**CLINICAL IDENTIFICATION FORM**

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| **Name**: Rodrigo dos Santos | **CPF**: 54896523172 |
| **Age**: 30 | **Gender**: Male |
| **Email**: joao@gmail.com | **Profession:** Civil Engineer |

**PSYCHOLOGICAL ANAMNESIS**

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| **Reason for consultation:** Anxiety and difficulty sleeping | **Medical history:** Gastritis |
| **Family history:** Mother with depression | |
| **Use of medication:** Pantoprazole | |
| **Habits:** Non-smoker, social alcohol use, exercises 2x/week | |
| **Expectations:** Reduce anxiety and improve sleep | |

**TREATMENT PROGRESS**

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| **Date:** 09/22/2024 | **Session:** First |
| **Report:** Anxious at work, difficulty sleeping. | |
| **Observations:** Signs of generalized anxiety. Suggested initiation of CBT (Cognitive Behavioral Therapy). | |