

IMPORTANT – PLEASE READ

GUIDELINES FOR NEW PATIENTS

COOL SPRINGS PSYCHIATRIC GROUP

354 COOL SPRINGS BLVD., SUITE 105, FRANKLIN, TN 37067

615-771-1100

You have made an appointment for a psychiatric evaluation with Cool Springs Psychiatric Group.

Appointment Guidelines:

- Must arrive 15 min's before your appointment to check-in
- Bring your insurance card, if applicable with photo ID.
- Be prepared to pay at time of appointment.
- You will see provider by yourself. Please don't bring children.

History Forms:

- You have received by email Cool Springs Psychiatric Group 17 page Psychiatric Evaluation & Diagnostic Packet.
- Please have it completed before you arrive for your appt. They will not see you if the forms are not completed at the time of your appointment.

Broken Appointment Fee:

- You will be charged \$100 broken appt., fee if you arrive without the paperwork completed.
- Please give a 24-hour notice if you are going to CANCEL your appointment, to avoid a broken appointment fee.

Forms of Payment Accepted:

- All Credit Cards, Cash, NO CHECKS!

Cool Springs Psychiatric Group
PATIENT HISTORY

Patient Name _____ Date of Birth _____

Date form completed: _____

Please arrive on time and bring this form completed to your appointment to avoid any delay in seeing the doctor or cancellation of appointment.

1. What is prompting you to seek help? What do you want to change?

2. Why are you here now at this time in your life?

3. What is troubling you the most? (Please describe in detail)

4. What makes your problems/symptoms better?

5. What makes your problems/symptoms worse?

PSYCHIATRIC HISTORY

6. Are you currently seeing a therapist? (Name, address & phone#) _____

7. Have you ever seen a psychiatrist, psychotherapist, marriage counselor or family therapist for outpatient treatment? List provider's name, approximate duration of therapy, your age at that time and how beneficial was it to you.

Patient Name: _____

8. Previous history: Have you ever been treated for any of the following (circle all that apply).
 Depression ADD/ADHD Bipolar (Manic/Depressive) Disorder
 Anxiety OCD Schizophrenia Panic Attacks Phobias
 Alcohol Problems (including AA) Anorexia/Bulimia Binge-eating PTSD
 Social Anxiety Drug Problems ECT treatment

9. Please list in chronological order all prior psychiatric hospitalizations (if any) below: None

Approximate Date	Length of Stay	Name of Hospital	Reason for Admission

10. Have you ever attempted to harm/kill yourself? If so, please list the occurrences below: Never

Approximate date of attempt	How did you attempt (method)

11. Prior drug related problems (circle all that apply):
 Tobacco marijuana cocaine opiates amphetamines/stimulants Valium
 hallucinogens Xanax others: _____

12. How much tobacco do you use now? _____

13. Prior suicidal, dangerous and impulsive/compulsive behavior (check all that apply):
 hallucinations commanding suicide
 self-injurious behavior, i.e., cutting, burning
 harm to others
 gambling problems
 impulsive/compulsive shopping
 impulsive/compulsive sexual behavior

14. Prior alcohol related problems (check all that apply):
 ever felt or been told you drink too much?
 ever drink or use first thing in the morning?
 ever experience alcohol or drug withdrawal?
 ever gone through alcohol/drug detoxification?
 ever been in an alcohol or drug rehabilitation program?

Patient Name _____

15. Review the following list of medications. If you have taken any of these medications prescribed by any healthcare provider, please fill out the specific boxes related to that medication.

