

## Psychiatric Review of Systems

**Approach:** Explain why we care about the psychiatric ROS. Use the MAPS acronym to work through different diagnostic categories. Be specific with students; discuss how you phrase these questions. If time, note that there are other things you may ask (eating, development, neurocog, etc)

**Hook:** In psychiatry more than other fields, our diagnosis depends on the history and asking questions in a specific, targeted way, a truly unique part of our field. It may seem like there are an infinity of questions, but there really aren't. We organize our thinking via the review of systems, which touches on must-not-miss, high-safety-risk diagnoses in psychiatry. Ask the ROS during your intakes.

### Mood

- SIGECAPS – **S**leep, **I**nterest (anhedonia), feelings of **G**uilt/Hopelessness, **E**nergy, **C**oncentration, **A**ppetite, **P**sychemotor change, **S**uicidality
- General screening question: “Have you ever been depressed?”
- Function = pathology: “Were you so depressed you couldn't function at work or home?”
- DIGFAST – **D**istractibility (inability to screen out irrelevant external stimuli) , **I**rresponsibility and erratic uninhibited behavior, **G**randiosity, **F**light of ideas, **A**ctivity increased with weight loss and increased libido, **S**leep (decreased need), **T**alkativeness
- General: “Ever gone four or more days without much sleep, feeling abnormally happy/high like you were on drugs, but you weren't?”

### Anxiety

- General: “Are you an anxious person / worrier?” Get a sense of what environments this occurs
- Obsessions: “Do you ever get bothersome thoughts that intrude over and over?”
- Compulsions: “Is there anything repetitively that you do over and over? Checking, washing, counting, symmetry?”
- Trauma/PTSD – Need to tread carefully to avoid triggering. Can ask about flashbacks, nightmares, hyperstartle, avoidance

### Psychosis

- AH/VH: “Ever hear a conversation or a voice that others don't seem to hear? Talk to you or about you?”
- PI: “Ever feel like people want to harm you in some way?”
- IOR: “Have you noticed any coincidences that are hard to explain? Have you felt that what's in the paper/television is a special message for you?”
- TB: “Any worries that your thoughts might not be private?”
- TI/TW: “Can people put thoughts in/take thoughts out of your mind?”

### Substance:

- Be specific & non-judgmental. Ask about each substance individually: If you don't ask, they may not tell.
- Want to know how much, how often, what route (IV?), when they first started, longest period sober

Script written by Ethan Jaffee & Philip Cawkwell. Some questions drawn from Joe Stoklosa's handout on screening questions.