

Patient Information
Name: Ritigya Gupta
Patient ID: KQTY7SRP50WK
Age: 20 Gender: Female
Health Conditions: Anxiety, Mild Depression

Lab & Report Details
Lab Name: Fortis Mental Wellness Center
Report Type: Mental Health Evaluation
Diagnosis: Generalized Anxiety Disorder
Reviewed By: Dr. Neha Kulkarni, Clinical Psychologist
Report Generated: 25 March 2024

Test Results

| Test Name | Score | Scale | Reference Range | |
|--------------------------|-------|-------|------------------------------|------|
| Interpretation | | | | |
| ----- | ----- | ----- | ----- | |
| GAD-7 (Anxiety Score) | 14 | 0-21 | 5-9 = mild, 10-14 = moderate | |
| Moderate Anxiety | | | | |
| PHQ-9 (Depression Score) | 10 | 0-27 | 5-9 = mild, 10-14 = moderate | Mild |
| Depression | | | | |
| Sleep Quality Index | 8.2 | 0-21 | < 5 = Good | Poor |
| Sleep Quality | | | | |

Doctor's Notes
Patient reports frequent worry, disturbed sleep, and low mood. Symptoms consistent with moderate anxiety and mild depression. Recommend weekly CBT sessions and sleep hygiene practices.

Health Progress Overview
Next follow-up scheduled in 4 weeks. Will reassess using GAD-7 & PHQ-9.

- Recommendations
- Start CBT (Cognitive Behavioral Therapy)
 - Limit screen time after 9 PM
 - Practice guided meditation daily
 - Use mood-tracking app
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