

D	Demographics	<p>Explore regional background, level of acculturation, age and sex as they influence health care behaviours:</p> <ul style="list-style-type: none"> • Where were you born? • Where was “home” before coming to the U.K.? • How long have you lived in the U.K.? • What is your age? • What is your sexual orientation and gender identity?
I	Ideas	<p>Ask the patient to explain their ideas or thoughts of mental health and illness:</p> <ul style="list-style-type: none"> • What do you think keeps you healthy? • What do you think makes you sick? • What do you think is the cause of your illness? • Why do you think the problem started?
V	Views	<p>Ask about treatment preference, use of home remedies, and treatment delay/avoidance:</p> <ul style="list-style-type: none"> • Are there any mental health care treatments that might not be acceptable? • Do you use any traditional, spiritual or home health remedies to improve your mental health? • Who do you speak to about this? • What have you used before? • Have you used alternative healers? • What kind of treatments do you think will help?
E	Expectations	<p>Ask what your patient expects from their doctor, nurse or clinician:</p> <ul style="list-style-type: none"> • What do you hope to achieve from today’s visit? • What do you hope to achieve from treatment? • Do you find it easier to talk with a male/female? • Someone younger/older?
R	Religion	<p>Ask about your patient’s religious and spiritual traditions:</p> <ul style="list-style-type: none"> • How important is religion/spirituality in your everyday life? • Has your illness affected your ability to practice your religion or spirituality? • Will religious or spiritual observances affect your ability to follow treatment? How and why? • Do you avoid any particular foods/drinks? • Does your diet affect which medication you can take? • During the year, do you change your diet in celebration of religious and other holidays? • Do you receive any support from members of your faith community? • Are there any practices or rituals that help you cope?
S	Speech	<p>Identify your patient’s communication needs (including language, literacy levels, BSL or other):</p> <ul style="list-style-type: none"> • What language do you prefer to speak? • Do you need an interpreter? • What language do you prefer to read? • Are you satisfied with how well you read? • Would you prefer printed or spoken instructions? (Avoid using a family member as an interpreter.)
E	Environment	<p>Identify patient’s home environment and the cultural/diversity aspects that are part of this (home environment includes the patient’s daily schedule, support system and level of independence):</p> <ul style="list-style-type: none"> • Do you live alone? • How many other people live in your house? • Do you have transport? • Do you get out and meet people? • Who gives you emotional support? • Who helps you when you are ill or need help? • Can you get yourself washed and dressed? • Do you have the ability to shop/cook for yourself? • What times of day do you usually eat? • What is your largest meal of the day?