Psychological Autopsy Worksheet

This worksheet is designed to support a structured analysis of a subject’s psychological state prior to a disappearance or event. Based on FBI and BPS models, it encourages evaluation of behavioral, emotional, and situational factors. Use evidence, not speculation.

## Subject Overview

Name or Identifier: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_\_ Occupation/Status: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known stressors (last 6 months): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last known contact or sighting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Behavioral Indicators

☐ Sudden changes in mood, habits, or social behavior?

☐ Evidence of withdrawal, impulsivity, or confrontation?

☐ Indications of long-term planning or sudden disruption?

## Social Environment

☐ Who were they regularly interacting with?

☐ Changes in relationships or support network?

☐ Any recent conflict, rejection, or trauma?

## Mental Health & Coping

☐ History of mental illness, diagnosis, or treatment?

☐ Use of substances (alcohol, drugs)?

☐ Coping strategies: constructive or destructive?

## Risk Indicators & Final Assessment

☐ Was there evidence of suicidal ideation or fear of harm?

☐ Was the subject preparing to leave, escape, or hide?

☐ Were there signs of coercion or manipulation by others?

Overall Risk Assessment: Low / Moderate / High / Unclear

Primary Theory (if any): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Further Evidence Needed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_