

# OPQRST Mnemonic Sample Questions

## Sample Questions

<b><u>O</u>nsset</b>	<ul style="list-style-type: none"><li>• At what age did you first start gaining weight?</li><li>• What did you weigh at age 21? 30? 40?</li><li>• What was your highest weight?</li></ul>
<b><u>P</u>recipitating Events</b>	<ul style="list-style-type: none"><li>• What circumstances or behaviors contributed to your weight gain?</li><li>• Were there major life events or stressors such as college, marriage, children, being a caregiver, an intense job?</li><li>• Have any medications or health conditions contributed to weight gain?</li><li>• If you've been pregnant, how much weight did you gain in pregnancy?</li></ul>
<b><u>Q</u>uality of Life</b>	<ul style="list-style-type: none"><li>• How would you describe your overall health?</li><li>• What are your biggest health concerns?</li><li>• What is it difficult to do because of your weight?</li><li>• What are you unable to do, or avoid doing, because of your weight?</li><li>• What was your weight when you felt your best?</li></ul>
<b><u>R</u>emedy</b>	<ul style="list-style-type: none"><li>• Describe your previous attempts to lose weight</li><li>• Which specific aspects worked for you and which didn't?</li><li>• Which method was most successful?</li><li>• Did you regain any of the weight you lost?</li><li>• What circumstances or behaviors contributed to regain?</li></ul>
<b><u>S</u>etting</b>	<ul style="list-style-type: none"><li>• Are there any barriers or challenges to beginning an obesity treatment program at this time?</li><li>• Do you have a support system? If so, who?</li><li>• Is there anyone who might sabotage your weight loss efforts? If so, who?</li><li>• What role has stress played in your weight gain? Do you foresee that it will impact you at this time?</li></ul>
<b><u>T</u>emporal Pattern</b>	<ul style="list-style-type: none"><li>• What has been the pattern of your weight gain?</li><li>• Has weight gain occurred gradually over the years?</li><li>• Or has it happened suddenly over months?</li></ul>

Adapted from: Kushner, R. <https://www.mededpublish.org/manuscripts/1338/v1>. Accessed 3-10-18. Accessed June 15, 2018. Sample questions courtesy of Integrative Medical Weight Management.