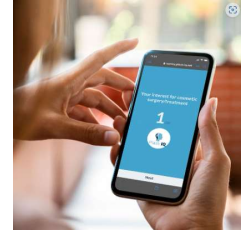




GUIDELINE - for use of the "Plast-IQ™ psychological pre-screening tool" (PPS) by Mental Health Specialists (MHS) without prior patient-referral from cosmetic surgeon/clinic



Note! This Guideline is developed and intended as a help to MHS. Any MHS is free to use PPS the way they want, at their own discretion

Step 1	Step 2	Step 3	Step 4 & onwards
<p>Based on general, holistic interest & assessment of a patient's mental health & -wellbeing, the MHS asks the patient:</p> <p>Are you concerned about your body image? Do you ever feel distressed about your body? Are you considering cosmetic changes to your body?</p> <p>If the patient answers "yes" to these questions, the MHS introduces PPS and asks the patient to complete it before next consultation.</p> <p>And the MHS then creates and sends hyperlink to patient, for online completion.</p>	<p>During the next consultation-session(s), the MHS and the patient review and discuss the PPS report and recommendations together.</p> <p>As part of this, a plan for each of the individual recommendations is made and agreed.</p> <p>At the end of this Step-2, the MHS asks the patient to complete a Feedback-questionnaire before next consultation-session, and sends hyperlink for online completion</p> <p>Note: If signs of mental illness become apparent during this process, it is important that a referral to a psychiatrist is made as part of the continued assessment and treatment.</p>	<p>At the next consultation-session after that, the MHS and the patient together:</p> <ul style="list-style-type: none"> a) Discuss progress on the agreed plan & actions related to each of the PPS recommendations, ref. "Step-2" b) Agree continued follow-through of such agreed plan & actions c) Discuss the Feedback-answers completed by the patient online prior to this "Step-3" d) Expand the discussion about body-image/focus to other relevant mental challenges for the patient, as well as to general wellbeing, happiness and quality of life 	<p>In the following consultation-sessions and continued mental therapy with the patient, the MHS is recommended to</p> <ul style="list-style-type: none"> a) Continue to discuss status, progress and achievements with the agreed plan & actions related to each of the PPS recommendations, ref. "Step-2" b) Continue to agree follow-through of such agreed plan & actions c) Continue to use & expand to other mental challenges of relevance for the patient, & to general wellbeing, happiness, and quality of life