

**SAMPLE REPORT – FULL CMHQ  
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Patient name: John Pseudo  
Date of birth:  
Date of questionnaire: Jan. 31, 2022  
Date of report: Jan 09, 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 requested help with "I have been feeling down and sad." He is experiencing difficulties with anxiety, depression, and suicidal thought. When asked about his past and present difficulties, John commented, "I saw Dr. Feenbaum, psychiatrist, in my 30s. He treated me for a phobia about cats."

**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: "Dr. Feenbaum - 5 sessions after attacked by a cat and developed infection." Commenting on his family's mental health history, he said, "Uncle Jerome started hearing voices in middle age but was never hospitalized." John provided the following mental health history:

<u>Problem</u>	<u>John Present</u>	<u>John Past</u>	<u>Blood Relatives*</u>
alcohol/SA		✓	1 brother, father
anxiety	✓	✓	mother
bipolar disorder			1 cousin
depression	✓	✓	mother, sister
panic attacks			1 cousin
phobia		✓	
schizophrenia			1 uncle
suicidal thought	✓	✓	(not queried)
suicide attempt		✓	sister

*\*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 and remarked, "high blood pressure, history of Bell's palsy, removed a lesion from my lung in 2018." His current medical symptoms and conditions include "anxiety, sinusitis, high blood pressure." He identified problems with his balance, headaches, and a spinning sensation: "Had ear infections and asthma as a kid, and sinus problems all my life." He often feels fatigued. He expressed concern about his health, and he noted that his health limits his daily activities: "Probably don't take care of myself like I should. Putt on weight since my dad got sick and died." 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 approximately 2 concussions, he has had a seizure, and he has had meningitis. He commented, "Born 5 weeks premature, no complications. Knocked out for 5 minutes in a car wreck, headaches and fatigue for months afterward. Had a seizure withdrawing from alcohol in 2015." His medications include:

- clonazepam / Klonopin, Rivotril - a benzodiazepine used to prevent and treat seizures, panic disorder, and akathisia.
- sertraline / Zoloft - a selective serotonin receptor inhibitor (SSRI) used to treat depression and anxiety.
- perindopril / Coversyl - a long-acting ACE inhibitor used to treat high blood pressure, heart failure, and stable coronary artery disease.
- loratadine / Claritin - used to treat allergies including allergic rhinitis and hives.

## Childhood

### *Overall Childhood Experience*

John described his childhood as, "My father was seldom home (travelling salesman). No kids my age in the neighborhood, you learned to entertain yourself." He characterized the quality of his overall childhood experience as poor and recalled: "mother did all she could to keep the family together, but dad drank and became violent, used the belt so us boys all left home before we finished school. I never did get my grade 12." His parents separated during his childhood. His mother "was a saint." His father "was a stinker." John has 2 brothers and 1 sister. 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
Children	(not queried)	satisfactory
Co-Workers	(not queried)	satisfactory

Reflecting on his childhood relationships, John remarked, "If it weren't for my mother, don't know what I'd do. She is getting frail since dad died and now I'm starting to care for her, too. She has a basement apartment in our house." Describing his present relationships, he observed, "I try to get along with other people, but I work with some lazy people and I am tired of covering for them."

#### *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. He added, "Dad drank too much--a mean drunk. His father died in a truck accident but everybody knew it was suicide. His sibs got in a fist fight at the funeral and I was forbidden to speak to my cousins after that. So I lost them too. When dad came home from travelling, he reasserted his authority by using the belt and grounding us. Don't know what was wrong with that man." 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: "It was a different time. I don't think they knew any better." 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. Reflecting on his education, he remarked, "Didn't write until 3rd grade, never did like reading, dodged a lot of classes. Way more fun going down to the docks and talking to the captains and crew. At sixteen I talked my way on to a ship and by 18 had my seaman's papers. Never looked back." John completed 9 years of education. When asked what degrees he had completed, he reported "journeyman millwright."

