.1 Do you have children? (If no children, go on to question F.4, if so) What are their ages and sex?

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F.2 Were the children planned? How important is having children to you? What do you do with/for them?

F.3 Are you satisfied with the way in which you fulfil your role as mother/father? Why?

F.4 (if no children and under 30 years of age, go on to question F.5) (if no children and over 30 years of age) You don't have any children. Is that by choice? Why? (if there are children) Is the role of mother/father something that suits you? Why or why not?

F.5 Are there other people, animals or particular events in society for which you feel responsible? (if so) How do you express this?

G. OTHER RELATIONSHIPS

(10')

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- G.1** Are you in touch with your parents? How often do you talk to them? What does this mean to you? And to them?
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- G.2** Do you have brothers/sisters? How often do you talk to them? What is your relationship with them? What does this mean to you? And to them?
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- G.3** Are there other people who are in some way or other important to you? (if more) Who are the most important of these? (a,b)
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- G.4** (a) (Note name) How long have you known each other? How often do you talk to each other? Why is he/she important to you? Are you important to him/her? Why?
- G.5** How do you react when something happens you do not agree with? Are you satisfied with your reaction? (if not) Why not?
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- G.6** (b, As for G.4)
- G.7** (As for G.5)
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- G.8** (if no sexual contacts with a regular partner) What about sexual contacts? (if not) Do you ever masturbate? (if not) Do you ever have sexual fantasies or desires?

H. RELIGIOUS, POLITICAL AND OTHER SOCIALLY ORIENTED ACTIVITIES

(5')

H.1 Do religious, political or other socially oriented activities play a role in your life? (if so) How long has this been the case? How much time do you spend on such activities?

H.2 Why do you take part in these activities? Are they important to you? Why? (if not important) Then why do you take part in them?

H.3 Do these activities suit you? Why?

I. SPORT AND HOBBIES

(5')

I.1 Do sport and hobbies play a role in your life? (if so) How long has this been the case? How much time do you spend on such activities?

I.2 Why do you take part in these activities? Are they important to you? Why? (if not important) Then why do you take part in them?

I.3 Do these activities suit you? Why?

J. <u>DISTRESSING EVENTS/SITUATIONS</u>
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(15')

J.1 Have you experienced events or situations you found difficult or distressing? (if so)
Which of these events did you find the most difficult or the most distressing? (= a)
And the next most distressing? (= b)

J.2 (a) When was this? What exactly happened? How did you experience this? What did it mean to you? (where applicable) Why?

J.3 How did you react to what happened? What did you do to cope with the situation?

J.4 Have you talked to anyone about it? (if so) With whom? Did that help? Did anyone give you support to help make the situation as bearable as possible, to change the situation or to solve the problems?

J.5 (b) When was this? What exactly happened? What did this mean to you (where applicable) Why?

J.6 How did you react to what happened? What did you do to cope with the situation?

J.7 Have you talked to anyone about it? (if so) With whom? Did that help? Did anyone give you support to help make the situation as bearable as possible, to change the situation to solve the problems?

K. SPECIAL EVENTS/THEMES

(10')

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- K.1** Have you even been involved with the police or done anything that could have gotten you into trouble with the law? (if so) When was this? What exactly happened?
- K.2** Why did you do it?
- K.3** Were you found out? (if so) How? Were you punished? (if so) How do you feel about this?
- K.4** How did you react? (directly, to deal with the consequences; indirectly, to avoid a repetition?)
- K.5** Looking back on what happened, how do you feel now?
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- K.6** Has anything else happened that has significantly affected your life? (if so) When was this? What exactly happened? How did you experience this? What did it mean to you? (where applicable) Why? How did you react?
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- K.7** (if aged 50 or over) Do you ever think about the end of your life? (if so) Has that led to any changes in your life? (if so) What has changed?

L. NEEDS

(5')

L.1 Most people have needs, something they feel is necessary for them. Do you have such needs? What do you consider most important (a), slightly less important (b)?

L.2 (a) What does this involve exactly? Why is this important to you? Could you give me an example of this? To what extent has this need been satisfied? How do you experience this? (if not satisfied) How do you react to this?

L.3 (b)

M. ANXIETY

(5')

M.1 Most people are at some time anxious or afraid. Is this true of you? (when applicable) Could you mention a number of events or situations (a, b) in which you are generally anxious or afraid?

M.2 (a) What exactly happens? What are you anxious about or afraid of? (when applicable) Why? How intense is the sensation? How long does it last? How often does this occur? What do you do?

M.3 (b) As for M.2

N ANGER

(5')

N.1 Most people get angry once in a while. Is this true of you? (when applicable) Could you give me a number of events or situations (a, b) in which you became angry?

N.2 (a) What exactly happened? Why are you angry in such situations? At whom? How angry? For how long? How often? What do you do? How do you experience that?

N.3 (b, as for N.2)

O. GUILT AND SHAME

(5')

O.1 Most people feel guilty or ashamed at some time. Is this true of you? (when applicable) Could you give me a few examples (a, b)?

O.2 What exactly happened? (if very important) Why do you feel guilty? Is the opinion of others important? (if important) More important than your own opinion? How do you react? (directly, to remedy the situation; indirectly, to avoid a repetition?)

O.3 (b, as for O.2)

P. INFERIORITY

(5')

P.1 At some time or other most people feel inferior , even totally worthless. Does that ever happen to you? (when applicable - otherwise go on to question P.4) Could you mention two activities or events (a,b) which tend to diminish your self-esteem?

P.2 (a) What exactly happened? Why did that diminish your self-esteem? Is the opinion of others important? (if important) More important than your own opinion? How do you react? (directly, to remedy the situation; indirectly, to avoid a repetition?)

P.3 (b, as for P.2)

P.4 Which activities or events tend to enhance or strengthen your self-esteem? (when applicable) Could you give two examples (a, b)?

P.5 (a) What exactly happened? Why does that enhance your self-esteem? Is the opinion of others important? (if important) More important than your own opinion?

P.6 (b, as for P.5)

Q. CONCLUSION

(10')

Q.1 On the basis of what you have told me, I would like to ask you the following :
(missing, vague, contradictory information)

Q.2 Could you give me a brief description of yourself?

Q.3 What to you feel is the cause of your symptoms/problems?

Q.4 What kind of help do you expect?/How do you think you could best be helped? Why?
What results do you expect from a treatment?

Q.5 How do you feel about these talks?

Q.6 Are their other topics which should be discussed here/Is there anything else which
you would like to bring up?

We have now come to the end of the interview. (when applicable) I would like to make another appointment with you to discuss the results.