

## CONFIDENTIAL

### MENTAL HEALTH EVALUATION

**Client Name:** Robert Maddison

**Date of Evaluation:** March 5, 2023

**Date of Birth:** June 25, 1985

**Date of Report:** March 06, 2023

**Age:** 37

**Tests Administered:** Beck Anxiety Inventory, Beck Depression Inventory-2 (BDI-2), Clinical Evaluation, Mental Status Examination (MSE), Spiritual Well-Being Scale & Psychiatric Diagnostic Screening Questionnaire (PDSQ)

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#### Client History

Robert Maddison is a 37 year old male who is attending therapy due to a decrease of daily activity. For instance, Robert has decline in various activities such as workplace performance and socialization with family members and friends. Robert is currently attending graduate school for engineering. Maddison has admitted that he has been strained on the account of his load from work and school. Mr. Maddison current works for the government. He has worked there for four years since the time he has graduated from college.

Client Robert Maddison mentioned that he has never gotten any form of mental health treatment, but as time proceeded, he admitted to attending therapy as a child. Madison stated that there has only been one incident where he has attended therapy in the past, it took place in his childhood at the age of twelve. He stated that his mother took him to a counselor because he had a difficult time getting acquainted with his peers from a new district.

Mr. Maddison has revealed that he has been having issues sleeping. Due to this he is not able to function in the mornings as normal. Recently he has found it difficult to get himself ready for work. He states that he doesn't have the energy to prepare himself for work. Maddison has confessed that he has called out four times in the past two weeks. In addition, he has not attended

classes for the past three weeks. Despite Madison not attending class, his professors allowed him to submit his assignments. However, Madison seemed worried about work and because his superior left him a message and he never responded. Robert states that he believes that his supervisor is leaving him a message to question his attendance and missing assignments in the past month.

### **Mental Status Examination**

Mr. Madison presented as very well dressed and mannered. Robert dressed in a casual manner. He wore a pair of jeans with a t-shirt and sneakers. He exhibited great hygiene. Nevertheless, his hair was not groomed properly, and it appeared as if he has not shaven in the days. Robert has also mentioned obliquely that due to his troubles he is unable to upkeep himself. As the examination proceeded Robert would constantly look away. He would not keep a steady eye contact. Madison seemed very anxious. He would continually look to the ground and constantly wipe his face. He also seemed a bit sluggish and sad as well. As he was being question, he was at the break of tears.

Madison showed he had a clear comprehension of the question that he was being asked. However, Madison spoke of not having the ability to finish his work. He is unable to focus and has to constantly read his notes due his affected memory. He stated verbatim that his mind would often “go blank.”

Robert was able to communicate very well. He had the ability to explain his symptoms and stressors precisely. He was able to exchange information profoundly. However, he would close his eyes during the assessment as he contemplated on his responses. There were moment were he would have a challenging time recollecting experiences at work, especially the amount of times he has been absent. There were moments during the assessment were Madison had a

delay in his response. However, there were moments in the interview where his response was immediate. Robert had the ability to do simple math equations. However, it seems that Mr. Roberts did it deliberately slow. He would correct himself if he made an error.

### **Presenting Symptoms**

Mr. Madison testified various symptoms during the assessment. As previously mentioned, Madison has shown signs of sadness and a loss of interest in his day to day routine. He has lost interest in his scholarly academic and career. While he is at work, he is unable to concentrate and constantly misses deadlines. His memory is fading.

Robert has also reported additional symptoms. He has complained about having a loss of appetite. He described it as a nervous stomach. Madison states that he can eat something light during diner time because he feels less nauseous. This has even cause weight loss. Mr. Robert has also shown a decline in his socialization. During the assessment he revealed text messages from family and friends to which he has not replied. He states that he has become uninterested in communicating with anyone. He states that he feels like he is pretending when trying to socialize and interact as if everything is well.

Robert has not been able to upkeep his home. He spoke of his parents coming to visit him because they were concerned. His mother had to do many of his chores. His mother had to come in a wash dishes that were piled in the sink for a couple of days. Robert became very emotional when speaking of his parents. During that time, he questioned the purpose of his life. Then Robert indirectly speaks on suicide. He also states that he cries every day lately.

