

Clinical SOAP Note

Patient ID: unknown

Generated at: 2026-01-14T19:50:45.177999 UTC

Subjective

Chief Complaint: Patient reports feeling stressed and down lately.

History of Present Illness: Patient reports feeling stressed and down for the past couple of months, attributing these feelings to a challenging job market in Computer Science. They express hopelessness about securing a job or internship. The patient reports spending approximately 12 hours a day on coding practice (LeetCode) and feeling frustrated by a lack of opportunities. They also report coping with stress by consuming a lot of Celsius (caffeine), not sleeping, and not eating regularly. The patient stated they are 'getting really good at LeetCode' despite these self-care deficits.

Emotional State: Initially expressed feelings of being overwhelmed, down, frustrated, and hopeless. Towards the end of the session, the patient's affect appeared neutral, stating they would end the session to continue coding.

Objective

Observations: Patient reports engaging in intense, prolonged activity (12 hours/day on LeetCode). Reports significant self-care deficits including excessive caffeine intake, poor sleep, and inadequate eating. Patient chose to terminate the session, expressing intent to return to coding practice.

Risk Factors: Poor sleep hygiene, Inadequate nutrition, Excessive caffeine intake, Potential for burnout, Social isolation (implied by intense focus on solitary activity), Potential for worsening mental health due to lack of self-care

Assessment

Summary: Patient is experiencing significant emotional distress, including stress and hopelessness, related to career development challenges. They are demonstrating concerning maladaptive coping mechanisms, prioritizing intense skill development at the expense of fundamental self-care needs like sleep and nutrition. The patient's immediate desire to return to coding practice after reporting these concerns suggests a potential for hyperfocus or avoidance.

Differential Diagnosis: Adjustment Disorder with depressed mood, Generalized Anxiety Disorder, Major Depressive Disorder, Burnout, Insomnia, Eating Disorder (rule out)

Plan

Immediate Actions: Refer to a licensed mental health professional for a comprehensive evaluation of mood, anxiety, and coping strategies. Recommend immediate consultation with a primary care provider to address severe sleep and eating disturbances and excessive caffeine intake.

Recommendations: Encourage patient to prioritize basic self-care (adequate sleep, balanced nutrition, hydration). Explore alternative, healthier coping mechanisms for stress management. Discuss strategies for balancing career development efforts with personal well-being and setting boundaries around daily coding practice time.