

## Mental Health Assessment Report

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**Client Name:** John Doe

**Date of Assessment:** October 1, 2024

**Assessor:** Dr. Jane Smith, Licensed Psychologist

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### Presenting Problem

John reported experiencing persistent feelings of sadness and hopelessness over the past several months. He has also noted increased fatigue, difficulty concentrating, and a loss of interest in activities he once enjoyed, such as hiking and reading. John expressed concerns about his work performance and mentioned that he often feels overwhelmed by daily tasks.

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### Background and History

John is a 30-year-old male with no previous history of mental health treatment. He mentioned that his symptoms began roughly six months ago following the end of a long-term relationship. He has a stable job as a software engineer, but he has been struggling to keep up with work demands recently. John denies any history of substance abuse but noted occasional alcohol consumption socially.

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### Symptoms

- Persistent low mood and sadness
  - Fatigue and low energy levels
  - Anhedonia (loss of interest in previously enjoyed activities)
  - Difficulty concentrating and focusing on tasks
  - Social withdrawal and feelings of isolation
  - Mild sleep disturbances (difficulty falling asleep)
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### Assessment

John completed the PHQ-9 (Patient Health Questionnaire) and scored 15, indicating moderate depression. Additionally, the GAD-7 (Generalized Anxiety Disorder) scale score was 10, suggesting mild anxiety. No signs of psychosis, mania, or suicidal ideation were reported during the interview.

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### Diagnosis

Based on the DSM-5 criteria and assessment tools, John meets the criteria for Major Depressive Disorder (moderate) and Generalized Anxiety Disorder (mild).

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### Recommendations

1. **Therapy:** Begin weekly cognitive-behavioral therapy (CBT) sessions to address negative thought patterns, develop coping strategies, and improve mood.
2. **Lifestyle Modifications:** Encourage regular physical activity, aiming for 30 minutes of exercise at least five days per week, to help improve mood and energy levels.
3. **Mindfulness Practices:** Introduce mindfulness meditation exercises, such as deep breathing and grounding techniques, to manage anxiety and improve focus.
4. **Follow-Up:** Schedule a follow-up assessment in 6 weeks to monitor progress and make adjustments to the treatment plan if needed.