Robert explains how he felt humiliated during an incident that happened in the previous month. Robert had a chance of gaining a promotion if he had successfully performed a demonstration before colleagues and supervisors. Robert became nervous and was unable to

present. Robert didn't believe he was well-informed on the subject matter given. He chose to cancel at the last minute. Now must been too embarrassed to confront his colleagues about this matter. Many colleagues have then questioned his performance. This has cause Robert to inquire his pursuit of pursuing his graduate's degree.

## **Test Results & Interpretation**

### ***Validity Statement***

Robert is capable of sustaining focus and responsiveness during an evaluation and assessment. He has the capability to comprehend and manage all content given to him. The assessment is considered valid. He is proficient enough to manage. He is emotionally alert and brisk.

### ***Beck Depression Inventory-II (BDI-II)***

Mr. Madison attained a score of 47 on the BDI-II. This implies that his symptoms of depression are in the extreme end anxiety. This concludes that Robert has extreme range of depression. The score for moderate anxiety is over 40.

### ***Beck Anxiety Inventory (BAI)***

Mr. Madison attained a score of 22 on the BAI, which reveals that he has a moderate range. A score in the range of 16 and 25 is suggesting moderate anxiety.

### **Psychiatric Diagnostic Screening Questionnaire (PDSQ)**

Results of the PDSQ suggested that Mr. Robert is diagnosed with Major Depressive Disorder scoring a 11 on the subscale. Mr. Roberts total raw score was 22 that corresponds to the T-Score of 43, specifying average symptoms.

### **Spiritual Well-Being Scale (SWB)**

Mr. Madison scored a 57 on the Spiritual Well-Being scale designating a "positive view of one's relationship with God". He scored an 24 on the Religious Well-Being subscale

signifying a moderate sense of religious well-being”. He scored a 29 representing a moderate level of life satisfaction and purpose.”

### **Diagnosis**

Mr. Madison meets diagnostic criteria for the following DSM 5 disorders:

(300.02) Generalized Anxiety Disorder

(296.23) Major Depressive Disorder, Severe

### **Treatment Recommendations**

Systematic Desensitization is a skill that would aid Robert in his journey to better. Systematic desensitization is based on concepts of classical conditioning, which is also a tool used in behavioral therapy. This is also a form of exposure therapy. During this process clients expose themselves to situations that cause anxiety to reduce anxiety. In this form of therapy clients learn how to overcome and cope with their *anxiety hierarchy*. The first thing the therapist does is to identify the fears of the client, then find what coping mechanisms are able to work for this client. Lastly go through the list of hierarchy and using the coping mechanisms to address each stressor. Self-management is another technique that can be used to help Robert. Robert gives the impression that his life is disorganized. Client has lost his ability to take care of himself due to low confidence and an increase of workload. Therefore, I believe this form of therapy is best for him. In Self-management the psychologist will use this technique to help client manage their own lives. Treatment in this form of therapy differs from other forms of therapy. Clients play a huge role in this form of therapy. The procedures gear to self-change and stresses on both participation and dedication. Self-management is used to teach people to cope with situations they can't control. This form of management also teaches clients to set realistic goals, how to interpret these goals for their intended behaviors and plan what needs to be put in place to create

change. The client then is held responsible to assure that these strategies come into fruition. This form of therapy encourages clients to form resolutions regarding behaviors they would like revision in.

## **Conclusion**

Mr. Madison is a 37 year old male that inquired about services due to his lack of interest in his daily activities. Roberts has recently been calling out of work frequently and constantly missing class (In his graduate program). He has also lost interest in socializing with his family friends and girlfriend. Client has recently failed to upkeep his assignments in the workplace and failed to partake in a presentation that could have landed him a promotion. Robert has since been displaying issues with his self-esteem and signs of suicidal ideation.

Roberts scored a 47 on the BSI-II. This signifies that he has an extreme range of depression. The score for moderate anxiety is over 40. Robert also took the BAI, his score of 22 unveiled that he had a moderate range of anxiety. Madison's score of an 11 on the PDSQ suggests a diagnosis of Major Depressive Disorder and Generalized Anxiety Disorder. Lastly Client Roberts Madison scored fairly well on the SWB indicates he has a good quality spirituality.

The clinical assessment indicates that that Mr. Roberts behaviors lead to two different diagnoses. They are Major Depressive Disorder and Generalized Anxiety Disorder. According to the information gathered it is recommended that various interventions Cognitive Behavioral Therapy (CBT) will be used to help Robert progress in the right direction. A psychiatric evaluation maybe needed in the near future.

Clinician Name and Credential

Signature.

Frances Moreau Ph.D., LMHC