

Psychosocial Screening of Adolescent Girls  
Actual Size  
Final size: Folded 4x8 inches, Flat 8x8 inches



Women's Health  
Council of RI

## SUICIDE AND DEPRESSION

Ask about prevalence of sadness, boredom, crying, lack of sleep.

- Have you thought a lot about hurting yourself or someone else?

**PRAISE RESILIENCY INDICATORS** such as being substance-free and having a good confidante, coping skills, and no personal or family history of suicide.

## SAFETY

Assess for safety orientation vs. history of violence in home and/or school, and ask if patient has ever had any serious injuries or been physically or sexually abused.

- Do you always wear a seatbelt in the car?
- Have you ever ridden with a driver who was drunk or high? When? How often?
- Is anyone hurting you?

**PRAISE RESILIENCY INDICATORS** like use of seat belts and helmets, good conflict resolution skills, living substance-free and refusing to ride with a driver who is drunk or high.

## CONCLUDING THE INTERVIEW

- Identify strengths and potential
- Express any concerns
- Discuss follow-up interventions as needed.

## Psychosocial Screening of Adolescent Girls: A Strengths-Based Approach

---

**At puberty, psychosocial screening is as important as the physical exam.**

## BEFORE YOU START

---

- See patient alone and assure confidentiality
  - Start with innocuous questions
  - Address patient's complaints first
  - **PRAISE PATIENT** for significant accomplishments or avoiding risks at a difficult time in her life.
- 

SOURCE Adapted from John Goldenring, David Rosen. Getting into adolescent heads: An essential update. Contemporary Pediatrics January 2004; 21:64.

COMPILED AND EDITED by the Women's Health Council of RI, May 2012

# INSIDE



Women's Health  
Council of RI

## THE HOME ENVIRONMENT

Ask patient with whom they live and if they have their own room

- To whom can you talk at home?
- Have you moved recently? Is there anyone new in your home?

**PRAISE RESILIENCY INDICATORS** such as being responsible for chores, caring for siblings, and overcoming past difficulties.

## EDUCATION AND EMPLOYMENT

Inquire about patient's favorite subjects, grades and any recent changes

- What are your future education/employment plans/goals?
- Are you working? Where? How often??

**PRAISE RESILIENCY INDICATORS** such as above-average grades, school loyalty, employment (less than 20 hrs/wk) and overcoming past study problems.

## EATING AND BODY IMAGE

Evaluate self-image by asking what patient does and doesn't like about her body and what she thinks a healthy diet would be.

- Have you dieted in the last year? How? How often?
- How else do you try to manage your weight?

**PRAISE RESILIENCY INDICATORS** like a healthy body image, regular exercise and awareness of good food choices.

## ACTIVITIES

Ask about group activities with family and friends, church and/or club groups.

- What do you and your friends/family do for fun?
- What sports or other activities to you do regularly?

**PRAISE RESILIENCY INDICATORS** such as strong participation in school activities, evidence of peer leadership and spiritual affiliation.

## DRUGS

Determine if there is a history of alcohol, drug or tobacco use, past or present.

- Do your friends or anyone in your family/ use tobacco? Alcohol? Other drugs?
- Do you use tobacco? Alcohol? Other drugs?

**PRAISE RESILIENCY INDICATORS** like the pledge to abstain and evidence of refusal skills.

## SEXUALITY

Ask if there have been romantic and/or sexual relationships, and with whom.

- Are your sexual activities enjoyable?
- What does the term "safer sex" mean to you?

**PRAISE RESILIENCY INDICATORS** including abstinence pledge, refusal skills and consistently responsible sexual behavior.