Brand Name	Generic Name	check if YES	How long taken?	Dosage Mg/d	Did it help Yes/No	Any Side effects?		
Selective Serotonin Reuptake Inhibitors (SSRIs)								
Luvox	Fluvoxamine							
Paxil	Paroxetine							
Paxil CR	Paroxetine							
Celexa	Citalopram							
Lexapro	Escitalopram							
Zoloft	Sertraline							
Prozac	Fluoxetine							
Serotonin/Norepinephrine Reuptake Inhibitors (SNRIs)								
Effexor	Venlafaxine							
EffexorXR	Venlafaxine XR							
Pristiq	Desvenlafaxin							
Cymbalta	Duloxetine							
Other Antidepressants								
Desyrel	Trazodone							
Serzone	Nefazodine							
Wellbutrin	Bupropion							
Remeron	Mirtazapine							
Vilbryd	Vilazodone							
Tertiary/Tricyclic Antidepressants								
Adapin	Doxepin							
Anafranil	Clomipramine							
Asendin	Amoxapine							
Elavil	Amitriptyline							
Ludomil	Maprotiline							
Norpramin	Desipramine							
Pamelor	Nortriptyline							
Sinequan	Doxepin							
Surmontil	Trimipramine							
Tofranil	Imipramine							
Vivactil	Protriptyline							
Other Psychotropics (Have you taken any of these?) Please circle:								
Abilify	Buprenorphin	Dexedrine	Ambien	Klonopin	Emsam	Provigil	Thorazine	Clialis
Risperdal	Campral	Adderall	Buspar	Ativan	Nardil	Depakote	Dalmane	Viagra
Invega	Antabuse	Vyvanse	Restoril	Xanax	Parnate	Lithium	Orap	Levitra
Geodon	Suboxone	Strattera	Sonata	Hydroxyzine	Halcion	Lamictal	Navane	Stendra
Zyprexa	Naltrexone	Concerta	Vistaril	Valium	Niravam	Pemtermine	Trilafon	Rexulti
Seroquel	Ambien CR	Dexedrine	Atarax	Tranxene	Tegretol	Mobane		Adzenus
Symbyax	Valproic Acid	Focalin	Librium	Methadone	Cylert	Topamax	Stelazine	Vraylar
Clozapine	Adderall XR	Ritalin	Saphris	Synthoid	Mellaril	Haldol	metadate	
Daytrana	Lunesta	Meridia		Loxiltane	Prolxin	Latuda	Nuvigil	
Trintellix (vortoxetine)		Fanapt (Ileoperidone)						

Patient Name: _____

SOCIAL HISTORY

16. Race/Ethnicity (check one or more):
 American Indian/Alaskan Native Hispanic
 African American Caucasian
 Other
17. Current marital status (check one):
 Single, never married Married, living together Separated
 Widowed Cohabiting with partner Divorced
 Married, not living together
18. If you are married or cohabitating with partner, how long has this been? _____ Yrs. _____ Mos.
19. Total number of marriages: _____ Your age when married _____
Your age when divorced _____
20. How many children do you have? _____ Ages: _____
21. *Females Only:* Your age when your children were born? _____
Did you ever experience post-partum problems (treated or untreated)? _____
If yes, what was your age? _____
Are you pregnant or plan to become pregnant with the next 6 months? _____
22. Spouse's/Partner's Name: _____
23. Who else lives with you? _____
24. How many years of formal education have you completed? _____ years
25. Highest degree obtained: (check only one)
 High school graduate G.E.D. 4 year college degree MBA/MA/MS/MPH
 M.D. Junior college degree or technical school diploma JD/LLB
 Ph.D Other _____
26. What best describes your current employment status? (check one from each category a, b & c.)

a. Employment Status	b. Student	c. Volunteer Status
<input type="checkbox"/> Unemployed, not looking for employment	<input type="checkbox"/> Part-time	<input type="checkbox"/> Part-time
<input type="checkbox"/> Unemployed, looking for employment	<input type="checkbox"/> Full-time	<input type="checkbox"/> Full-time
<input type="checkbox"/> Full-time employed	<input type="checkbox"/> Not a student	<input type="checkbox"/> No Volunteer work
<input type="checkbox"/> Part-time employed		
<input type="checkbox"/> On welfare <input type="checkbox"/> Social security disability		
27. What is your occupation? _____ Employer: _____
How long have you been employed there? _____
28. What is your spouse's occupation? _____
29. Current Residence: own home/condo Retirement/Senior housing Renting

Patient Name: _____

30. Family History: Has anyone in your family ever been treated for any of the following:
(please check all that apply and when appropriate indicate paternal or maternal)

	Father	Mother	Brother	Sister	Children	Aunt	Uncle	Grandparent
Depression								
Anxiety								
Panic Attacks								
Post Traumatic Stress								
Bipolar/Manic depression								
Schizophrenia								
Alcohol Problems								
Drug Problems								
ADHD								
Suicide attempts								
Suicide completed								
Psychiatric hospital stay								

31. Medical History: Do you have or have you ever had any of the following (please check all that apply)? Please write in your medical problems in each category.

