Psychiatry: Core EPA #2

Developing comprehensive biopsychosocial formulations for patients across the lifespan

Key Features:

- This EPA builds on the skills of the Foundations EPAs and focuses on the development of a biopsychosocial formulation, including utilizing psychological theories and theories of personality development, and applying knowledge of neuroscience, neurodevelopment, aging, genetics and epigenetics, and socioeconomic determinants of health.
- This EPA includes integrating predisposing, precipitating, perpetuating, and protective factors across the formulation in a coherent narrative that illustrates how different psychological constructs apply to a patient.
- This EPA involves presenting a comprehensive biopsychosocial formulation in oral or written/electronic form.
- It is recommended that EPA observations should be planned collaboratively before or at the time of the activity.
- The observation of this EPA requires direct observation of the patient assessment in at least 3 cases.

Assessment plan:

Direct observation of patient interview and oral presentation or indirect observation through the oral presentation or review of written documentation of the formulation by a psychiatrist/psychiatric subspecialist, TTP psychiatry resident, or psychiatry subspecialty resident

Use form 1. Form collects information on:

- Demographic: child (4-12) or adolescent (13-17); adult (18+); older adult
- Assessment directly observed: yes; no
- Observer: psychiatrist; child and adolescent psychiatrist; geriatric psychiatrist; TTP psychiatry resident; psychiatry subspecialty resident

Collect 8 observations of achievement

- At least 2 child or adolescent
- At least 2 adults
- At least 2 older adults
- At least 3 cases in which the supervisor has directly observed the assessment of the patient, of which at least 1 is an adult patient
- At least 3 different observers
- At least 6 by psychiatrists

© 2026 The Royal College of Physicians and Surgeons of Canada. All rights reserved.

- At least 1 by a child and adolescent psychiatrist[3] for formulation of a child or adolescent
- At least 1 by a geriatric psychiatrist[4] for formulation of an older adult

CanMEDS Milestones:

1 **ME 1.3 Apply a broad base and depth of knowledge in neuroscience, neurodevelopment, aging, genetics, epigenetics in psychological theories, theories of personality development, and socioeconomic determinants of health**
2 **ME 2.2 Focus the clinical encounter, performing it in a time-effective manner without excluding key elements**
3 **ME 2.2 Identify and respond to predisposing, precipitating, perpetuating, and protective factors**
4 **COM 2.1 Integrate, summarize, and present the biopsychosocial information obtained from a patient-centred interview**
5 **ME 2.4 Use the biopsychosocial formulation to specifically inform the management plan**
6 **COM 3.1 Convey the biopsychosocial formulation to patients**
7 **COM 5.1 Document clinical encounters in an accurate, complete, timely, and accessible manner and in compliance with legal and privacy requirements**

[3] If not a certified subspecialist, the majority of their experience is in the domain of CAP.
[4] If not certified subspecialist, the majority of their experience is in the domain of geriatric psychiatry.

© 2026 The Royal College of Physicians and Surgeons of Canada. All rights reserved.