

**Name:** Aryaman

**Age:** 25 Years

**Gender:** Male

**Patient ID:** 103272687440

**Address:** Gurgaon, India , Gurgaon, Haryana

**Assessment Date:** 13-10-2024

## Complaints

Feeling Anxious, IBS , I Less than 1 year  
Fear of ill health I Less than 1 year  
Overthinking, disturbed sleep I Less than 6 months

## Provisional Diagnosis

Psychosis??

## Treatment History

Client is on medications since 2019..

## HOPi

Index client appeared in OpD he was lying on bed and he did not got up during the session according to him in morning he was feeling like 'ki mere pair mud rahe hain knees weak ho rahi hai' while complaining to mother he got really Anxious and unmanageable and he was given medicine forcefully. According to him he was on medications since 2019 and currently also he is on clonazepam. He was asking during session that he make faces while seeing dream and If it is okay or not. He was advised to take therapy and work on his anxiety

## Lab Test

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## Psychological test

Cbt

**Follow up Date |** No Follow Up

R<sub>x</sub>

## Suggestions

Need to take therapy for Anxiety and continue with medicines  
Emoneeds Relapse prevention programs

Vineeta Motiani  
(Psychologist)