

Patient Snapshot

[🔗 Test results](#)[📄 Download patient story](#)

Name: Albert Rudenko

Age: 15

Father: Kate Rudenko

Location: Lviv, Ukraine

Phone: +388 80 0000 023

Responsible Doctors:

[Dr. Julia Lane](#) - Psychiatrist

Anxiety Profile & Triggers

Completed

Symptom Profile

Generalized worry

Severe

School refusal

Severe

Somatic complaints

Moderate

Sleep difficulties

Moderate

Social anxiety

Mild

Common Triggers

School mornings

Tests/quizzes

Separation from mom

New situations

Loud noises

Key Observations:

Anxiety is generalized but peaks around school-related situations. Avoidance behaviors are maintaining the anxiety cycle. Parents have accommodated by allowing school avoidance, which may be reinforcing symptoms.

Functional Impairment

School Attendance:

60%

Social Activities:

30%

Family Functioning:

70%

Significant impact on mother's work attendance (missed 2 days/week)

Diagnostic Session History		
15 Apr	<div>Initial Assessment & Screening</div> <div>09:30 - 11:00</div> <div>Comprehensive intake evaluation with child and parents. Administered SCARED-41, CDI-2 and CBCL assessments. Child presented with significant anxiety symptoms and school avoidance.</div> <div>Complete</div> <div>Efficiency: 90%</div>	
22 Apr	<div>Follow-up Assessment</div> <div>14:00 - 15:00</div> <div>Collected additional history from parents regarding onset and progression of symptoms. Conducted detailed academic functioning interview. Confirmed significant anxiety symptoms.</div> <div>Complete</div> <div>Efficiency: 85%</div>	
29 Apr	<div>School Observation</div> <div>08:30 - 10:30</div> <div>Conducted school observation and met with teacher. Observed significant distress during transitions and separation from parent. Teacher reports frequent visits to nurse's office with somatic complaints.</div> <div>Complete</div> <div>Efficiency: 80%</div>	

Diagnostics

Lab Results

Medications

Treatment

Laboratory Results

Parameter	Result	Reference Values	Units	Date
Cortisol AM	28.3	6.2 - 19.4	µg/dL	05/01/2025
Vitamin D	18	30 - 100	ng/mL	05/01/2025
TSH	2.1	0.5 - 4.5	mIU/L	05/01/2025
CBC	Normal	-	-	05/01/2025
Comprehensive Metabolic Panel	Normal	-	-	05/01/2025
Hemoglobin A1C	5.2	4.0 - 5.6	%	05/01/2025

?

Interpretation: Elevated cortisol consistent with chronic stress response. Vitamin D deficiency may exacerbate mood symptoms. No abnormalities in thyroid function or blood count.

Cortisol Trend

Medication Plan

ActiveLast updated: 05/10/25

⚠ Child-Specific Considerations:

Sertraline is FDA-approved for pediatric OCD (ages 6+). Start low, go slow. Monitor for behavioral activation.

☰ Current Medication

Medication	Dose	Frequency	Start Date	Adherence
Sertraline (Zoloft) SSRI First-line for pediatric anxiety	25 mg <div>Initial</div>	Daily AM	05/08/25 <div>2 days</div>	<div>100%</div> Parent-administered

☑ Anxiety Symptoms Trend

Pre-treatment: **SCARED-41: 38**
After CBT (8 weeks): **SCARED-41: 28**
Target (12 weeks): **SCARED-41: ≤20**

☑ Side Effect Profile

Reported Side Effects:

Mild stomachache (day 1)

Slightly drowsy

Parents report child was slightly more tired on first day, but no nausea or behavioral changes.

Severity: Tolerance:

☑ Dosing Plan

☒

Week 1-2: 25 mg daily
Started 05/08/25

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Week 3-4: 50 mg daily
Begin 05/22/25

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Week 5+: 50-100 mg based on response
Begin 06/05/25