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2. MEDIUM-LOW SEVERITY CASE

MH-29845-DOC

MAX SUPER SPECIALITY HOSPITAL

Department of Psychiatry and Mental Health

Press Enclave Road, Saket, New Delhi - 110017 | Tel: 011-2651-5050 | Fax: 011-2651-5051

Patient ID: MH-29845

Name: Sonalika Rawat

DOB: 15/09/1988 (36 years)

Gender: Female

Contact: +91 9876543210

ASSESSMENT SUMMARY

Emergency Contact: Armaan Rawat - +91 9876123456

Primary Care Physician: Dr. Anil Sharma

Insurance: ICICI Prudential, #HP78392015

Date of Assessment: 8 April, 2025

Clinician: Dr. Priya Malhotra, MD, Psychiatry

Sonalika presented for her scheduled follow-up appointment reporting mild to moderate mood fluctuations with occasional anxiety symptoms. She describes improved sleep quality with medication and generally stable energy levels. Her self-reported questionnaire data indicates mild

anxiety with occasional dips in mood. Patient denies any self-harm ideation and reports gradual improvement since beginning treatment.

KEY MENTAL HEALTH PARAMETERS

MENTAL HEALTH INDICATORS

Parameter	Score/Rating	Clinical Notes
Mood	6/10	Mild low mood episodes, generally stable
Anxiety	Mild	Occasional worry, primarily situational
Sleep Quality	7/10	Generally restorative sleep with rare disruption
Energy Levels	6/10	Adequate for most daily activities
Physical Symptoms	Minimal	Occasional tension headaches only
Concentration	7/10	Mostly intact, occasional mild distraction
Self-Care	8/10	Maintaining regular hygiene and self-care routine
Interests	7/10	Re-engaging with most previously enjoyed activities
Intrusive Thoughts	2/10	Infrequent worry thoughts, easily redirected
Optimism	7/10	Generally positive outlook with realistic goals
Social Support	8/10	Good family support, reconnecting with friends
Self-Harm Risk	None	No thoughts of self-harm reported

ADDITIONAL CLINICAL DATA

Stress Factors:

Patient identifies occasional work deadlines as mild stressors. Reports improved coping with work demands and better boundaries. Financial situation stable. Home environment described as supportive and harmonious.

Coping Strategies:

Patient reports consistent application of breathing exercises (4-5 times weekly). Regular evening walks (5 times weekly). Resumed journaling practice with positive effect. Minimal alcohol use limited to social occasions only.

Discussion About Professional Support:

Patient expresses satisfaction with current medication regimen and therapy frequency. Interested in transitioning to monthly maintenance therapy sessions. Has successfully implemented workplace accommodations with positive outcome.

ASSESSMENT & RECOMMENDATIONS

Clinical Impression

Patient presents with symptoms consistent with Mild Major Depressive Disorder (F33.0), in partial remission. Current PHQ-9 score of 8 indicates mild depression. GAD-7 score of 6 indicates mild anxiety. Significant improvement noted since treatment initiation.

Treatment Recommendations

- Continue Escitalopram 10mg daily
- Transition to monthly therapy sessions
- Maintain current coping strategies
- Consider gradual return to full work responsibilities
- Continue social reintegration activities
- Maintain sleep hygiene practices

Safety Plan

No active safety concerns identified. Patient aware of crisis resources should symptoms worsen. Preventative self-care plan in place for stress management.

FOLLOW-UP PLAN

Next Appointment: 8 May, 2025 at 10:30 AM

Medication Review: At next appointment

PHQ-9/GAD-7 Reassessment: Monthly

Care Coordination: Routine update to PCP at patient's next physical

Electronically Signed:

Dr. Priya Malhotra, MD

Senior Consultant Psychiatrist

License #: DMC/R/12345

Digitally signed on 08/04/2025 11:32 AM IST

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