Reference for Documenting Appearance, Behavior, and Demeanor

**Quantify:** Try to describe number of times observed or length of time (i.e. cried or ten minutes)

**Qualify:** Name the event that coincided or preceded the behavior (i.e. sobbed as she undressed)

**Eye Contact:** Do not use good or poor.

**Examples of what to write:**
Maintained eye contact    Avoided or Averted    Stare    Watch    Fixed    Glare    Glance
Looked at… (Floor, ceiling) Closed eyes (when, how long) only when addressed

**Speech:** Always use quotes, do not paraphrase

Responded in one or two word answers    Responded only when asked a question    Whispered    Hoarse    Slow
Talked and cried at same time    Mumble    Shout    Scream    Stammer    Stutter    Hesitated (for # of seconds or minutes)

**Responsiveness to Clinician or Other personnel:** Do not use cooperative

Followed direction    Answered questions when asked    Paused before answering    Unresponsive    Volunteered
information    wanted to speak to a person alone    Alert    Oriented

**Nonverbal Oral Expressions:**

Cry    Wail    Sob    Weep    Sniffle    Moan    Whimper    Sigh

**Facial Expressions:**

Frown    Glower    Scowl    Grimace    Flinch    Wince    Biting lips    Clenched jaw    Pursed lips    Pucker    Grinding teeth

**Body Posture and Muscle Tension:**

Slouched    Slumped    Arms crossed in front of body    Fetal position    Stooped    Clenched fists    Wrigling hands
Restless    Shudder    Quiver    Shake    Tremor    Tremble    Cower    Stunned    Startled

**Behaviors and Actions**

Blew Nose    Wiped at eyes with tissue    Clutching (clothes, stuffed animal, self) Holding front of shirt    Pacing
Rocking    pulling at sheets    pulling away Agitated

**Other Description of Behavior:**

Serious    Sluggish    Silent    Somber    Solemn    Listless    Quiet

**Do not Use Cool, Composed, Cooperative, Controlled, or Flat Affect**

**Describe Anxiety:**

Can write patient is anxious, then support with observable behaviors:
Wringing hands    tapping foot    sweating profusely    dilated pupils or statements

**Appearance:**

Height and weight    Bruised    Red-eyed    Dirty    Wet    Clothes on inside out    Covered with debris    Wrapped in blanket    scratched    Bloody    Obese    Smells of alcohol    Disheveled    Hair disheveled