

CONFIDENTIAL

MENTAL HEALTH EVALUATION

Client Name: Kehinde Dada
Date of Birth: April 18, 1971,
Age: 52

Date of Evaluation: April 21, 2023
Date of Report: April 23, 2023

Tests Administered: Beck Anxiety Inventory (BAI), Beck Depression Inventory-2 (BDI-2), Beck Hopelessness Scale (BHS), Clinical Evaluation, Mental Status Examination (MSE), Patient Health Questionnaire-9 (PHQ-9), Spiritual Well-Being Scale & Psychiatric

Client History

Kehinde Dada is a 57 year old Cis male who has come to therapy seeking treatment due to him feeling over worked and having issues in both school and work. He has also admitted to financial issues. Client is working full time as an elementary school specialist with a foster agency. In addition, Kehinde is also attending graduate school for Mental health counseling. The client admitted that as of last semester, he began to feel a lot of pressure from both work and school. He has also stated that finance has also caused him a little stress. Client has stated that various parts of the study coincided with his occupation. This has also been a subject that has caused a bit of tension.

Kehinde Dada was originally raised in a two parent home. He was born in Uch, Ibadan. However, He grew up in Eruwa. The client's parents got a divorce at the age of 7. His father had two jobs. His father worked as a baker and a transportation worker. The client's mother also worked; she owned her own business. Client has indicated that both his parents did not display any issues in health both in physical and mental. Mr. Dada Has admitted to having three siblings: client has two sisters and one brother.

Mr. Dada currently has a bachelor's degree in psychology. His past three jobs were visual artist, church administrator and a school specialist. Client is married and has three children, two girls and one boy. Kehindes' wife currently works as a civil servant.

Kehinde shared no traumatic experiences in the past. Client confessed that he does not use any alcohol, drugs or tobacco. Client has not been convicted of any crimes. He stated during the interview that he had no developmental issues as a child. However, the client has mentioned that his blood pressure has been high since the past semester.

Dada admits that he has many activities that he loves to engage in. They are bible teaching, counseling, and painting. Kehinde has admitted that these activities continue to amuse him, and he enjoys engaging in them.

Kehinde Dada stated during the interview that he has never received any form mental health treatment. This is his first time participating in talk therapy.

Mental Status Examination

Mr. Kehinde Dada was sharply dressed. Client was dressed in a three piece suit. He had on a button down shirt with a tie. Client also wore men dress shoes. Client demonstrated great hygiene. Client seems to recently had a hair and beard cut. Client states that he enjoys dressing up and loves looking his best. Client eye contact was constant and sturdy and did not show any signs of sorrow. Kehinde kept steady eye contact. As he was being questioned Dada displayed signs of burnout. Client repeatedly mentioned how balancing time between work and school became stressful and his finances are also very troublesome to him.

Dada appeared to have a clear understanding of the inquiries that he was being questioned. However, he seemed a bit overwhelmed when being questioned about balancing the

work from his occupation and institution. Kehinde was generally able to focus and his memory suitable. When questioned about his memory he admitted he had no issues.

Kehinde was able to give an explanation about his symptoms and stressors accurately. He could discuss his issues significantly.

Presenting Symptoms

Kehinde Dada attested to various symptoms during the assessment. As mentioned above Kehinde has shown signs of stress regarding school, work and finances. He continues to excel in all areas. However, Dada has confessed to thinking negative thoughts when stress arises. For example, Kehinde often believes that he is incapable of juggling all the tasks together. He often thinks that he may fail an assignment or run late on the assignments due to the constant demands that he is required to fulfill.

Kehinde confessed that he started feeling this pressure in the beginning of the last semester. Although he may have these thoughts, those thoughts never come into fruition. However, that doesn't stop Dada from revisiting these same negative thoughts as he begins new assignments. Every time he is assigned a new project he is faced with a burden. Kehinde reports that he doesn't have any issues socializing or engaging in activities that he has previously enjoyed. Kehinde has maintained his weight and his appetite has remained the same.

