

Serenio Mental Health Session Report

Generated on: 7/28/2025, 4:18:35 PM

Patient Information

Patient Full Name: AMAN

Patient ID: 6886030d828acd6f462765ae

Session ID: 1f6895f2-6b6c-4be0-8f3e-2e00fa1f6414

Date & Time of Session: 7/28/2025, 4:18:35 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: neutral

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

General Sentiment Score: neutral

Mental Health Risk Assessment

Depression: Mild

Anxiety: Mild

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.