

INDICATIONS OF THE NEED FOR A BEHAVIORAL MEDICINE CONSULT

1. Physical complaints exceeding medical findings.
2. Overutilization of medical services.
3. Dependence on or overuse of medications; medication seeking
4. Low frequency of normal activities.
5. High frequency of behavior designed to elicit sympathy and concern.
6. Manipulative, demanding, angry patients.
7. Doctor shopping.
8. Irritable, depressed, anxious, angry, or frustrated patients.
9. Patients who make you feel irritable, depressed, anxious, angry, or frustrated.
10. Non-compliance with treatment recommendations.
11. More disabled than can be justified on basis of medical findings.
12. High risk lifestyle habits needing change, e.g., smoking, obesity, cholesterol, alcohol or drug abuse/dependence.
13. Past psychological/psychiatric history in self or immediate family.
14. Suicidal thoughts or past self-destructive behavior.
15. Patients in litigation
16. Prolonged avoidance behavior, e.g., not working, not socializing, not recreating, etc.
17. Failure at other treatments.
18. Histrionic behavior - exaggeration.
19. Suspected malingering.
20. Sleep problems; e.g., early morning awakening implies depression which may respond to anti-depressants and/or counseling.

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