

|                        |  |
|------------------------|--|
| <b>Patient Details</b> |  |
| Age                    |  |
| Sex                    |  |
| Height                 |  |
| Weight                 |  |
| Hair colour            |  |

|  |
|--|
| <b>History of Presenting Complaint</b> |
|  |

|             |
|-------------|
| <b>Diet</b> |
|             |

|                               |                              |               |
|-------------------------------|------------------------------|---------------|
| <b>Sleep</b>                  |                              |               |
| Time patient usually retires: | Time patient usually Arises: | Problems? Y N |
|                               |                              |               |

**Mood**

| Symptoms | Y | N | Risk factors       | Y | N |
|----------|---|---|--------------------|---|---|
|          |   |   | Smoking - current  |   |   |
|          |   |   | Smoking - ex       |   |   |
|          |   |   | Smoking - never    |   |   |
|          |   |   | Diabetes - Type I  |   |   |
|          |   |   | Diabetes - Type II |   |   |
|          |   |   | Morbid Obesity     |   |   |
|          |   |   | Hypertension       |   |   |

| Social History       |  |
|----------------------|--|
| Occupation           |  |
| Marital Status       |  |
| Home Situation       |  |
| Alcohol (units/week) |  |
| Smoking History      |  |

**Recommendations**