

# SOAP Note for Mental Health

## Patient Information

First Name: Margot

Surname: Wilson

DoB: 12/12/1995

Date: 11/15/2022

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## Subjective

Margot struggles to pay attention at work, and often finds her mind drifts. Margot states, "I feel like I can only focus on one task for five minutes at a time before my mind starts wandering." She feels that she is unproductive and that her inability to focus impairs her work performance.

Margot claims she feels anxious because of this, and that "I always come home feeling on edge. I worry that I will be fired soon, and I'm not sure how to combat this." Margot retains motivation, saying she wants to do better 'more than anything,' but is unsure how to go about it.

## Objective

Margot is visibly stressed discussing this, in taking many short breaths. She has produced less work than usual, in completing only 2 projects in one month as compared to her usual 5.

She also presents a disability to completely engage in the session, with her sentences often going off on tangents. She is shift in her seat, and her eyes dart around the room in frequent intervals.

## Assessment

Margot has not received any previous treatment or any mental health support. This is her first session with me, and there is clear evidence of attention deficits. Whether this is part of a larger issue remains to be seen, and can be more closely assessed with more sessions.

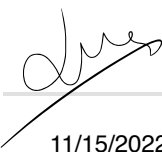
It is recommended that Margot learns more cognitive focusing techniques to increase her attention span and ability to attend to tasks.

## Plan

Margot will see me again in 2 weeks on 12/06/2022 and has been provided with cognitive focus techniques. Additionally, she is learning to adapt her thought patterns to ease anxiety when it comes to working. The aim is to improve upon these considerably, and at this time, she remains relatively healthy otherwise.

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Signature

  
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Date

11/15/2022  
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