



Affect Documentation Reference Guide for SANEs

Remember: Chart objective observations instead of subjective interpretations. Quantify by describing the number of times or the length of time an action was observed (i.e. “cried for ten minutes”). Qualify by naming the event that coincided or preceded the behavior (i.e. “began to shake as she undressed”).

Appearance:

- Sweating
- Clothes inside out
- Covered in debris
- Scratched, bloody, bruised
- Disheveled
- Smells of alcohol
- Wet
- Red-eyed
- Wrapped in blanket

Responsiveness:

- Followed direction
- Answered questions when asked
- Paused before answering
- Unresponsive
- Volunteered information
- Wanted to speak to (person) alone
- Wakefulness: alert, dozing
- *Do not use “cooperative”*

Facial Expressions:

- Frowned, glowered, scowled
- Grimaced, winced, flinched
- Biting lips, pursed lips, puckered
- Clenched jaw, grinding teeth

Body Posture and Muscle Tension:

- Slouched, slumped, stooped, etc.
- Arms crossed in front of body
- Fetal position
- Clenched fists, wringing hands
- Shuddered, quivered, shook, trembled

Speech:

- Responded in one or two word answers
- Responded only when asked a question
- Volume: whispered, shouted, etc.
- Hoarse
- Speed: slow, fast
- Talked and cried at the same time
- Mumbled
- Stammered/stuttered
- Hesitated (when, how long)
- *Include quotations when possible*

Behaviors and Actions:

- Blew nose
- Wiped at eyes with tissue
- Clutching (clothes, self)
- Pacing
- Rocking, tapping feet
- Pulling at sheets
- Pulling away

Other Behavior:

- Sluggish
- Silent, quiet
- Somber
- Solemn
- Listless

Eye Contact:

- Maintained eye contact
- Avoided/averted eye contact
- Intermittent
- Stared, watched
- Fixed
- Glared
- Glanced
- Looked at... (floor, ceiling, etc.)
- Closed eyes (when, how long)
- Only when addressed
- *Do not use “good”/“poor”*

Other Vocalizations:

- Cried, wailed, sobbed, wept
- Moaned, sighed, groaned
- Sniffled
- Whimpered
- Laughed