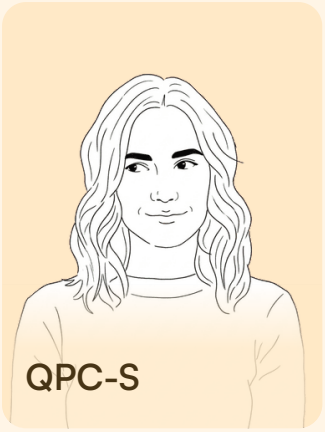


Initial Consultation Questionnaire (Short Version)

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

Number of questions	8 questions
Estimated duration	2 minutes
Language	English
Original name	Initial Consultation Questionnaire (Short Version)

Preview of the 8 questions

What is your main issue?

(e.g., anxiety, phobia, stress, panic attacks, OCD...)

How long have you been suffering from this issue?

Can you describe the context in which it appeared?

(age, triggering event...)

Are you taking any treatment? If so, which one?

Have you ever been in therapy (CBT, hypnosis, psychoanalysis...)?

If so, specify the type and how effective it was.

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 feeling of loneliness, a tendency toward mental exhaustion, and a persistent difficulty in engaging in relationships experienced as secure. Mood fluctuations and memory and attention problems are mentioned, along with an existential devaluation, with no reported suicidal ideation but with a feeling of emptiness and loss of bearings. Overall, this suggests a complex situation that should be monitored closely, particularly with regard to self-esteem and coping abilities.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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See all questionnaires

★★★★★

“I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!”

 Romane L. - Online CBT Psychologist