

**SAMPLE REPORT – ABBREVIATED FORM – CMHQ-A**  
**GENERATED FROM FICTITIOUS DATA ENTERED INTO SOFTWARE**

Counseling Associates  
1313 Mockingbird Lane  
Scranton, PA 18503  
voice: 570 555 2914  
fax: 570 555 2915  
drnoname@noname.com

Patient name: John Pseudo  
Date of birth:  
Date of questionnaire: Jan. 31, 2022  
Date of report: Jan 11, 2022

### Sources of Information

- clinical interview
- John completed the Comprehensive Mental Health Questionnaire (CMHQ), a 617-item self-report questionnaire for obtaining mental health information. His responses have been incorporated into this report.

### Presenting Problem

John reported that he is experiencing difficulties with anxiety, depression, and suicidal thought.

### History of the Problem

John reported that he has a history of experiencing difficulties with anxiety, depression, phobia, alcohol, suicidal thought, and suicide attempt. He has received mental health services in the past. John provided the following mental health history:

Problem	John Present	John Past	Blood Relatives*
alcohol/SA		✓	
anxiety	✓	✓	
depression	✓	✓	
phobia		✓	
suicidal thought	✓	✓	(not queried)
suicide attempt		✓	

*\*First-degree relatives share about 50% of their genes with this individual. They include parents, siblings, and children. Second-degree relatives share about 25% of their genes with this individual. They include aunts/uncles, nephews/nieces, grandparents, grandchildren, and half-siblings. Third-degree relatives share about 1/8 of their genes with this individual. They include first cousins, great-grandparents, great-grandchildren, and great uncles/aunts.*

### Medical History

John described his health as poor. He identified problems with his balance, headaches, and a spinning sensation. He often feels fatigued. He expressed concern about his health, and he noted that his health limits his daily activities. John reported a history of life experiences that may be associated with increased risk of brain injury: his mother used alcohol or drugs when pregnant with him, he was born prematurely, his brain was deprived of oxygen at some point in

the past, his skull or eye has been penetrated by an object, he has had a concussion, he has had a seizure, and he has had meningitis.

## Childhood

### *Overall Childhood Experience*

John characterized the quality of his overall childhood experience as poor. His parents separated during his childhood. He rated the quality of his childhood and present relationships as follows:

	Childhood Relationship	Present Relationship
Mother	good	good
Father	poor	poor
Siblings	satisfactory	satisfactory
Extended Family	satisfactory	satisfactory
Friends	poor	(no response)
Classmates	satisfactory	(not queried)
Teachers	good	(not queried)
Neighbors	poor	satisfactory
Partner	(not queried)	good
Co-Workers	(not queried)	satisfactory

### *Adverse Childhood Experiences*

John reported that during childhood, he experienced loss, bullying, disrespect, rejection, verbal abuse, violence outside his home, emotional problems, and behavior problems. There was frequent quarreling and violence at home, and his family moved often. He did not feel accepted, there was a lack of adult affection, a lack of adult availability, a lack of adult supervision, his family was not close, a family member was depressed or mentally ill, a family member had problems with alcohol or drugs, and a family member attempted suicide. When asked about childhood mistreatment by someone older, John shared that a parent or other adult occasionally insulted or swore at him, occasionally humiliated him, occasionally threatened him, and was occasionally violent with him. He never experienced a parent or other adult being sexually inappropriate with him.

### *Education*

John reported that during childhood, he had academic/learning issues in school, he had behavior issues in school, and he missed a lot of school. His relationships with his classmates were satisfactory and his relationships with his teachers were good.

## Relationships

John reported that his past relationships have involved disconnection, disrespect, lack of support, frequent tension and conflict, and his partner taking advantage of him. He has married twice, and he is married now. He described the quality of this relationship as good, with an issue of disconnection.

## Stressors

John reported that he is struggling with a loss, and he can't let go of something from the past.

He is experiencing sexual issues, distress that a family member is in trouble, and poor health of a family member. John is caring for a child with emotional and behavioral problems.

John stated that he has experienced significant emotional or physical strain while caring for an ill, injured, or disabled person. Contributing factors to John's caregiver stress included communicating with the person was difficult, the person was ungrateful, at times the person was uncooperative, the person became violent, it was very difficult watching the person decline, John had little control over the situation, John felt very alone, John felt angry, John felt guilty, John was responsible for household chores, John needed help that wasn't there, and John was distraught that he could not do more.

