

CONFIDENTIAL
MENTAL HEALTH EVALUATION

Client Name: Mina Yoon

Date of Evaluation: March 16 2023

Date of Birth: June 16, 1985

Date of Report: March 17, 2023

Age: 38

Tests Administered: Clinical Evaluation, Beak's Hopelessness Scale, Beck Anxiety Inventory, and Spiritual Well-Being Scale

Client History:

Mina Yoon is a self-referred 38-year-old Korean female. Ms. Y. is a full-time exchange student and reported working three hourly/part-time jobs, medical administration, Construction Accounting, and Media at the Church office for the past three years. The client reported feeling anxious since leaving her country of origin four years ago. Mina's parents are both living and retired; her mother (Homemaker/Pastor) and Father (Public Official) live in Korea. Ms. Y lives with her only sister, who is 12 years her senior. She timidly expressed that her sister treats her as if she were her mother. She reported being single and not involved in a romantic relationship or having friends outside of church acquaintances. She expressed fiction differently from learning the English language, which is an obstacle to expressing herself in educational and social environments.

During her first session, Ms. Y. felt anxious about her migratory status after completing her degree. She reported having trouble sleeping for the last three months since she realized she was starting practicum. The client denied a history of receiving mental health treatment and denied having any medical conditions. She stated that she is pursuing psychotherapy to manage her stressors, episodes of lack of sleep, constant worrying, and anxiety symptoms.

Mental Status Examination:

The client was dressed in casual attire for the evaluation. She was appropriately groomed and exhibited good hygiene. She was able to maintain appropriate eye contact throughout the evaluation. She expressed a reactive affect, and her mood was congruent as she discussed her history. Ms. Y.'s temperament would become anxious during parts of the interview. Her speech was shallow and slow in rate and tone; however, she admitted feeling nervous and worried about the evaluation at the beginning of the assessment. Clients' awareness and engagement were satisfactory. She was able to recollect events from current and past events. Ms. Y provided all the essential background details and symptoms. Ms. Y's insight, judgment, and impulse control were good. She denied current suicidal and homicidal ideation. Her thinking process was coherent, and her thought function was rational. No manifestation indicative of psychosis was observed.

Presenting Symptoms:

Ms. Y. conveyed that her symptoms of anxiousness, and depressed mood, include sadness and trouble concentrating. She has been having trouble sleeping due to racing thoughts. The client indicated that these symptoms began shortly after leaving her country; however, they increased approximately the onset of severe anxiety symptoms began mid-way through the current school semester. The client reported seeing her primary care provider for sleeping disturbance however was not diagnosed with any medical condition. Ms. Y. expressed needing to catch up on essential school work, causing her to question if she can complete the program. She further described worries constantly throughout the day, mostly about her future, financial stability, and immigration difficulties.

Validity Statement:

The Beck Hopelessness Scale, Beck Anxiety Inventory, and Spiritual Well-Being Scale results suggest that Ms. Y is experiencing medium levels of hopelessness, anxiety, and spiritual well-being. Ms. G.Y was able to maintain engagement and attention throughout the evaluation. Overall she seemed to understand the scope of the assessment criteria administered. All outcomes are reflective of her present emotional functioning.

Test Results & Interpretation**Beck Hopelessness Scale (BHS):**

The client scored a ten on the Beck Hopelessness Scale (BHS), considered moderate hopelessness (9-14). This score range indicates that the individual is experiencing significant feelings of hopelessness, which may affect their mental health and quality of life. The client's score indicates feelings expressed regarding her anxiety about her future life outcomes and events. She is discouraged about their future and may feel things are unlikely to improve and has difficulty imagining a positive future for themselves.

Beck Anxiety Inventory (BAI):

Ms. Y self-report BAI scored was an 18, this indicates that the individual is experiencing moderate anxiety. Which matches the of anxiety symptoms, such as fear, worry, and physiological symptoms.

Spiritual Well-Being Scale (SWB):

The client's overall scale score was 96; 41 – 99 reflects a sense of moderate spiritual well-being.

Religious Well-Being Score was 52, echoes a positive view of one's relationship with God. Her

Existential Well-Being Score was 44, which suggests a moderate level of life satisfaction and purpose.

Diagnosis:

Ms. Y. meets diagnostic criteria for the following DSM 5 disorder:

(300.02) Generalized Anxiety Disorder

Based on the information provided, Ms. Y's symptoms appear to be consistent with a diagnosis of Generalized Anxiety Disorder (GAD). This diagnosis is supported by her reported symptoms of constant worry, trouble sleeping, and difficulty concentrating, as well as her moderate score on the Beck Anxiety Inventory.

Treatment Recommendations:

In collaboration with Ms. Y, a personalized treatment plan will be developed, addressing her symptoms of GAD. Treatment may include a combination of psychotherapy, such as Cognitive Behavioral Therapy (CBT), and possible referral to a provider for and medication needs assessment. Additionally, further explorations of strategies to improve Ms. Y's social support network, such as helping her build connections with peers in her program or in the broader community. Finally, given Ms. Y's moderate score on the Beck Hopelessness Scale, it may be important to assess for potential suicidal ideation and take appropriate action if necessary.

Conclusion

Ms. Y, a self-referred 38-year-old Korean female, is experiencing symptoms consistent with Generalized Anxiety Disorder (GAD), including persistent worry, trouble sleeping, and difficulty concentrating. Her symptoms have been present since leaving her country four years ago but have worsened recently due to school and migratory stressors. She scored moderate levels of hopelessness, anxiety, and spiritual well-being on the assessment tools administered. A personalized treatment plan will be developed, which may include a combination of

psychotherapy, such as Cognitive Behavioral Therapy (CBT), and possible referral for medication needs assessment. Strategies to improve her social support network will also be explored. Given her moderate score on the Beck Hopelessness Scale, potential suicidal ideation will be assessed, and appropriate action will be taken if necessary.

Daylyn Bhavsar-Padilla MHC-T

Clinician Name and Credential

Daylyn Bhavsar-Padilla

Signature