

Initial Consultation Questionnaire (Long Version)

This intake questionnaire collects the essential information before a first consultation. It helps identify the patient's main presenting problem, the context in which it arose, its impact on daily life, and their expectations regarding the support provided. A practical tool for preparing the first sessions effectively and having an overview from the very start of treatment.

Number of questions	16 questions
Estimated duration	4 minutes
Language	English
Original name	Initial Consultation Questionnaire (Long Version)

Preview of the 16 questions

What is your main issue?

(e.g., anxiety, phobia, stress, panic attack, OCD, relationship difficulties, trauma, pain...)

How long have you been suffering from this issue?

Can you describe the context in which it appeared?

(age, trigger...)

What made you decide to come in for a consultation today?

Can you describe a recent situation in which your issue showed up?

(What happened? What did you feel, think, or do in that situation?)

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Scoring example

Summary

The responses highlight a history marked by contexts of great emotional insecurity and repeated relational experiences of abandonment, which may have a lasting impact on self-confidence and emotional stability. There is a pervasive sense of loneliness, a tendency toward psychological exhaustion, and a persistent difficulty in engaging in relationships experienced as secure. Mood fluctuations and memory and attention problems are reported, along with a sense of existential devaluation, with no reported suicidal ideation but with feelings of emptiness and disorientation. Overall, this suggests a complex situation to be monitored closely, particularly with regard to self-esteem and coping capacities.

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Julie V. - Online Psychologist