

PSYCHOLOGICAL DIAGNOSTIC SUMMARY

Student: Soupernika

Date: 2025-02-27 20:12:36

Session ID: 20250227200520

****Diagnostic Summary:****

****1. Main concerns or issues presented:****

The student is experiencing bullying and teasing from classmates due to their height, leading to feelings of frustration, exhaustion, and overwhelm. The student is struggling to cope with the emotional impact of these experiences and is unsure of how to move forward.

****2. Mood and emotional state assessment:****

The student's mood and emotional state are characterized by feelings of sadness, frustration, and hopelessness. They appear to be struggling with low self-esteem and confidence, which may be exacerbated by the bullying and teasing. The student's emotional state is labile, with a tendency to feel overwhelmed and exhausted by their circumstances.

****3. Risk factors identified:****

The student is at risk for developing anxiety and depression due to the chronic stress and emotional distress caused by the bullying. They may also be at risk for social withdrawal and isolation, which could further exacerbate their emotional difficulties.

****4. Coping mechanisms observed:****

The student appears to be using avoidance and emotional suppression as coping mechanisms, which may be contributing to their feelings of overwhelm and exhaustion. They have not mentioned any adaptive coping strategies, such as problem-solving, seeking social support, or engaging in self-care activities.

****5. Recommended support strategies:****

To support the student's emotional well-being and resilience, the following strategies are recommended:

- * Individual counseling to address the emotional impact of bullying and develop adaptive coping strategies
- * Social support groups to connect with peers who have experienced similar challenges
- * Self-care activities, such as exercise, mindfulness, or creative pursuits, to enhance mood and overall well-being
- * Collaboration with teachers and school administrators to develop a plan to address the bullying and ensure a safe and supportive learning environment

****6. Urgency level:****

The urgency level for this student is ****Moderate****. While the student is not expressing immediate suicidal ideation or intent, they are experiencing significant emotional distress and are at risk for developing more severe mental health concerns if left unaddressed. Prompt intervention and support are necessary to help the student develop adaptive coping strategies and mitigate the negative effects of bullying.