

**Assessment Write Up for Kehinde Dada**

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## **Assessment Write Up for Kehinde Dada**

### ***Reason for the Assessment:***

Kehinde Dada is a self-referred male. He is requesting therapy due to feeling overwhelmed with school and work. In addition, the client also expressed having financial hardship. Dada states they have a lot of negative thoughts while engaging in school and work assignments. The client often has negative thoughts about being unable to complete the projects. Kehinde has also admitted that he needs help balancing the two and sometimes worry about whether he can do the two's assignments.

### ***Description of the Client:***

Dada reported no history of mental illness; he has never had mental health intervention. Kehinde stated that there were no serious medical procedures done in his lifetime. The client has also reported his parents displayed no signs of health issues, both mental and physical. The only health concern that the client has admitted to is high blood pressure. The client has stated that he has seen a change since the last semester. The client's blood pressure has now escalated since the previous semester. He noted that it escalated around the same time as he began feeling overwhelmed between work and school.

### ***Background Information:***

The client showed no extreme anxiety, depression, or hopelessness. As mentioned above client showed signs of stress and burnout. The client only seemed overwhelmed by the situation of balancing work and school. He also said he was having issues with finance. No signs of emotional, behavioral, or intellectual consideration contributed to this assessment other than the reasons mentioned. The client's behavior was majorly positive. The only behavior change is

when he says his stressors and he begin rubbing his hands. The client could communicate effectively, and he gave direct eye contact and could answer all questions.

### ***Evaluation Method:***

The following evaluations were administered:

**Beck Anxiety Inventory (BAI) measures** common anxiety symptoms like fear, nervousness, and sweating. The assessed individual is asked to rate how much they have experienced each sign over the past week.

**Beck Depression Inventory-2 (BDI-2) assesses** depression symptoms, such as sadness, loss of pleasure, and guilt.

**Beck Hopelessness Scale (BHS)** is commonly used in clinical and research settings to assess hopelessness and identify individuals at risk for suicide.

**Patient Health Questionnaire-9 (PHQ-9)** helps measure the severity of depression symptoms in adults.

**The Spiritual Well-Being Scale (SWB)** measures spiritual and existential well-being. Religious well-being measures an individual's perceived relationship with a higher power and their sense of meaning and purpose in life. The existential well-being component measures an individual's sense of connection to a more significant reality and their ability to find meaning and purpose in life

### ***Behavioral Observation:***

Mr. Kehinde did not express any extreme behaviors. As previously mentioned client's body language only changed once during the intake. Kehinde behavior slightly changed when the topic of his stressors arose. Other than that client was calm and collected. The client was coherent and able to express himself. The client was able to answer all questions that were given to him. The client comprehended all queries and communicated with the therapist.

### ***Results Summary and Interpretation:***

Mr. Dada attained a score of 4 on the BDI-II. This implies that his symptoms of depression are typical, concluding that Kehinde's ups and downs are regular. A score in the range of 1-10 is not considered to be harmful. Mr. Dada scored six on the BAI, which reveals that he has a minimal degree. A score in the range of 0 and 7 suggests minimal anxiety. The results of the (BHS) have a score of 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. Mr. Dada had a score of 0. This confirmed that Kehinde has no issues with depression. 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."

### ***Recommendations and Summary:***

The client will be advised to continue to be seen for additional observation. The client will continue to be treated with the Cognitive Behavior Therapy (CBT) techniques. In this way, he can work on the negative thinking.

This form of therapy is fitting due to the various issues that were brought up during the sessions. As mentioned, a client came into treatment for feeling overwhelmed between work and school. The client has also reported feeling stressed due to finances. Due to this client was tested for anxiety. When anxiety is involved, it is also good to check for depression. Depression is also associated with hopelessness. Therefore, the client was tested for all three to rule out other diagnoses.

The client did not display any severe behavior. However, when the client expressed his stress from work and school, he showed signs of anxiety by holding his hands tightly. Nevertheless, the client scored low on all evaluations. In the Beck Depression, Kehinde scored a 4. This exam expressed that he that the depression he was witnessing was normal. With the PHQ-9, Dada scored a 0. In the Becks Anxiety Inventory, Kehinde scores a six, which is minimal anxiety. This shows that his depression and anxiety are minimal.

### ***Personal Reflection:***

As a therapist, I felt a heavy responsibility to develop a resolution for my client. To correctly assess the client and assist the client in their needs. Many clients are misdiagnosed, and I wanted to ensure this client was not. As the client describes his issues, I consider what he is explaining to me, his problems, and things that usually coincide with the issues he was enduring.

That is why I gave the client two depression evaluations. The client was given a hopelessness evaluation because of the thoughts he shared. The client expressed feelings of inadequacy when assigned work or school tasks. The primary test given was the anxiety model and the pressure he felt while balancing the two studies. Not only that client brought up issues of finance.

### ***Final Opinion***

The client is experiencing burnout. Presently, there is no diagnosis associated with that in the DSM. However, I concluded according to the closest and most repetitive signs I observed. The client is experiencing low amounts of stress and anxiety, according to the evaluations He has filled out. The client is very spiritual and has shown a tremendous spiritual relationship with their God.