- | | |
|---|---|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Gastrointestinal Problems (ulcers, pancreatitis, irritable bowel, colitis) |
| <input type="checkbox"/> Lung Disease | <input type="checkbox"/> Arthritis or Rheumatoid problems |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Liver Damage or Hepatitis |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Other Endocrine? Hormone Problems |
| <input type="checkbox"/> Thyroid Disease | <input type="checkbox"/> Neurological Problems (stroke, brain tumor nerve damage) |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Gynecological/Hysterectomy |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Urinary Tract or Kidney Problems |
| <input type="checkbox"/> Skin Disease | <input type="checkbox"/> Migraine or Cluster Headaches |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Ear/Nose/Throat Problems |
| <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Viral Illness (herpes, Epstein-Barr, Chronic Hepatitis) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Genital Problems |
| <input type="checkbox"/> Eating Disorder | <input type="checkbox"/> Eye Problems |
| <input type="checkbox"/> Chronic pain | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> HIV Positive or AIDS | <input type="checkbox"/> Sleep apnea |
| <input type="checkbox"/> Other medical issues | |

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Patient Name: _____

32. Primary care physician: Name, address & phone#: _____

*If you do not have primary care physician, it is advisable to contact your insurance to locate a physician.

33. List names of any specialists: _____

34. List any drug allergies: _____

35. Current/recent stresses (check all that apply with a brief explanation):

___ Break up of relationship: _____

___ Serious argument: _____

___ Child/other left home: _____

___ Death of spouse/other: _____

___ Health of family member: _____

___ Behavior of family member: _____

___ Personal injury or illness: _____

___ Retired: _____

___ Loss of job: _____

___ Change of residence: _____

___ Legal difficulty: _____

___ Financial problems: _____

___ Other: _____

Patient Name: _____

36. Has there ever been a period of time when you were not your usual self? Check all that apply:
- a. ___ you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?
 - b. ___ you were so irritable that you shouted at people or started fights or arguments?
 - c. ___ you felt much more self-confident than usual?
 - d. ___ you got much less sleep than usual and found you did not really miss it?
 - e. ___ you were much more talkative or spoke much faster than usual?
 - f. ___ thoughts raced through your head or you could not slow your mind down?
 - g. ___ you were so easily distracted by things around you that you had trouble concentrating or staying on track?
 - h. ___ you had much more energy than usual?
 - i. ___ you were much more active or did many more things than usual?
 - j. ___ you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?
 - k. ___ you were much more interested in sex than usual?
 - l. ___ you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?
 - m. ___ spending money got you or your family into trouble?

37. If you checked more than one of the above, have several of these ever happened during the same period of time?

38. How much of a problem did any of these cause you -- being unable to work; having family; money, or legal troubles; getting into arguments or fights?

Please circle one (1) response only:

No problem Minor problem Moderate problem Serious problem

39. Has a health professional ever told you that you have manic-depressive illness, bipolar disorder, adult ADD or ADHD? _____

40. Are you on a diet of any kind? _____ If yes, explain: _____

42. When do you typically go to bed? _____

43. What are your weekly patterns of exercise? _____

44. List a few positive changes you would like to see in yourself over the next few months:

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name	Today's Date					
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.		Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?						
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?						
3. How often do you have problems remembering appointments or obligations?						
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?						
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?						
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?						
Part A						
7. How often do you make careless mistakes when you have to work on a boring or difficult project?						
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?						
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?						
10. How often do you misplace or have difficulty finding things at home or at work?						
11. How often are you distracted by activity or noise around you?						
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?						
13. How often do you feel restless or fidgety?						
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?						
15. How often do you find yourself talking too much when you are in social situations?						
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?						
17. How often do you have difficulty waiting your turn in situations when turn taking is required?						
18. How often do you interrupt others when they are busy?						
Part B						

Mood Check

Part A. Please place a check after the statements below that *accurately describe you*.

During times when I am not using drugs or alcohol:	
I notice that my mood and/or energy levels shift drastically from time to time.	
At times, I am moody and/or energy level is very low, and at other times, and very high.	
During my "low" phases, I often feel a lack of energy, a need to stay in bed or get extra sleep, and little or no motivation to do things I need to do.	
I often put on weight during these periods.	
During my low phases, I often feel "blue," sad all the time, or depressed.	
Sometimes, during the low phases, I feel helpless or even suicidal.	
During the low phases, my ability to function at work or socially is impaired.	
Typically, the low phases last for a few weeks, but sometimes they last only a few days.	
I also experience a period of "normal" mood in between mood swings, during which my mood and energy level feels "right" and my ability to function is not disturbed.	
I then notice a marked shift or "switch" in the way I feel.	
My energy increases above what is normal for me, and I often get many things done I would not ordinarily be able to do.	
Sometimes during those "high" periods, I feel as if I have too much energy or feel "hyper".	
During these high periods, I may feel irritable, "on edge," or aggressive.	
During the high periods, I may take on too many activities at once.	
During the high periods, I may spend money in ways that cause me trouble.	
I may be more talkative, outgoing or sexual during these periods.	
Sometimes, my behavior during the high periods seems strange or annoying to others.	
Sometimes, I get into difficulty with co-workers or police during these high periods.	
Sometimes, I increase my alcohol or nonprescription drug use during the high periods.	
Total	

