

CIT QUESTIONNAIRE

1. Name
2. How old are you?
3. What is your gender identity?
Male, Female, Other
4. What is your relationship status?
Single/ In a relationship/ Married/ Divorced/ Widowed/ Other
5. Please mark all that apply
I'm a student/ I'm a working professional / I'm disabled / I'm unemployed / I'm working but my income is low.
6. Your preferred therapy Language
English, Others
7. How do you prefer to communicate with your therapist?
One on one/ Mostly via phone or video sessions / Not sure
8. How important is religion in your life?
Very Important/ Important/ Somewhat Important/ Not Important at all
9. What type of therapy are you looking for?
Individual (for myself)/ Couples (for myself and my partner)/ teen (for my child)
10. Have you been to therapy before?
Yes/No
11. Are you currently taking any medications?
Yes/No
12. Are you currently experiencing any chronic pain?
Yes/ No
13. Are you on any recreational drugs?
Yes/No
14. Are you currently or recently experiencing anxiety, panic attacks or have any phobias?
Yes/ No
15. What led you to consider therapy today?
I've been feeling depressed
I feel anxious or overwhelmed
My mood Is interfering with my job/school performance
I struggle with building/maintaining relationships
I cant find purpose and meaning in my life
I am grieving
I need spiritual salvation
I have experienced Trauma
I struggled with addiction
I need to talk through a specific challenge
I want to improve myself but I don't know where to start
Recommended to me
Just Exploring
Others

16. When was the last time you thought about suicide?
Never/Over a year ago/ over 3 months ago/ over a month ago/ over 2 weeks ago/ In the last 2 weeks
17. Which best describes the nature of the therapy you are seeking?
Mental health therapy from a Christian perspective
Spiritual Therapy on primarily faith-based matters
Holistic therapy addressing both psychological and spiritual components
Others
18. Are there any specific preferences for your therapist?
Male / Female / Pastor / Christian based therapy/ Older therapist (40+) / Non-religious therapist
19. What are your preferences around the spiritual component of your therapy?
I would prefer the sessions strictly clinical
I would welcome any Biblical wisdom
I would be open to my therapist recommending spiritual disciplines
I would be interested in my therapist incorporating prayers into our sessions.
20. What are your expectations from therapist ?
Listens/ Explore my past / Teaches me new skills / Challenges my beliefs / Assigns me homework / personal growth / Guides me to set goals / others/ I don't know
21. What is your current financial status?
Good/ Fair/ Poor