

Parents and carers psychosocial assessment



The psychosocial assessment provides a holistic integrated approach to emotional health that encompasses other psychological and social factors.

Child's name		Child's age	
Child's name		Child's age	
Child's name		Child's age	
Child's name		Child's age	

Parent/carer		Relationship to child(ren)	
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Psychosocial factors

Have you ever experienced or needed treatment for a mental health condition, e.g. depression, anxiety, bipolar disorder, psychosis?	Yes		No	
Has any member of your immediate family (grandparent, parent, brother or sister) needed treatment for a mental health problem?	Yes		No	
In the last 12 months have you experienced stress, change or loss of someone close, relationship problems, illness, pregnancy complications or loss, financial worries or moving house or interstate?	Yes		No	
Do you feel safe and well supported by your current partner?	Yes		No	
When you were growing up did you feel like your mother provided the emotional support you needed?	Yes		No	
If you need practical support do you have someone who could help you? OR Do you have people you can rely on to provide practical support if you need it?	Yes		No	
If you needed emotional support do you have someone who could help you? OR Do you have someone who you can rely on to provide emotional support to you if you need it?	Yes		No	
Do you or others think that you or your partner may have a problem with drugs or alcohol abuse?	Yes		No	
When you were growing up did you always feel cared for and protected?	Yes		No	

Emotional health

During the past month, have you often been bothered by feeling down, depressed or hopeless?	Yes		No	
During the past month, have you often been bothered by little interest or pleasure in doing things?	Yes		No	
Do you sometimes worry so much that it affects your day-to-day life?	Yes		No	

Edinburgh Postnatal Depression Scale (EPDS)

EPNDS completed	Yes		No		EPNDS score	
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Referral	Yes		No	
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If not referred, reason:

Not required		Parent/carer declined	
Not appropriate at this time		Another appointment scheduled	

Psychosocial assessment completed

Maternal and Child Health nurse		Date	
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