Part B. The statements in Part A (not just those checked) describe me (circle one of the answers below):

Not at all (0)	A little (2)	Fairly well (4)	Very well (6)
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Add the number in parentheses in Part B to your checkmark total from Part A. _____

Part C. Please indicate whether any of your (blood) relatives have had any of these concerns:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Grandparents	Parents	Aunts/Uncles	Brothers/Sisters	Children	
Suicide					
Alcohol/Drug Problems					
Mental Hospital					
Depression Problems					
Manic or Bipolar					
Has a health professional ever told you that you have manic-depressive illness or bipolar disorder?				Yes	No
Have you ever attempted suicide?				Yes	No

(please continue with part D, over)

MoodCheck

Part D.

How old were you when you first were depressed? <i>(circle one)</i>	As long as I can remember	Grade school	Middle school	High school	18-24	> 24
How many episodes of depression have you had?	One	2-4	5-6	>10		
Have antidepressants ever caused: <i>(circle all that apply)</i>	Excessive energy	Severe insomnia	Agitation	Irritability	Racing thoughts	Talking a lot
How many antidepressants have you tried, if any?	None	1	2	3	>3	
Has an antidepressant you took worked at first, then stopped working?	No			Yes		
Do your episodes <i>start</i> gradually, or suddenly?	Gradually	Can't say	Suddenly			
Do your episodes <i>stop</i> gradually, or suddenly?	Gradually	Can't say	Suddenly			
Did you have an episode after giving birth?	No	Within 6 months	Within 2 months	Within 2 weeks		
Are your moods much different at different times of year?	No effect of time of year			Yes, seasonal shifts		
When you are depressed, do you sleep differently?	No	Sleep less		Sleep more		
When you are depressed, do you eat differently?	No	Eat less		Eat more		
When you are depressed, what happens to your energy?	Nothing	It varies a lot	Very low	Extremely low, can hardly move		
In episodes, have you lost contact with reality? (delusions, voices, people thought you were odd)	No			Yes		

If your total score from Parts A and B is greater than 16; or if you have lots of circles in shaded boxes on this page, you may need to learn more about "mood swings without mania" or Bipolar II disorder.

If your total score from Parts A and B is less than 10, and you have few circles in shaded boxes on this page, antidepressants are probably okay, if you and your doctor choose to use them. They can occasionally cause: unusual thoughts, including violent and suicidal ones; irritability; too much energy; and severe sleep problems. Contact your doctor if you think any of these might be happening to you.

Your Name _____

Date _____

MoodCheck is a public document but may not be used for research or other purposes without the permission of the University of California, San Diego.

CAGE

Patient Name: _____ Date: _____

Instructions: Answer *YES* or *NO* to each of the following questions.

1. Have you ever felt you ought to *cut* down on your drinking?

___ Yes (1)

___ No (0)

2. Have people *annoyed* you by criticizing your drinking?

___ Yes (1)

___ No (0)

3. Have you ever felt bad or *guilty* about your drinking?

___ Yes (1)

___ No (0)

4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?

___ Yes (1)

___ No (0)

Please add the numerical value of each answer to get your score.

TOTAL SCORE: _____

A score of 2 or more may indicate clinically significant alcohol problems.

Burns Anxiety Inventory*

Name: _____

Date of Test: _____

DOB: _____

INSTRUCTIONS:					
Mark the appropriate box with an X to answer each question. Please be honest and be sure to answer all questions on the page. Indicate how much each of the following symptoms has been bothering you in the past several days.		0- Not at all	1- Somewhat	2- Moderately	3- A lot
CATEGORY I: ANXIOUS FEELINGS					
1	Anxiety, nervousness, worry or fear				
2	Feeling things around you are strange or foggy				
3	Feeling detached from all or part of your body				
4	Sudden unexpected panic spells				
5	Apprehension or a sense of impending doom				
6	Feeling tense, stress, "uptight" or on edge				
CATEGORY II: ANXIOUS THOUGHTS					
7	Difficulty concentrating				
8	Racing thoughts				
9	Frightening fantasies or daydreams				
10	Feeling on the verge of losing control				
11	Fears of cracking up or going crazy				
12	Fears of fainting or passing out				
13	Fears of illnesses, heart attacks, or dying				
14	Fears of looking foolish in front of others				
15	Fears of being alone, isolated or abandoned				
16	Fears of criticism or disapproval				
17	Fears that something terrible will happen				
CATEGORY III: PHYSICAL SYMPTOMS					
18	Skipping, racing or pounding of the heart				
19	Pain, pressure or tightness of the chest				
20	Tingling or numbness in the toes or fingers				
21	Butterflies or discomfort in the stomach				
22	Constipation or diarrhea				
23	Restlessness or jumpiness				
24	Tight, tense muscles				
25	Sweating not brought on by heat				
26	A lump in the throat				
27	Trembling or shaking				
28	Rubbery or "jelly" legs				
29	Feeling dizzy, lightheaded, or off balance				
30	Choking or smothering sensations or difficulty breathing				
31	Headaches or pains in the neck or back				
32	Hot flashes or cold chills				
33	Feeling tired, weak, or easily exhausted				