### **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 has been in this relationship for 12 years. He described the quality of this relationship as good, with an issue of disconnection. Reflecting on his past and present relationships, he observed, "this one's a keeper." John has two children, ages 19 and 24. His relationships with his children are satisfactory. He lives with his wife and mother.

### **Stressors**

John ranked the sources of stress in his life now as "worried about my boy--he's doing some cutting and getting into opioids. I am also sad and angry about dad's death." He is struggling with a loss, he can't let go of something from the past, and stressful experiences from his past are affecting him now: "Seeing a hitch-hiker get hit by a truck, and spending half an hour breathing for him until the ambulance crew showed up and pronounced him dead." He is experiencing sexual issues, distress that a family member is in trouble, and poor health of a family member. A parent of 2 children, John is caring for a child with emotional and behavioral

problems: "My boy is running with a bad crowd and playing with drugs." He spends 3 hours per day parenting/caring for others. Commenting on his current stressors, he observed, "Dad died in 2018. Crawled inside a bottle and never came out. A miserable thing to watch."

John reported that he has experienced significant emotional or physical strain while caring for his ill, injured, or disabled father for a period of two years. Contributing factors to John's caregiver stress included communicating with his father was difficult, his father was ungrateful, at times his father was uncooperative, his father became violent, it was very difficult watching his father 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. He explained, "Watching my dad drink himself to death and turn into an invalid, caring for him in our home until he died."

### **Maltreatment and Trauma**

John reported that he has experienced psychological trauma: "I saw a man get hit by a car on the highway." 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. These difficulties are triggered by "seeing hitch-hikers or someone drunk."

### **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	

John added, "I think I've been depressed all my life." He is happy when "I smoke weed and drink alcohol." He is distressed by "my boy's drug-taking." His emotions "get the better of me." Often tense and too afraid in certain situations, he feels unsafe in public places and when driving: "I've seen some bad accidents and been involved in a major wreck. I avoid driving as much as I can." His emotions have a negative impact on his health, and his sex drive has decreased. He has experienced these difficulties "all my life." John attributes these problems to "my childhood."

### **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. He added, "I wish I could turn the thoughts off. It's just constant worrying about all the bad stuff that is going to happen."

John described his strengths as, "I am dependable and honest. I work hard and take care of my family." His greatest challenge now is "getting out of bed in the morning." If he could change one thing in his life now, it would be, "born with a different father." His state of mind is "distracted, irritated." He is "overwhelmed by life's problems." His body "is starting to give out." His thoughts "turn to the negative." The future "is scary." The world "is falling apart." He wants "my boy to be all right." He needs "fewer responsibilities at work." His goals are to "help my son."

### *Risk*

John disclosed that he has attempted suicide. He is now experiencing suicidal thought, and he thinks about suicide or homicide once a week: "I would never do it - unfair to family." He wishes that one morning he would not wake up: "I need a break from all these problems." John is experiencing issues with financial stress, loss, poor health, depressed mood, feelings of hopelessness, and social withdrawal. He described himself as impulsive. His sister attempted suicide.

### **Thought Process**

John expressed concern about his mental functioning: "I get really weird thoughts sometimes, like this is just a dream and everything is fake." Other people have noticed problems with him as well: "At work they call me space case." He described his thinking as "all over the map," confused, disorganized, distracted, inattentive, preoccupied, and scattered: "Can't focus like I need to at work." 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: "It's gotten worse the pasty year." He described his thinking speed as slowed down. He is experiencing difficulty reading and finding the words he wants: "Get flummoxed speaking in front of more than a couple people now."

