

## **HEADSS for Adolescents (HEADSS)**

### **Home**

- Who lives with the young person? Where?
- Do they have their own room?
- What are relationships like at home?
- What do parents and relatives do for a living?
- Ever institutionalized? Incarcerated?
- Recent moves? Running away?
- New people in home environment?

### **Education and employment**

- School/grade performance--any recent changes? Any dramatic past changes?
- Favorite subjects--worst subjects? (include grades)
- Any years repeated/classes failed
- Suspension, termination, dropping out?
- Future education/employment plans?
- Any current or past employment?
- Relations with teachers, employers--school, work attendance?

### **Activities**

- On own, with peers (what do you do for fun?, where? when?)
- With family?
- Sports--regular exercise?
- Church attendance, clubs, projects?
- Hobbies--other activities?
- Reading for fun--what?
- TV--how much weekly--favorite shows?
- Favorite music?
- Does young person have car, use seat belts?
- History of arrests--acting out--crime?

### **Drugs**

- Use by peers? Use by young person? (include tobacco, alcohol)
- Use by family members? (include tobacco, alcohol)
- Amounts, frequency, patterns of use/abuse, and car use while intoxicated?

- Source--how paid for?

### **Sexuality**

- Orientation?
- Degree and types of sexual experience and acts?
- Number of partners?
- Masturbation? (normalize)
- History of pregnancy/abortion?
- Sexually transmitted diseases--knowledge and prevention? Contraception? Frequency of use?
- Comfort with sexual activity, enjoyment/pleasure obtained? History of sexual/physical abuse?

### **Suicide/Depression**

- Sleep disorders (usually induction problems, also early/frequent waking or greatly increased sleep and complaints of increasing fatigue)
- Appetite/eating behavior changes
- Feelings of 'boredom'
- Emotional outbursts and highly impulsive behavior
- History of withdrawal/isolation
- Hopeless/helpless feelings
- History of past suicide attempts, depression, psychological counseling
- History of suicide attempts in family or peers
- History of recurrent serious 'accidents'
- Psychosomatic symptomology
- Suicidal ideation (including significant current and past losses)
- Decreased affect on interview, avoidance of eye contact--depression posturing
- Preoccupation with death (clothing, media, music, art).