

Date of Birth: 6/12/1981
Assessment Date: 4/8/2021 11:30 AM

PsychScan™ Client Report

PsychScan™ provides a detailed picture of your mental and emotional health and identifies problem areas to discuss with your therapist. By completing this assessment, you have already taken the first step to better mental health.

This report focuses on nine key symptom areas. Keep in mind that therapy is about much more than symptoms. Therapists help with relationships, intimacy, work and career, self-esteem, getting in your own way, and just knowing yourself better so you can live a richer and happier life. If you have been thinking about talking to someone, chances are the right therapist can help.

We've sent a more in-depth PsychScan report to Jane Smith, LCSW at Springfield Counseling. Contact them to discuss your PsychScan assessment results.

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Mental Health Symptoms



Depression symptoms

Desired score range: 0-10 Your score: 21

Your depression score is well outside the desired score range. The symptoms you've reported are consistent with a moderately severe depressive disorder. Please contact a mental health professional to start on the path to feeling better.

About depression: Depression is more than feeling sad or down. Symptoms can include lack of interest or pleasure in activities, appetite or weight changes, sleep problems, lack of energy, moving and talking slowly, feeling worthless or guilty, trouble thinking or concentrating, and thoughts about death and dying. If you have been depressed for some time, you may have gotten so used to feeling pessimistic and empty that you don't realize how much you are missing out on life's adventures. Therapy can help you get to the root of your depression and regain your zest for life.



Anxiety symptoms

Desired score range: 0-10 Your score: 5

Your anxiety score is within the desired range. Anxiety does not appear to be a significant problem area at this time.



Panic attack symptoms

Goal: 0-8 Your score: 5

Your score is within the desired score range. Panic attacks do not appear to be a significant problem area at this time.



Posttraumatic Stress Disorder (PTSD)

Goal: 0-3 Your score: 6

Your PTSD score is well outside the desired score range. The symptoms you've reported indicate that you are suffering from PTSD. Please contact a mental health professional now to start on the path to recovery.

About PTSD: PTSD is caused by a traumatic experience where a person fears for their life or fears they will be seriously injured or is a victim of a sexual assault. PTSD can also be caused by witnessing a traumatic event that happens to someone else. After the experience, the person has recurring memories of the traumatic experience that they cannot get out of their mind, or nightmares, or flashbacks where they feel they are reliving the experience, or intense distress when something reminds them of it. PTSD can affect a person's life and relationships and can cause a cascade of other mental health problems. Severe enough trauma can cause PTSD in anyone, no matter how psychologically healthy. Many therapy approaches can help PTSD symptoms and help people get their lives back. If the trauma was a one-time occurrence, therapy can sometimes work quickly. If a person has suffered repeated trauma, especially at an early age, they may need long-term therapy to get their lives on track.



Eating disorder symptoms

Goal: 0-4 Your score: 1

Your score is within the desired score range. This does not appear to be a problem area at this time.



Bipolar mood symptoms

Goal: 0-3 Your score: 0

Your score is within the desired score range. Bipolar mood symptoms do not appear to be a problem area at this time.



Substance Use

Goal: 0-2 Your score: 2

Your substance use score is within the desired score range but near the cusp, indicating some overreliance on substances (alcohol or other drugs) to cope with stress or emotional difficulties. Consider speaking to a professional to develop more effective ways of coping.



Obsessive-Compulsive symptoms

Goal: 0-5 Your score: 0

Your obsessive-compulsive symptoms score is within the desired score range. This does not appear to be a problem area at this time.



Somatic symptoms

Goal: 0-11 Your score: 5

Your score is within the desired score range. Stress-related physical symptoms do not appear to be a significant problem area at this time.