

# Psychological Report Sample

## Depression

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### Client Information:

**Name:** Alex Johnson

**Date of Birth:** MM/DD/YYYY

**Age:** 30

**Gender:** Male

**Date of Evaluation:** MM/DD/YYYY

**Evaluator:** Dr. Emily Clarke, Clinical Psychologist

### Referral Reason:

Alex was referred for psychological evaluation due to persistent feelings of sadness, lack of energy, and difficulty concentrating, which have been impacting his daily functioning and quality of life.

### Background Information:

Alex is a 30-year-old male who has been experiencing a significant decline in mood over the past six months. He reports a loss of interest in previously enjoyed activities, increased sleep disturbances, and feelings of worthlessness. Alex has a history of depression in his family and mentions a stressful work environment as a contributing factor to his current state.

### Assessment Methods:

- Clinical Interview
- Beck Depression Inventory (BDI-II)
- Hamilton Depression Rating Scale (HDRS)

- Observations during the evaluation

**Behavioral Observations:**

Alex appeared neatly dressed but looked tired. He made minimal eye contact and spoke in a low, monotone voice. His responses were coherent but required prompts for elaboration. Alex showed signs of psychomotor retardation.

**Clinical Findings:**

Beck Depression Inventory (BDI-II): Alex scored a 35, indicating severe depression. He endorsed items related to pessimism, feelings of failure, and dissatisfaction with life.

**Hamilton Depression Rating Scale (HDRS):** Alex's score of 24 suggests a moderate to severe level of depression, with significant symptoms such as weight loss, sleep disturbance, and psychomotor agitation being reported.

**Diagnosis:**

Based on the DSM-5 criteria and the findings from the assessment, Alex meets the criteria for Major Depressive Disorder, Single Episode, Severe Without Psychotic Features.

**Treatment Recommendations:**

**Psychotherapy:** Initiating Cognitive Behavioral Therapy (CBT) to address negative thought patterns, improve mood, and develop coping strategies for stress management.

**Medication:** A referral to a psychiatrist for evaluation and consideration of antidepressant medication may be beneficial in conjunction with psychotherapy.

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

**Support System:** Engage family and friends in Alex's treatment process for additional support and to facilitate a supportive environment.

**Conclusion:**

Alex is currently experiencing severe depression, significantly impacting his daily life. A combination of psychotherapy, potential pharmacotherapy, and lifestyle changes are recommended for the treatment of his depression. It is crucial to monitor Alex's progress closely and adjust the treatment plan as necessary to ensure the most effective care and support.

**Confidentiality Notice:**

This psychological evaluation report is confidential and intended solely for the use of the individual or entity to whom it is addressed. Unauthorized use, disclosure, or duplication is prohibited.

**Evaluator's Signature:**

Dr. Emily Clarke, Clinical Psychologist

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