



Psychological / Behavioural Needs - Deep Dive Assessment

A printable version of every question in the eleven-section optional Psychological / Behavioural deep dive. Complete it on paper first if you like, then enter your answers online to receive your personalised report. Every question is optional.

Section 1. Psychological Profile

Capture a

Has your child been diagnosed with any of the following? Select all that apply.

- ☐ ADHD
- ☐ Autism Spectrum Disorder
- ☐ Anxiety Disorder
- ☐ Depression
- ☐ PTSD
- ☐ OCD
- ☐ Bipolar Disorder
- ☐ Oppositional Defiant Disorder (ODD)
- ☐ Conduct Disorder
- ☐ Adjustment Disorder
- ☐ Trauma-related concerns
- ☐ Attachment concerns
- ☐ Emotional dysregulation
- ☐ Eating disorder
- ☐ Sleep disorder
- ☐ Sensory Processing Disorder
- ☐ No diagnosis
- ☐ Diagnosis pending
- ☐ Prefer not to answer

Anything specific you would like the report to note (optional)?

Section 2. Mental Health Professional

Identify th

Is your child currently seeing a mental health professional? Select all that apply.

- ☐ Child Psychologist
- ☐ Child Psychiatrist
- ☐ Licensed Professional Counsellor (LPC)
- ☐ Licensed Clinical Social Worker (LCSW)
- ☐ Marriage and Family Therapist (LMFT)
- ☐ Play Therapist
- ☐ Behavioural Therapist
- ☐ ABA Therapist
- ☐ Trauma Therapist
- ☐ School Counsellor
- ☐ No current provider

Do both parents know who the provider is?

- ☐ Always
- ☐ Usually
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Does each parent attend appointments when appropriate?

- ☐ Always



- ☐ Usually
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Do both parents receive treatment updates?

- ☐ Always
- ☐ Usually
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Do parents communicate about recommendations?

- ☐ Always
- ☐ Usually
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Do parents follow treatment recommendations consistently?

- ☐ Always
- ☐ Usually
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Section 3. Confidence in the Provider

Assess pa

How confident are you that the provider understands your child's needs?

- ☐ Very Confident
- ☐ Confident
- ☐ Neutral
- ☐ Somewhat Confident
- ☐ Not Confident

How confident are you in the treatment plan?

- ☐ Very Confident
- ☐ Confident
- ☐ Neutral
- ☐ Somewhat Confident
- ☐ Not Confident

Do you trust the provider's recommendations?

- ☐ Very Confident
- ☐ Confident
- ☐ Neutral
- ☐ Somewhat Confident
- ☐ Not Confident

Do both parents have confidence in the provider?

- ☐ Very Confident
- ☐ Confident
- ☐ Neutral
- ☐ Somewhat Confident
- ☐ Not Confident

Disagreements about treatment can be discussed respectfully.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Section 4. Medication Management



Is your child prescribed medication?

- ☐ Yes
☐ No

Who prescribed the medication?

- ☐ Paediatrician
☐ Psychiatrist
☐ Neurologist
☐ Other
☐ Not applicable

Do both parents understand:

- ☐ Medication purpose
☐ Dosage
☐ Side effects
☐ Administration schedule
☐ Monitoring requirements

Medication is administered consistently in both homes.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Parents communicate about medication changes.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Refill schedules are coordinated between homes.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Side effects are discussed between parents.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Concerns are reported promptly to the prescriber.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Section 5. Alternatives to Medication

Which non-medication interventions has your family discussed or used? Select all that apply.

- ☐ Behavioural Therapy
☐ Cognitive Behavioural Therapy (CBT)
☐ Parent Training
☐ Occupational Therapy
☐ Social Skills Groups
☐ Speech Therapy
☐ Executive Function Coaching
☐ Exercise Programs
☐ Nutrition
☐ Sleep Interventions
☐ Mindfulness
☐ Meditation
☐ Biofeedback
☐ Sensory Regulation
☐ Family Therapy
☐ Other

Both parents support these interventions.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

Alternative therapies are implemented consistently in both homes.

- ☐ 1 Strongly disagree ☐ 2 Disagree ☐ 3 Unsure ☐ 4 Agree ☐ 5 Strongly agree ☐ N/A

The child participates in these interventions regularly.



