

MH-29845-DOC

MAX SUPER SPECIALITY HOSPITAL

Department of Psychiatry and Mental Health

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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 his scheduled follow-up appointment reporting continued difficulties with persistent low mood and anxiety symptoms. He describes a modest improvement in sleep quality but ongoing challenges with energy levels and concentration at work. His self-reported questionnaire data indicates moderate anxiety with fluctuating mood states. Patient denies current self-harm ideation but acknowledges occasional passive thoughts without intent or plan.

KEY MENTAL HEALTH PARAMETERS

MENTAL HEALTH INDICATORS

Parameter Mood Anxiety Sleep Quality

8/10

Energy Levels

7/10

## Score/ Rating

4/10

Moderate 5/10

3/10

## Clinical Notes

Patient reports consistent low mood, particularly in mornings

Frequent worry, at times mildly overwhelming

Improvement with medication, but still disrupted

Moderate daytime fatigue despite improved sleeping

Physical Symptoms Mild Concentration 4/10

## Self-Care

8/10 4/10

## Interests

7/10 3/10

## Intrusive Thoughts

1/10 3/10 Optimism

8/10 5/10

## Social Support

8/10 6/10

## Self-Harm Risk

None Passive

## ADDITIONAL CLINICAL DATA

Occasional headaches, muscle tension Difficulty sustaining focus on tasks

Minimal hygiene maintained. but diminished interest

Withdrawal from social activities, limited to family

Recurring worry about work performance Limited positive future outlook

Supportive family, limited extended

network

Occasional thoughts without intent or plan

Stress Factors:

Patient identifies workplace demands as primary stressor. Recent project deadline extensions and supervisory criticism have exacerbated symptom.

Financial concerns regarding potential medical leave also contributing

factor. Home environment is described as supportive but tense due to patient's condition.

Coping Strategies:

Patient reports inconsistent application of breathing exercises and guided meditation (2-3 times weekly).

Evening walks with family members (weather permitting). Has discontinued journaling practice previously established. Reports occasional use of alcohol to "wind down" in evenings.

Discussion About Professional Support:

Patient expresses willingness to continue medication regimen and is open to increasing therapy frequency from biweekly to weekly sessions. Has expressed interest in group therapy options but concerns about scheduling conflicts. Ambivalent about workplace accommodations due to stigma concerns.

## ASSESSMENT & RECOMMENDATIONS

Clinical Impression

Mild symptoms, patient is currently stable with good coping mechanisms.

Patient presents with symptoms consistent with Moderate Major Depressive Disorder (F33.1) with anxiety features. Current PHQ-9

4 (Minimal) score of 16 indicates moderate depression. GAD-7

2 (Minimal) score of 12 indicates moderate anxiety. Symptoms appear to be exacerbated by workplace stressors with inadequate coping mechanisms.

Treatment Recommendations

@ Continue Escitalopram 10mg daily, monitor for side effects

@ Increase therapy to weekly sessions, focusing on CBT techniques Consider workplace accommodations letter

Sleep hygiene reinforcement

@ Gradual reintroduction of social activities @ Alcohol use reduction plan

@ Possible referral to occupational therapy for workplace stress management

#### Safety Plan

Patient and family have reviewed crisis contact information. Patient agrees to contact clinic or crisis services if self-harm thoughts intensify. Support person aware of medication location and monitoring plan. Emergency contact numbers provided for 24/7 crisis helpline.

#### FOLLOW-UP PLAN

Next Appointment:

Medication Review: PHQ-9

4 (Minimal)/GAD-7

2 (Minimal)

Reassessment: Care Coordination:

Electronically Signed.'

Dr. Priya Malhotra, MD Senior Consultant Psychiatrist License #: DMC/R/12345

24 April, 2025 at 10:30 AM

15 May, 2025

At next visit

Communication with PCP requested regarding recent physical symptoms

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