

Serenio Mental Health Session Report

Generated on: 7/23/2025, 6:29:43 PM

Patient Information

Patient Full Name: UpdatedUser

Patient ID: 687b28224004620dc243c321

Session ID: a546fced-7e0b-4f96-a3ee-0cc81a051ccb

Date & Time of Session: 7/23/2025, 6:29:43 PM

Conversation Summary

The patient discussed feelings of tiredness and work-related stress. They reported difficulty sleeping and reduced social engagement, indicating potential emotional and behavioral challenges.

Emotional Analysis

Dominant Emotional Tones: negative

Emotional Shifts: Initial neutral tone shifted to negative when discussing work stress and sleep issues.

General Sentiment Score: negative

Mental Health Risk Assessment

Depression: Moderate

Anxiety: Moderate

Stress or Burnout: Moderate

Suicidal Ideation or Self-Harm Risk: None

Social Withdrawal: None

Red Flags: Severe stress may escalate if unaddressed.

Professional Recommendations

Focus Areas: Work environment, sleep hygiene, social support.

Coping Challenges: Lack of stress and sleep management strategies.

Possible Therapeutic Directions: CBT; ask: "What triggers your work stress?"

AI Notes

AI infers work-life imbalance may worsen stress. Suggest mindfulness techniques.