

Peer Assessment Measures

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GCN 602.NZ (Hybrid) Measurement and Assessment

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**CONFIDENTIAL****MENTAL HEALTH EVALUATION****Client Name:** Daylyn BP(F)**Date of Evaluation:** April 11, 2023**Date of Birth:** December 25, 1968**Date of Report:** April 16 , 2023**Age:** 55

**Tests Administered:** Clinical Evaluation, Beck Anxiety Inventory, Alcohol Use Disorders Identification Test (AUDIT), Patient Health Questionnaire (PHQ-9), Spiritual Well-Being Scale (SWB) & Psychiatric Diagnostic Screening Questionnaire (PDSQ)

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**Client History**

Daylyn is a 55-year-old female who presented to the Mental Health Counseling Center. Daylyn worked as a Business owner for “a long time” and for approximately 1 year, worked as a nanny for a part-time job. Ms. Daylyn indicated on the intake form and verbally shared during the first session that she had a serious medical procedure, a C-section, in 2011. She experienced various complications following the procedure such as a weakened immune system. She also mentioned that she has 5 children: Christopher,31; Jonathan,26; Daniel, 20; Alexis, 19; Sunny, 11. Her other children have left home, but Sunny currently lives with her. She has been in a romantic relationship for the past 11 years. Her romantic relationship duration is 11 years and she describes it as healthy and reciprocal.

## **Presenting Symptoms**

According to the intake form and the first session, from Monday to Thursday, Daylyn consumes a (glass of wine) alcohol, and from Friday to Saturday, she consumes 5-10 (glasses of wine) alcohol per day. During the first session, She explained her father's image using one word, she said that "Anger". She described her father as someone who was nice and kind. However, she indicated that he became angry when he drank. Her mother would protect Daylyn when her father drank by bringing her to another room. According to the intake form, her father is an alcoholic and her mother has a narcissistic personality disorder and antisocial personality disorder. She had recently felt sadness, anxiety, and loss with grief. Her performance has also could not concentrate and was easily distracted during work. Even though she worked as a nanny job one time during the week but she said that I was afraid to lose my Job. Her expression of loss is not for the person but also Job.

## **Test Results & Interpretation**

### ***Validity Statement***

Ms. Daylyn. was able to sustain attention and concentration throughout the evaluation and assessment process and appeared to understand the contents of the assessment measures administered to her. All results are considered a valid assessment of her present emotional functioning.

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

Item 20 is a question about three primary scores you can obtain from the Spiritual Well-Being Scale: Spiritual Well-Being(SWB), Religious Well-Being(RWB), and Existential

Well-Being(EWB). Ms. Daylyn obtained a score of 56 on the SWB, the Religious Well-Being Score(RWB) is 32 score, and the Existential Well-Being Score(EWB) is 34 score. She obtained a score of 56 Spiritual Well-Being Scale(SWB): A score in the range of 41 – 99 reflects a sense of moderate spiritual well-being. the Religious Well-Being Score(RWB) is 32 score in odd-numbered items 1, 3, 5, 7, 9, 11, 13, 15, 17, and 19: A score in the range of 21 – 49 reflects a moderate sense of religious well-being. To Obtain the Existential Well-Being Score(EWB) is 34 score in even-numbered items 2, 4, 6, 8, 10, 12, 14, 16, 18, and 20: A score in the range of 21 – 49 suggests a moderate level of life satisfaction and purpose. She marked all the answers, but did not answer question 8, "I feel very fulfilled and satisfied with life."

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

Ms.Daylyn. obtained a score of 7 on the BAI, which indicates that he endorsed symptoms of anxiety on the lower end of the moderate range.The score range is 0–63. A score between 0 and 7 is considered a minimal range.

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

Results of the PDSQ indicated that Ms.Daylyn. endorsed items that correspond with the diagnoses of Social Phobia scoring a 9 on the subscale and exceeding the cut off and scored an 5 scored an Agoraphobia, and scored an 4 the Panic Disorder & Alcohol Abuse/Dependence subscale and exceeded the cut off. Ms.Daylyn's total raw score was 33 which corresponds to a T-Score of 48, indicating "average" symptoms.

