

11 slides in 1

- What happened? (History of) presenting complaint
- Why did it happen? Past psychiatric, medical, family and social history 4Ps
- What can be done about it? Risk and management

Table 1. Formulation matrix

	<i>Biological</i>	<i>Psychological</i>	<i>Social</i>
Predisposing	<ul style="list-style-type: none"> • Genetic • Birth trauma • Brain injury • Illness – psychiatric, physical • Medication • Drugs/alcohol • Pain 	<ul style="list-style-type: none"> • Personality • Modelling • Defences (unconscious) • Coping strategies (conscious) • Self-esteem • Body image • Cognition 	<ul style="list-style-type: none"> • Socio-economic status • Trauma
Precipitating	<ul style="list-style-type: none"> • Medication • Trauma • Drugs/alcohol • Acute illness • Pain 	<ul style="list-style-type: none"> • Stage of life • Loss/grief • Treatment • Stressors 	<ul style="list-style-type: none"> • Work • Finances • Connections • Relationships
Perpetuating	↓	↓	↓
Protective	<ul style="list-style-type: none"> • Physical Health 	<ul style="list-style-type: none"> • Engagement • Insight • Adherence • Coping strategies • Intelligence 	

Management

- Investigations (lab, imaging, collateral)
- Bio, psycho, social treatment
- Ethical and legal

Risk Factors

Static	Dynamic
Previous self harm	Active Suicidal ideation
Diagnosis of a Mental Disorder e.g depression	Guilt
Substance abuse (especially alcohol)	Hopelessness
Family History of Suicide	Current Substance Use
Recent Stressors or loss	Psychosocial Stressors
Age, gender, Marital status (Older age, male, divorced)	Problem solving deficits