Office Use Only:

Score: _____

Test #: _____

*Copyright © 1984 by David D. Burns, MD (from *The Feeling Good Handbook*, Plume, 1990)

Burn's Depression Checklist

Name: _____

Date: _____

Instructions: Put a check <input checked="" type="checkbox"/> to indicate how much you have experienced each symptom during the past week, including today. Please answer all 25 items.		0 = Not At All	1 = Somewhat	2 = Moderately	3 = A Lot	4 = Extremely
Thoughts and Feelings						
1	Feeling sad or down in the dumps					
2	Feeling unhappy or blue					
3	Crying spells or tearfulness					
4	Feeling discouraged					
5	Feeling hopeless					
6	Low self-esteem					
7	Feeling worthless or inadequate					
8	Guilt or shame					
9	Criticizing yourself or blaming others					
10	Difficulty making decisions					
Activities and Personal Relationships						
11	Loss of interest in family, friends or colleagues					
12	Loneliness					
13	Spending less time with family or friends					
14	Loss of motivation					
15	Loss of interest in work or other activities					
16	Avoiding work or other activities					
17	Loss of pleasure or satisfaction in life					
Physical Symptoms						
18	Feeling tired					
19	Difficulty sleeping or sleeping too much					
20	Decreased or increased appetite					
21	Loss of interest in sex					
22	Worrying about your health					
Suicidal Urges						
23	Do you have any suicidal thoughts?					
24	Would you like to end your life?					
25	Do you have a plan for harming yourself?					
Please Total Your Score on Items 1-25 Here:						

Total Score	Level of Depression
No Depression	0-5
Normal but unhappy	6-10
Mild depression	11-25
Moderate depression	26-50
Severe depression	51-75
Extreme depression	76-100

Cool Springs Psychiatric Group REGISTRATION FORM

(Please Print)

Today's date: _____ PCP: _____

PATIENT INFORMATION

Patient's last name: _____ First: _____ Middle: _____
 Mr. Miss Marital status (circle one)
 Mrs. Ms. Single / Mar / Div / Sep / Wid

Is this your legal name? Yes No
 If not, what is your legal name? _____ (Former name): _____ Birth date: ____/____/____ Age: ____ Sex: M F

Street address: _____ City & State: _____ Zip Code: _____

Social Security# _____ Home Phone: () _____ Cell: () _____ Work: () _____

Occupation: _____ Employer: _____ Employer phone no.: () _____

Chose clinic because/Referred to clinic by (please check one box): Dr. Insurance Plan Hospital
 Family Friend Close to home/work Yellow Pages Other

Email address: _____

INSURANCE INFORMATION

(Please give your insurance card to the receptionist.)

Person responsible for bill: _____ Birth date: ____/____/____ Address (if different): _____ Home phone no.: () _____

Is this person a patient here? Yes No

Occupation: _____ Employer: _____ Employer address: _____ Employer phone no.: () _____

Is this patient covered by insurance? Yes No

Please indicate primary insurance _____

Subscriber's name: _____ Subscriber's S.S. no.: _____ Birth date: ____/____/____ Group no.: _____ Policy no.: _____ Co-payment: \$ _____

Patient's relationship to subscriber: Self Spouse Child Other

Name of secondary insurance (if applicable): _____ Subscriber's name: _____ Group no.: _____ Policy no.: _____

Patient's relationship to subscriber: Self Spouse Child Subscriber's date of birth: _____

IN CASE OF EMERGENCY

Name of local friend or relative (not living at same address): _____ Relationship to patient: _____ Home phone no.: () _____ Work phone no.: () _____

The above information is true to the best of my knowledge. I authorize my insurance benefits be paid directly to the physician. I understand that I am financially responsible for any balance. I also authorize practitioners at Cool Springs Psychiatric Group or insurance company to release any information required to process my claims.

Patient/Guardian signature

Date