### **Patient Health Questionnaire (PHQ-9)**

Ms. Daylyn obtained a score of 9 on the PHQ-9, which indicates that she endorsed symptoms of Mild depression. She gave a score of 3 on question 3, "trouble falling or staying asleep or sleeping too much" and said she was experiencing it almost every day.

### **Alcohol Use Disorders Identification Test (AUDIT)**

Ms. Daylyn obtained a score of 12 on the AUDIT, which indicates that she endorsed symptoms of harmful drinking behavior.

### **Diagnosis**

Ms. Daylyn meets diagnostic criteria for the following DSM 5 & DSM 5 TR disorders:

(F10.10) Alcohol Use Disorder, Mild

(300.23/F40.10) Social Anxiety Disorder (Social Phobia)

(300.22/F40.00) Agoraphobia

(296.22/F.32.0) Major Depressive Disorder, Mild, Single Episode

### **Treatment Recommendations**

Ms. Daylyn would benefit from receiving Group therapy which is Alcoholics Anonymous (AA), often known as psychotherapy, which entails discussions with a mental health expert. Support groups such as Alcoholics Anonymous (AA) or SMART Recovery can provide clients with a supportive community of peers who are also in recovery. In addition to providing emotional support, these groups can also offer practical tips for managing cravings and avoiding relapse. Your therapist assists you in recognizing unhelpful feelings, attitudes, and actions and changing

them. Also, Psychotherapy is an essential component of treatment for both alcohol-related disorders and depression. Cognitive-behavioral therapy (CBT) is a widely used approach that can help clients learn new coping skills and challenge negative thought patterns. Other forms of therapy, such as dialectical behavior therapy (DBT), may also be helpful in addressing both conditions. Last is Making lifestyle changes such as eating a healthy diet, getting regular exercise, and getting enough sleep can also be helpful in managing both alcohol-related disorders and depression. It's important to note that treatment for alcohol-related disorders and depression is highly individualized and may require a combination of different approaches.

### **Conclusion**

Ms. Daylyn is a 55-year-old female who presented to the Mental Health Counseling Center. She presents with symptoms of sadness and anxiety, which began after her loss of the nanny job around 3 months ago. Ms. Daylyn has displayed deficits in social and occupational functioning and mentioned cannot be concentrated and is easily distracted, and is grieved about the lost job and change in income. She said after losing her nanny job, she was drinking more than before and she used to like small crafting and learning new things. However, when comparing drinking alcohol to a hobby, she told me that she will choose to drink. Also, she told me did not take any medication and that she feels support from a family member which is her sister, husband, and daughter. Results of the Spiritual Well-Being Scale (SWB) She obtained a sense of moderate spiritual well-being. However, She marked all the answers, but did not answer question 8, "I feel very fulfilled and satisfied with life." Results of the BAI she endorsed symptoms of anxiety in the lower of the moderate range which is mild or unable to relax and mild fear of the worst happening. Results of the PHQ-9 indicate that she endorsed symptoms of Mild depression, and was experiencing it almost every day for "trouble falling or staying asleep or sleeping too much".

Results of the AUDIT indicate that she endorsed symptoms of harmful drinking behavior. Ms. Daylyn. endorsed items on the PDSQ indicative of a diagnosis of Social Anxiety Disorder (Social Phobia), Agoraphobia, Panic Attack, Alcohol Abuse/Dependence, and Major Depressive Disorder. According to the clinical evaluation, behavioral observations of Ms. Daylyn., and the results of the tests administered, Ms. Daylyn. meets the diagnostic criteria for Social Anxiety Disorder and Major Depressive Disorder, Moderate, Single Episode. It is recommended that she receive psychotherapy, applying CBT interventions with Support Group Counseling (AA) to address her symptoms.

Clinician Name and Credential Signature.

Mina Yoon

A handwritten signature in black ink, appearing to read 'Mina Yoon', written in a cursive style.

References

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>

*Find A.A. near you (world)*. Alcoholics Anonymous. (n.d.). Retrieved April 25, 2023, from <https://www.aa.org/find-aa/world?cc=US>