

	Biological	Psychological	Social
Presenting The current problems or symptoms of the individual.	<ul style="list-style-type: none"> • Are they compliant with medication? 	<ul style="list-style-type: none"> • What are their current mental health symptoms? 	<ul style="list-style-type: none"> • Where are they currently living? • Are they employed or claiming benefits? • Do they have a partner? • Who do they live with? • What's their relationship with their family?
Predisposing Factors that may have contributed to the person's problem over their lifetime.	<ul style="list-style-type: none"> • What is their temperament? • What do we know about their consistent personality characteristics? • What is their family psychiatric history? • Are there toxic exposures in utero, birth complications, or developmental disorders? • Is there a history of concussions or traumatic brain injuries? 	<ul style="list-style-type: none"> • What is their attachment style? • How did their family act? • Do they have problems with affect modulation? • Do they have a rigid or negative cognitive style? • Low self-image/self-esteem? 	<ul style="list-style-type: none"> • Poverty, low socioeconomic status, teenage parenthood, poor access to health or mental health care. • Childhood exposure to maternal depression and domestic violence, late adoption, temperament mismatch, marital conflicts.
Precipitating Factors that may trigger the onset of the illness or cause a related behavioural response.	<ul style="list-style-type: none"> • Serious medical illness or injury? • Increasing use of alcohol or drugs? 	<ul style="list-style-type: none"> • Conflicts around identity or separation-individuation arising at developmental transitions, such as puberty onset or graduation from high school? 	<ul style="list-style-type: none"> • Loss of or separation from close family member, family move with loss of friendships, interpersonal trauma • Recent immigration, loss of home, loss of a supportive service (e.g., respite services, appropriate school placement)
Perpetuating Factors that maintain the negative symptoms of the illness.	<ul style="list-style-type: none"> • Do they have a chronic illness, functional impairment caused by cognitive deficits, or a learning disorder? • Lack of medication optimization (suboptimal doses) • Lack of treatment or follow up for mental illness • Current substance use • Chronic medical issues and chronic pain • How is patient responding to hospitalization? • What are the degree of the symptoms right now? 	<ul style="list-style-type: none"> • What are their beliefs about self/others/world? What ideas have they internalised? • Is there use of self-destructive coping mechanisms, help-rejecting personality style, or traumatic re-enactments? • Poor coping skills, limited or lack of insight • Personality traits (e.g. - unable to maintain consistent interpersonal relationships in borderline personality) • Potentially could discuss attachment style 	<ul style="list-style-type: none"> • How do they seem to act in relationships over time? • Chronic marital discord, lack of empathy of parent, developmentally inappropriate expectations • Chronically dangerous or hostile neighbourhood, trans-generational problems of immigration, lack of culturally competent services • Chronic discord in relationships • Ongoing transitions • Poor finances • Working long hours • Isolation, unsafe environment
Protective Factors which prevent or limit a particular behaviour or distress.	<ul style="list-style-type: none"> • What is their overall health (healthy otherwise)? • What is their response to medications (good response/no response, did they achieve remission, are they optimized on current medications)? • Do they have above-average intelligence, easy temperament, resiliency, specific talents or abilities, or physical attractiveness? • No substance use is a protective factor 	<ul style="list-style-type: none"> • Do they have ability to be reflective or modulate their affect? • Do they have a positive sense of self, or adaptive coping mechanisms? • Psychologically-minded • Good coping skills • Good insight 	<ul style="list-style-type: none"> • Positive parent-child relationships, supportive community and extended family • Religious/spiritual beliefs • Community cohesiveness, availability of supportive social network, well-functioning child/family team • Good interpersonal supports • Financial support • Disability support • Has GP, psychiatrist, social, or case worker

STEP 1

STEP 6

STEP 5

STEP 7

STEP 2

STEP 3

STEP 4