

Appendix E

Handout 2.3

Quick Guide to LIPI Assessment

Assessing the client's problem(s)	
What	What occurs during the problem situation? What improves or worsens the problem?
Who	Whom does the problem involve? Who improves or worsens the problem?
Where	Where does the problem usually happen? Are there places it does not happen?
Why	What is the client's understanding of why the problem happens?
When	When is the problem most and least likely to happen?
Consider	
Onset	Just before the problem occurs, what is happening?
Frequency	How often is the problem happening?
Intensity	How much distress does the problem cause the client?
Duration	When the problem happens, how long does it last for?
Formulation	
Trigger/Precipitant/Antecedent	An event, situation, thought, memory, body sensation, mood, or behaviour that precedes a shift in thinking, behaviour, or mood
Consequences	Explore the consequences of the behavioural responses to the triggers. Long-term or short-term relief last? Were there any consequences of using safety behaviours? What impact does the behaviour have on the client's relationships? Is it possible to test whether beliefs are correct or incorrect when using this strategy?
Thoughts	A thought or an image that is unwanted, catastrophic, negative, or insulting
Feelings	Emotional, mood, and physiological state
Safety behaviour	Any behaviour that the client believes helps them to avoid a negative outcome or an uncomfortable or distressing state. May be intentional or unintentional.
Notice	
Appearance and behaviour	Such as hygiene, appearing anxious or agitated

Speech	Such as rapid, slow, or monotone
Mood	Such as sleep, appetite, interest, energy
Thought content	Such as catastrophising, expressions of worthlessness or hopelessness
Insight	Does the client think something is wrong or have an idea of how to improve it
Perceptual abnormality	Such as any odd experiences, such as hallucinations, that would require more specialised assessment
High Risk Groups	
Age	15-35 years or older than 65 years, especially among males
History	Deliberate self-harm and/or suicide attempts, particularly those by violence means such as weapons or hanging; family history of completed suicide; substance misuse; serious illness or disability; forensic / criminal involvement;
Loss	Divorce or a recent relationship loss
Cultural	Indigenous peoples
Other	Expressions of hopelessness; unemployment

This information has been taken from Hughes, Herron and Younge (2014), which is recommended for further reading on LIPIs.