

# Clinical Psychological Assessment Report

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## **Client Information:**

Name: John Doe

Age: 25

Gender: Male

Date of Evaluation: [Date]

Evaluator: [Your Name], Clinical Psychologist

Referral Source: [Referral Source, if applicable]

## **Presenting Concerns:**

John Doe was referred for a psychological assessment due to concerns regarding persistent anxiety, difficulty concentrating, and intermittent periods of intense sadness. These symptoms have reportedly impacted his occupational performance and interpersonal relationships.

## **Assessment Methods:**

The evaluation consisted of a clinical interview, standardized psychological tests (including the Beck Anxiety Inventory, Beck Depression Inventory, and Minnesota Multiphasic Personality Inventory-2), and behavioral observations.

## **Background Information:**

Briefly detail any relevant historical, educational, or social background information provided by the client or available from records that might be pertinent to the current psychological assessment.

## **Behavioral Observations:**

During the assessment sessions, John appeared neatly dressed and was cooperative,

though he exhibited signs of nervousness, such as fidgeting and avoiding eye contact. He was articulate in describing his experiences, and his speech was coherent and goal-directed.

### **Test Results:**

- Beck Anxiety Inventory: John scored a 28, indicating moderate to severe anxiety.
- Beck Depression Inventory: A score of 21 suggests moderate depression.
- Minnesota Multiphasic Personality Inventory-2: Results highlight elevated scales in depression, anxiety, and social isolation.

### **Clinical Impressions:**

John's self-reported symptoms, coupled with his scores on psychological measures, suggest a diagnosis of Major Depressive Disorder with comorbid Generalized Anxiety Disorder. His difficulty in concentrating and persistent worry appear to significantly impair his daily functioning.

### **Recommendations:**

**Psychotherapy:** Initiate cognitive-behavioral therapy to address symptoms of depression and anxiety, focusing on cognitive restructuring and anxiety management strategies.

**Psychiatric Consultation:** Recommend a consultation with a psychiatrist to evaluate the need for pharmacotherapy.

**Lifestyle Modifications:** Encourage regular physical activity, a healthy diet, and adequate sleep to improve overall mental health.

**Follow-up Assessment:** Schedule a follow-up assessment in three months to evaluate progress and adjust treatment plans as necessary.

### **Conclusion:**

This assessment provides a snapshot of John's current psychological functioning. It is recommended that the outlined treatment strategies be initiated to address his

symptoms of depression and anxiety. Continuous monitoring and adjustments to the treatment plan will be essential to his recovery process.