

**Bariatric Presurgical Psychosocial Evaluation (sample)**

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

Surgery: \_\_\_\_\_

Motivation for procedure:

\_\_\_\_\_

\_\_\_\_\_

Medical History:

\_\_\_\_\_

\_\_\_\_\_

Weight history. Current weight \_\_\_\_\_ Height \_\_\_\_\_ Highest adult weight \_\_\_\_\_

Lowest adult weight \_\_\_\_\_ Goal \_\_\_\_\_

Family History of Obesity:

\_\_\_\_\_

\_\_\_\_\_

Weight History:

\_\_\_\_\_

\_\_\_\_\_

Problematic Eating Habits:

\_\_\_\_\_

\_\_\_\_\_

Childhood History:

\_\_\_\_\_

\_\_\_\_\_

Academic History:

\_\_\_\_\_

\_\_\_\_\_

Work History:

\_\_\_\_\_

\_\_\_\_\_

Relationship History/Current Social Supports/Feelings regarding surgery:

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Psychiatric History:

**DEPRESSION**

Low mood for >2 weeks

Sleep

Interest

Guilt/worthlessness

Energy

Concentration

Appetite/weight ▲

Psychomotor slowing

Suicide:

Hopelessness/Plan/Access

**MANIA**

Grandiose

Increased activity

goal-directed/high risk

Nausea/chills

Decreased judgment

Distractible

Irritability

Need less sleep

Elevated mood

Speedy talking

**PSYCHOSIS**

Hallucinations/illusions

Delusions

people watching you

talking about you

messages from media

Thought blocking/insertion

Disorganization:

speech/behavior

Speedy thoughts

**PANIC ATTACKS**

Trembling

Palpitations

Self-reference:

Choking/chest pain

Sweating

Fear:

dying/going crazy

Anticipatory anxiety

Avoidance

Agoraphobia

**GENERALIZED ANXIETY**

Excess worry

Restless/edgy

Easily fatigued

Muscle tension

↓ sleep

↓ concentration

**OBSESSIVE-COMPULSIVE DISORDER**

Intrusive/persistent thoughts

Recognized as excessive/irrational

Repetitive behaviors:

Washing/cleaning

Counting/checking

Organizing/praying

**PTSD**

Experienced/witness event

Persistent re-experiencing

Dreams/flashbacks

Avoidance behavior

Hyper-arousal:

↑ vigilance/↑ startle

**SOCIAL PHOBIA**

Performance situations:

Fear of embarrassment

Fear of humiliation

Criticism

**BORDERLINE PERSONALITY**

Fear abandonment/rejection

Unstable relationships

Chronic emptiness

↓ self esteem

Intense anger/outbursts

Self-damaging behavior

Labile mood and impulsivity

**ANTISOCIAL PERSONALITY**

Forensic history:

arrests/imprisonment

Aggressiveness/violence

Lack of empathy/remorse

Lack of concern for safety:

self or others

Childhood conduct disorder

**BODY DYSMORPHIC DISORDER**

Excess concern with appearance  
or certain part of body

Avoidance behavior

**EATING DISORDERS**

Binging/purging/restriction/amenorrhea

Perception of body image or weight

Treatment History:

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Alcohol/Substance Use History: *Examiner must comment on prior use of illicit or illegal substances (including any prior history of marijuana ingestion – inhaled or ingested). Specific comment is required if use or abuse resulted in maladaptive behavior or constitutes diagnosis of Substance Use Disorder.*

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Trauma History (physical/sexual/emotional):

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Suicide Risk Assessment: (CSSRS, BSSI etc)

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Other current psychosocial stressors:

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Description of Surgery:

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Description of Postop Eating Plan

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Mental Status Exam:

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Assessment:

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Recommendations:

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Abbreviations:

DOB: Date of Birth

PTSD: Post Traumatic Stress Disorder

C-SSRS: Columbia-Suicide Severity Rating Scale

BSSI: Beck Scale for Suicidal Ideation

References:

Carter J, Chang J, Birriel TJ, et al. **ASMBS position statement on preoperative patient optimization before metabolic and bariatric surgery.** *Surg Obes Relat Dis.* 2021;17(12):1956-1976. doi:10.1016/j.soard.2021.08.024

Hasin DS, O'Brien CP, Auriacombe M, et al. **DSM-5 criteria for substance use disorders: recommendations and rationale.** *Am J Psychiatry.* 2013;170(8):834-851. doi:10.1176/appi.ajp.2013.12060782

Sogg S, Lauretti J, West-Smith L. **Recommendations for the presurgical psychosocial evaluation of bariatric surgery patients.** *Surg Obes Relat Dis.* 2016;12(4):731-749. doi:10.1016/j.soard.2016.02.008