Dada states that he is still able to do some chores in the home, but due to his stress his children and wife assist him in managing the chores as much as possible.

Test Results & Interpretation

Validity Statement

Kehinde Dada is qualified to maintain attention and responsiveness during an evaluation and assessment. He can understand and cope with all content presented to him. The assessment is deemed valid. He is competent enough to operate. He is expressively aware and sharp.

Beck Depression Inventory-II (BDI-II)

Mr. Dada attained a score of 4 on the BDI-II. This implies that his symptoms of depression are normal. This concludes that Kehinde ups and downs are normal. The score from the range of 1-10 is not considered to be harmful.

Beck Anxiety Inventory (BAI)

Mr. Dada attained a score of 6 on the BAI, which reveals that he has a minimal range. A score in the range of 0 and 7 suggests minimal anxiety.

Beck Hopelessness Scale (BHS)

Results of the (BHS) has a score of a 7 on the (BHS). This displays that Dada scored mildly on the hopelessness scale. A score in the range of 4-8 is considered mild hopelessness.

Patient Health Questionnaire-9 (PHQ-9)

Mr. Dada had a score of 0. This confirmed that Kehinde has no issues with depression.

Spiritual Well-Being Scale (SWB)

Mr. Dada scored a 70 on the Spiritual Well-Being scale designating a “moderate sense of religious well-being. He scored a 58 on the Religious Well-Being subscale signifying a moderate

sense of religious well-being”. He scored a 40 representing a moderate level of life satisfaction and purpose.”

Diagnosis

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

(300.02) (F41.1) Generalized Anxiety Disorder

Treatment Recommendations

Cognitive behavioral therapy (CBT) is a suggested form of therapy that can be used for Mr. Kehinde. Cognitive behavioral therapy is talking therapy. It is used to help patients manage their problems by changing the way they think and behave. Although Kehinde Dada has mild case of anxiety it can be used towards that. (CBT) is based on the concept that thoughts, feelings and actions are all connected. Negative thoughts and feelings can confine you in a negative cycle. The purpose of CBT is to help patients manage their overwhelming issues in a positive manner. (CBT) is used to break down your thoughts and problems into smaller portions. In this manner the client is shown to change negative patterns to improve how they feel. Since the client is feeling pressure and has admitted struggling with thoughts of defeat. This form of therapy is the best to use.

Conclusion

Mr. Dada is a 57 year old male that inquired about services due to his stress between his work and his education. Kehinde does not show any warning signs other than this. Client continues to socialize with family, friends, and peers in the same manner. However, the client shows signs of burnout. His performance at work and school continues to be upstanding, Nevertheless, Kehinde displays signs of stress when upkeeping the two.

Kehinde Dada scored a 4 on the BSI-II. This signifies that he has a normal range of depression. The score for normal depression ranges from 1-10. Dad also took the BAI, his score of 6 unveiled that he had a minimal range of anxiety. Madison's score of 0 on the PHQ-9 confirms that Kehinde does not have depression. Kehinde also took the BHS. There he scored a 7. This displays he has a mild case of hopelessness. Lastly Client Dada scored 70 on the Spiritual Well-Being Score, that indicates he has a moderate sense of religious well-being. In the religious well-being client scored a 58, which indicates moderates' sense of religious well-being. In the Existential well-being client scored a 40, which indicates a moderate level of life satisfaction and purpose.

The clinical assessment indicates that that Mr. Kehinde Dada behaviors lead to one diagnosis. It is Generalized Anxiety Disorder. According to the information gathered it is recommended that various interventions Cognitive Behavioral Therapy (CBT) will be used to help Kehinde progress in the right direction. A psychiatric evaluation may be needed soon.

Final Opinion

Client is experiencing burnout. Currently there is not a diagnosis associated with that in the DSM. However, I made my conclusion according to the closest and repetitive signs that I have observed. Client is experiencing low amounts of stress and anxiety according to the evaluations He has filled out. Client is very spiritual and has shown that they have a great spiritual relationship with their God.

Clinician Name and Credential

Signature.

Frances Moreau Ph.D., LMHC