### **Maltreatment and Trauma**

John reported that he has experienced psychological trauma. During childhood, he experienced violence at home, he experienced violence outside his home, and a parent or other adult was occasionally violent with him. He has been harassed, wronged, taken advantage of, threatened, bullied, assaulted, and robbed. He saw or heard something disturbing and was in a bad accident. As a result of these experiences, John has bad dreams about the events, he is troubled by recurring intrusive memories of the experiences, he becomes upset when reminded of the events, he avoids things associated with the events, his thoughts have become quite negative, his feelings have become quite negative, things occasionally seem unreal, he does not have positive emotions like he used to, and he expects bad things to happen.

### **Emotions**

John provided a personal history of anxiety, depression, and phobia. He is now experiencing anxiety and depression. He chose the words below to describe how he often feels:

agitated	angry	depressed	detached	empty
fatigued	frustrated	guilty	hopeless	impatient
irritable	numb	overwhelmed	regret	rejected
resentful	restless	sad	tense	

Describing himself as often tense and too afraid in certain situations, John feels unsafe in public places and when driving. His emotions have a negative impact on his health, and his sex drive has decreased.

### **Thought Content**

John reported that he judges himself harshly, often finds fault with himself, and worries about what other people think of him. He is unhappy about his weight. Worrying about other people violating his rights or trying to control him, he often feels victimized. He believes that his worrying is a problem, people are trouble, no matter what he does, it never seems good enough, and his life is not progressing as he would like it to. Often jumping to conclusions and thinking the worst, he expects bad things to happen at any time, and he often thinks about death. He has many rules in his head about how things should be, he often finds fault with others, in his thoughts, he calls other people names, and he frequently becomes upset when people don't do what he thinks they should. He reported experiencing unwanted and unusual thoughts.

### *Risk*

John disclosed that he has attempted suicide. He is now experiencing suicidal thought, and he thinks about suicide or homicide once a week. He wishes that one morning he would not wake up. John is experiencing issues with financial stress, loss, poor health, depressed mood, feelings of hopelessness, and social withdrawal. He described himself as impulsive.

### **Thought Process**

John expressed concern about his mental functioning, and he reported that other people have noticed problems with him as well. He described his thinking as "all over the map," confused, disorganized, distracted, inattentive, preoccupied, and scattered. He ruminates on unpleasant things. He has difficulty concentrating, he is forgetful, he has difficulty recalling people's names, he forgets what he is going to say, and he enters a room or goes someplace and then forgets what he was going to do. He described his thinking speed as slowed down. He is experiencing difficulty reading and finding the words he wants.

### **Behavior Reported by Patient**

John reported doing some unhealthy things to escape his problems but did not say what they are. His behavior has a negative impact on his health, and he expressed a desire to change his behavior.

#### *Behavioral Effectiveness*

Describing himself as often bored, impatient, and frequently late, John reported he also speaks without thinking. Motivation and procrastination are issues for him. Not good with details, he misses a lot of what people say. He often misplaces things. He is impulsive, and engages in risky behavior.

#### *Internalizing Behaviors*

John described himself as a perfectionistic and workaholic overachiever who pushes himself too hard, seldom rests, and neglects and exhausts himself doing things for other people. He often makes himself do things that he doesn't want to do, gets caught up in other people's problems and dramas, puts himself last, and people take advantage of him. He often suppresses his feelings, he does things that other people think are strange, and he avoids some things that remind him of a bad experience. Anxiety prevents him from doing things, his emotions cause him to make poor decisions, and they interfere with his accomplishing things he needs to do. Other problem behaviors include compulsive/repetitive behavior, over-indulgence, gambling, addiction, and unwanted behavior.

#### *Eating Behavior*

John reported problem eating behaviors that include emotional eating, overeating, binging, and poor diet. He has tried dieting without success, and he is following a diet now.

#### *Sleeping Behavior*

John endorsed sleep issues that include using sleep as an escape and too much sleep. During sleep, he experiences night sweats, snoring, grinding teeth, and sleep apnea. His sleep is poor quality. He wakes feeling unrested, and during the day, he is fatigued and naps.

#### *Substance Use*

John reported past difficulty with alcohol. He uses recreational drugs. He uses prescription drugs for self-medication, performance enhancement, or recreation.

*Criminal Justice System Involvement*

When asked about his legal status, John disclosed that he has charges pending.

*Social Behavior*

John reported that with other people, he is quiet and too trusting. Socially withdrawn, he hides his thoughts and feelings. He has difficulty making friends.

*Economic Behavior*

John described his present employment status as employed full-time. He would prefer to be employed part-time and retired. He is experiencing work-related difficulties, but he does not worry about losing his job. His work performance is satisfactory, he has satisfactory relationships with his co-workers, and he has not been missing work. John is experiencing financial stress.

John reported that he is a student experiencing difficulties with school. He has not been missing classes. His school performance is not satisfactory. He worries about failing classes.

**Behavior Observed During Interview**