() 1 Strongly disagree () 2 Disagree () 3 Unsure () 4 Agree () 5 Strongly agree () N/A

Outcomes are reviewed together by both parents.

() 1 Strongly disagree () 2 Disagree () 3 Unsure () 4 Agree () 5 Strongly agree () N/A

Section 6. Therapy Participation

Assess co

Does your child currently attend therapy?

- () Yes
- () No

How consistently does your child attend therapy?

- () Always
- () Usually
- () Sometimes
- () Rarely
- () Never

Who typically transports the child?

- () Mother
- () Father
- () Both
- () Other caregiver

Who communicates with the therapist?

- () Mother
- () Father
- () Both
- () Other caregiver

Does the therapist provide homework?

- () Yes
- () No

Therapy homework is completed at home.

() 1 Strongly disagree () 2 Disagree () 3 Unsure () 4 Agree () 5 Strongly agree () N/A

Coping strategies are reinforced in both homes.

() 1 Strongly disagree () 2 Disagree () 3 Unsure () 4 Agree () 5 Strongly agree () N/A

Section 7. Behavioural & Emotional Support

Assess co

How consistent are the strategies for anxiety?

- () Always Consistent
- () Usually Consistent
- () Sometimes Consistent
- () Rarely Consistent
- () Never Consistent

How consistent are the strategies for emotional regulation?

- () Always Consistent
- () Usually Consistent
- () Sometimes Consistent
- () Rarely Consistent
- () Never Consistent

How consistent are the strategies for meltdowns?

- () Always Consistent
- () Usually Consistent
- () Sometimes Consistent
- () Rarely Consistent



- ☐ Never Consistent

How consistent are the strategies for anger?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistent are the strategies for transitions?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistent are the strategies for social interactions?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistent are the strategies for school stress?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistent are the strategies for peer relationships?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistent are the strategies for self-esteem?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

Section 8. Crisis Planning

Assess w

Do the parents have a shared plan if the child experiences:

- ☐ Severe anxiety
☐ Panic attacks
☐ Emotional crisis
☐ Aggressive behaviour
☐ Self-harm concerns
☐ Suicidal statements
☐ Psychiatric emergency

Do both parents know the emergency contacts?

- ☐ Yes
☐ No

Do both parents know the crisis procedures?

- ☐ Yes



☐ No

Is the crisis plan documented in writing?

☐ Yes

☐ Partial

☐ No

Section 9. Communication Between Parents

Assess ho

How often do parents discuss appointment scheduling?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss medication changes?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss behaviour changes?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss school concerns?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss treatment recommendations?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss therapy progress?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss new diagnoses?

☐ Always

☐ Usually

☐ Sometimes

☐ Rarely

☐ Never

How often do parents discuss changes in symptoms?

☐ Always

☐ Usually



- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Section 10. Psychological Decision-Making

Assess w

How often do parents agree on starting therapy?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on changing therapists?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on medication?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on medication adjustments?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on psychological testing?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on neuropsychological evaluation?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on behaviour plans?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree
- ☐ Never Agree

How often do parents agree on school mental health services?

- ☐ Always Agree
- ☐ Usually Agree
- ☐ Sometimes Agree
- ☐ Rarely Agree



- ☐ Never Agree

How often do parents agree on alternative treatments?

- ☐ Always Agree
☐ Usually Agree
☐ Sometimes Agree
☐ Rarely Agree
☐ Never Agree

How often do parents agree on family therapy?

- ☐ Always Agree
☐ Usually Agree
☐ Sometimes Agree
☐ Rarely Agree
☐ Never Agree

Section 11. Home Support

Assess ho

How consistently does each home provide predictable routines?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide emotional support?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide positive reinforcement?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide calm environment?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide safe expression of emotions?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide consistent expectations?

- ☐ Always Consistent
☐ Usually Consistent
☐ Sometimes Consistent
☐ Rarely Consistent
☐ Never Consistent

How consistently does each home provide healthy coping strategies?



- ☐ Always Consistent
- ☐ Usually Consistent
- ☐ Sometimes Consistent
- ☐ Rarely Consistent
- ☐ Never Consistent

How consistently does each home provide stress reduction?

- ☐ Always Consistent
- ☐ Usually Consistent
- ☐ Sometimes Consistent
- ☐ Rarely Consistent
- ☐ Never Consistent

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