

## Child Information Checklist

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

Date: \_\_\_\_\_

Person Completing Form \_\_\_\_\_

**PLEASE COMPLETE THE FOLLOWING CHECKLIST TO HELP US EVALUATE  
WHAT SERVICES WE MAY BE ABLE TO OFFER YOU. FEEL FREE TO ADD ANY  
INFORMATION THAT YOU FEEL WOULD BE HELPFUL.**

### Problems with mood:

- Sad/tearful
- Poor appetite
- Overeating
- Low energy/fatigue
- Poor concentration
- Feelings of hopeless / helpless
- Loss of interest/pleasure
- Difficulty thinking / making decisions
- Poor short / long-term memory
- Early morning waking
- Mood swings
- Racing thoughts
- Decreased need for sleep
- Increased need for sleep
- Irritability

### Problems with anxiety:

- Anxiety attacks
- Panic attacks
- Shortness of breath
- Fast heart rate
- Shaking/trembling
- Nausea/abdominal distress
- Nightmares
- Chest pain/discomfort
- PMS
- Excessive anger

### Sexual problems:

- Sexually impulsive
- Loss of interest in sex
- Sexual dysfunction
- Unusual sexual practices
- Sexual contact with children

- Forced others into sexual acts

### Learning:

- Learning disability
- Unable to read/write
- History of special education
- Did not finish high school
- Attention deficit/hyperactivity

### Substance use:

- Smoke cigarettes
- Caffeine use
- Drink alcohol
- Use illegal drugs
- Use prescription drugs

### Problems with self:

- Low self-esteem
- Dislike of self
- Excessive guilt
- Anger toward self
- Feelings of worthlessness
- Feelings of emotional pain
- Self-mutilation
- Suicidal thoughts
- Previous suicide attempt
- Feelings of detachment

### History:

- Dysfunctional family of origin
- Drug/alcohol problems
- Drug/alcohol problems in family
- History of sexual abuse
- History of emotional abuse

### History cont:

- Previous traumatic experience

- Recurrent distressing memories
- Recurrent distressing dreams
- Flashbacks
- Previous hospitalization for mental illness
- Previous serious illness
- Previous counseling
- Personal history of mental illness
- Family history of mental illness

### Perception:

- Have strange or unusual thoughts
- See things that others do not
- Hear things that others do not
- Feel/smell/taste things others do not

### Social Problems:

- Problems maintaining relationships
- Parenting problems
- Fire setting
- History of serious legal problems
- History of serious legal problems
- History of school behavior problems
- History of hurting animals
- Incarcerated in jail/prison
- Involved with CPS

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

**Social Problems cont.:**

- Violence towards others
- Problems with money
- Problems with gambling
- Difficulty holding a job
- Lying
- Impulsiveness

**Recent History:**

- Loss of a relationship
- Death of a loved one
- Death of a loved pet
- Problems with children
- Marital problems
- Other family issues
- Loss of a job
- Money problems
- Housing problems
- Problems with friends
- Any other losses

**Physical:**

- Physical disability
- Blind/deaf
- Developmentally delayed
- Chronic illness
- Acute illness

**Anxiety/Separation:**

- Somatic complaints  
(headache/stomach ache etc.)
- Refusal to go to school
- Persistent refusal to sleep alone
- Repeated nightmares
- Unrealistic and persistent worry about possible harm to loved ones
- Excessive distress in anticipation of separation from home or loved ones

**Attention deficit/Hyperactivity**

- Squirms and restless while sitting
- Easily distracted
- Problems waiting for turn
- Problems following instructions
- Does not seem to listen
- Loses things needed to complete tasks
- Blurts out answers
- Often goes from one activity to another
- Talks excessively
- Often interrupts or intrudes on others

**Conduct/Disruptive Behavior:**

- Ran away from home over night more than once
- Lies frequently
- Has been physically cruel to people
- Has been physically cruel to animals
- Stealing/hoarding things
- Often initiates physical fights
- Often argues with adults
- Often angry and resentful
- Deliberately annoys other people
- Defies or refuses adult requests and rules
- Breaking and entering
- Often disobedient, throwing things, tantrums
- Destroying others property
- Often truant
- Has used weapons in a fight

**Conduct/Disruptive**

**Behavior cont.:**

- Sexual inappropriate activity
- Blames others for mistakes
- Often spiteful or vindictive
- Often swears
- Loss of toilet training