Adjustment Disorder Assessment and Treatment Plan

Patient Information
Name: Emily Thompson
Date of Birth: 03/15/1987
Patient ID: 452018
Date of Assessment: 10/05/2024
Referring Clinician: Dr. Susan Lee
Assessment Information
Reason for Referral: Experiencing significant emotional distress following a recent divorce.
Duration of Symptoms: 2 months since the life event.
Recent Life Changes/Stressors: Divorce finalized two months ago.
Current Symptoms:
☑ Emotional Distress (e.g., sadness, hopelessness)
☑ Anxiety (e.g., nervousness, worry)
☑ Behavioral Changes (e.g., avoidance, aggression)
☑ Physical Complaints (e.g., headaches, stomachaches)
Impact on Functioning
Social: Withdrawal from social activities and support networks.
Occupational: Decreased productivity at work, arriving late.
Educational: N/A
Other Areas: Struggling with daily routines and self-care.
Diagnostic Criteria (Based on DSM-5/ICD-10)
1. Emotional or behavioral symptoms in response to an identifiable stressor(s) occurring within 3 months of the stressor.
2. Symptoms are clinically significant as evidenced by one or both of the following:
a. Marked distress that is out of proportion to the severity or intensity of the stressor.
b. Significant impairment in social, occupational, or other important areas of functioning.
3. The stress-related disturbance does not meet the criteria for another mental disorder and is not merely an exacerbation of a preexisting condition.

4. Symptoms do not represent normal bereavement.

5. Once the stressor or its consequences have terminated, the symptoms do not persist for more than an additional 6 months.

Clinical Observations

Mental Status Exam:

Appears well-groomed but visibly anxious.

Emotional Response:

Fluctuates between sadness and irritability.

Behavioral Observations:

Limited eye contact, fidgeting.

Assessment Tools Used

- [x] Clinical Interview
- [x] Questionnaires/Scales

Specify: Beck Depression Inventory, Generalized Anxiety Disorder 7-item (GAD-7) scale.

- [ ] Other Assessments

Specify:

Diagnosis

Primary Diagnosis: Adjustment Disorder (specify subtype):

Adjustment Disorder with mixed anxiety and depressed mood.

Secondary Diagnoses (if any):

Treatment Plan
Goals
a. Reduce symptoms of anxiety and depression.
b. Improve social and occupational functioning.
Interventions
1. Psychotherapy:
a. Type (e.g., CBT, supportive therapy): Cognitive Behavioral Therapy (CBT)
b. Frequency: Weekly sessions for 3 months
2. Medication (if indicated):
a. Name: N/A
b. Dosage: N/A
c. Duration: N/A
3. Lifestyle Modifications:
a. Stress Management Techniques:
Daily mindfulness meditation.
b. Physical Activity Recommendations:
Engage in 30 minutes of moderate exercise, 5 days a week.
Supportive Measures
1.Social Support Enhancement:
Encouraged to reconnect with close friends and consider joining a support group for individuals going through divorce.
2. Community Resources (support groups, workshops):
Referral to local workshops on coping with life transitions.

Follow-Up and Monitoring
Next Appointment: Scheduled for 10/12/2024
Monitoring Schedule: Monthly follow-ups to assess progress.
Adjustments to Plan Based on Progress:
Will consider medication if symptoms persist or worsen.
Evaluating Clinician's Signature: **Dr. Susan Lee**
Date: 10/05/2024
Patient Consent to Treatment Plan
I, Emily Thompson, have discussed the assessment findings and treatment plan with the clinician. I understand the recommendations and consent to the proposed treatment plan.
Patient/Guardian's Signature: **Emily Thompson**
Date: 10/05/2024