

Patient Information

Full Name: Humayun Aftab

Patient ID: 2418099d

Age: 23

Username: humayun_patient

Contact: +923318933448

Medical Information

Diagnosis

Primary Emotion

Schizophrenia

Happy

Therapy Plan

Challenge negative thoughts with weekly exercises and therapist support

Practice calming techniques like deep breathing and guided meditation

Session Summary

Therapist Notes:

You have been recovering well. There is no need to worry as long as you follow the therapy plan.