

PSYCHNOW INTAKE ASSESSMENT REPORT

Patient ID:	N/A
Assessment Date:	N/A
Patient Name:	Jaime Rodriguez
Risk Level:	MODERATE
Urgency:	ROUTINE

CHIEF COMPLAINT

Feeling depressed and anxious for the past 6 weeks following job stress and relationship difficulties

CLINICAL ASSESSMENT

Presenting Symptoms:

- Depressed mood for 6 weeks
- Anhedonia (loss of interest in activities)
- Sleep disturbance (initial insomnia)
- Appetite loss with 8lb weight loss
- Fatigue and low energy
- Difficulty concentrating
- Excessive worry about work and relationships
- Restlessness and irritability

Symptom Onset: Gradual onset 6 weeks ago following work promotion stress

Duration: 6 weeks

Severity: Moderate to severe

Impact on Functioning: Significant impairment in work performance and social relationships

Triggers/Precipitants:

- Work promotion with increased responsibilities
- Recent breakup with long-term partner

- Financial stress
- Isolation from friends due to work demands

Coping Strategies:

- Increased alcohol consumption (concerning)
- Avoidance of social situations
- Overworking to distract from feelings

DIFFERENTIAL DIAGNOSIS (Provider Review)

Major Depressive Disorder, Single Episode, Moderate (Probability: High)

Evidence: PHQ-9 score 15, meets 5+ criteria for 2+ weeks

Generalized Anxiety Disorder (Probability: Moderate)

Evidence: GAD-7 score 12, excessive worry about multiple areas

RISK ASSESSMENT

Suicide Risk: Low

Risk Factors: No current suicidal ideation, no plan or intent

Protective Factors: Strong family support, engaged in treatment

Self-Harm Risk: Low

Substance Use Risk: Moderate - increased alcohol use as coping mechanism

TREATMENT RECOMMENDATIONS

Immediate Interventions:

1. Psychiatric evaluation within 1-2 weeks
2. Safety planning and crisis resources
3. Reduce alcohol consumption

Psychotherapy Recommendations:

1. Cognitive Behavioral Therapy (CBT) - weekly sessions
2. Focus on cognitive restructuring and behavioral activation

Medication Considerations:

1. Consider SSRI (e.g., sertraline, escitalopram) for depression/anxiety

2. Start with low dose, titrate slowly

Follow-up Planning:

1. Psychiatric follow-up in 1-2 weeks
2. Therapy intake within 1 week

CLINICAL IMPRESSION

28-year-old individual presenting with moderately severe depression and moderate anxiety symptoms of 6-week duration. Symptoms appear to be reactive to recent life stressors including work promotion stress and relationship dissolution. Patient meets criteria for Major Depressive Episode and likely Generalized Anxiety Disorder. No current safety concerns identified.

PATIENT STATEMENTS

The following are direct quotes from the patient during the assessment:

- *"I've been feeling really down and hopeless lately"*
- *"I can't sleep and I've lost my appetite"*
- *"I've been drinking more wine at night to help me sleep"*
- *"I haven't had any thoughts of hurting myself"*

This is an AI-assisted intake summary for provider review. Final diagnosis and treatment plan to be determined by licensed clinician.

Generated by PsychNow on October 02, 2025 at 12:26 PM