

Mental Health Case Report

Patient Information

Patient Name: Jane Doe

Age: 29

Gender: Female

Date of Evaluation: April 10, 2025

Clinician: Dr. Alex Morgan, Ph.D., Licensed Clinical Psychologist

Presenting Problem

Jane presented with complaints of persistent low mood, lack of motivation, and difficulty sleeping for the past six months. She reports feeling "emotionally numb" and increasingly isolated from friends and family.

History of Presenting Problem

Jane states the symptoms began following a breakup and intensified after being laid off from her job. She reports feelings of worthlessness, trouble concentrating, and recurring negative thoughts, though she denies any suicidal ideation or intent.

Mental Status Examination

- Appearance: Neatly dressed, appropriate hygiene
- Affect/Mood: Restricted affect, depressed mood
- Speech: Normal rate and volume
- Thought Content: No delusions or hallucinations
- Cognition: Alert, oriented x3 (person, place, time)
- Insight/Judgment: Fair

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Psychosocial History

- Family: Raised in a two-parent household, reports a supportive relationship with mother
- Education/Work: Bachelor's degree in marketing; previously employed full-time
- Substance Use: Occasional alcohol use, denies illicit drug use
- Trauma History: No known history of abuse or trauma

Diagnosis (DSM-5)

Major Depressive Disorder, Moderate (F33.1)

Treatment Plan

1. Cognitive Behavioral Therapy (CBT) - Weekly sessions for 12 weeks
2. Sleep Hygiene Training - Incorporate regular bedtime, reduce screen time
3. Behavioral Activation - Gradually increase daily pleasurable and goal-oriented activities
4. Medication Referral - Referred to psychiatrist for SSRI evaluation

Prognosis

Fair to good, based on motivation for treatment, insight into symptoms, and social support system.