### **Behavior Reported by Patient**

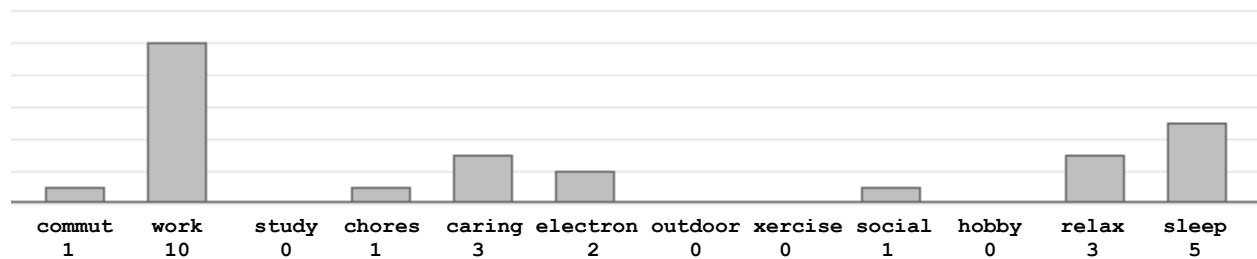
John described his behavior as "I am all over the place." He spends most of his time working. His behavior "is unfocused." Commenting on how he spends his time, John observed, "everyone tells me I work too hard." He is good at "managing projects when I am given the resources." He copes with things by "checking out" and relieves stress by "stop off at the bar on my way home from work." John does some unhealthy things to escape his problems: "too much alcohol, weed, and Vicodin." His behavior has a negative impact on his health, and he expressed a desire to change his behavior: "drink and drug less."

### *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 added, "Always wondered if I was ADHD." 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: "My work doesn't leave time for much else." 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: "If it weren't for my job, I wouldn't get out of bed most mornings." 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: "Not much energy when I get home from work, but everyone is turning to me to solve their problems."



Reported hours spent in various activities. Horizontal lines = 2 hours. Some activities may overlap and occur concurrently, producing a total number of daily hours that exceeds 24.

### *Eating Behavior*

John reported problem eating behaviors that include emotional eating, overeating, bingeing, and poor diet, and he commented, "I eat a lot of junk food when stressed." 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. He sleeps 5 hours per evening and commented, "I don't want to get out of bed in the morning."

### *Physical Activity*

John reported that he exercises 0 hours per day and commented, "I don't." He spends 0 hours per day outdoors.

### *Substance Use*

John reported past difficulty with alcohol. In a typical day now, he consumes 4 caffeinated drinks, 20 cigarettes, no nicotine other than cigarettes, 6 alcoholic drinks, 1 gram of cannabis, and 2 opioids without a prescription: "I think I might have a drug problem." He has four or more alcoholic drinks 5 days per week and commented, "Helps me cope." He uses recreational drugs: "1 gram cannabis to help me relax and push out the thoughts." He uses prescription drugs for self-medication, performance enhancement, or recreation: "Vicodin helps me numb out."

### *Criminal Justice System Involvement*

John stated that he has charges pending: "Ran a red light and got lippy with a deputy. Don't know what I was thinking. That's not me."

### *Social Behavior*

John reported that he spends 1 hour per day socializing. With other people, he is quiet and too trusting: "Much better with people since becoming a manager--learned a lot and it's a source of pride and satisfaction. Know I'm valued." Socially withdrawn, he hides his thoughts and feelings. He thinks other people "are not dependable." He has difficulty making friends. Sources of support in his life now include "My wife Bun is the greatest. Don't know why she puts up with me. The kids are the best but I worry like crazy about my youngest."

### *Leisure Behavior*

John indicated that he spends his leisure time "checking out." His main source of enjoyment is "online poker." He spends 2 hours per day using electronic devices, 0 hours per day engaged in hobbies, and 3 hours per day relaxing.

### *Economic Behavior*

John's reported occupation is, "Supervisor at a machine shop" His work history includes "Started working at 14 after dropping out. Worked on ships, drove trucks for 12 years, journeyman millwright, supervisor of 4 other millwrights x 5 years." He is now employed full-time. He would prefer to be employed part-time and retired. He explained, "I have too much work for one person." During workdays, he typically commutes 1 hour and works 10 hours. Most days, he spends 1 hour doing household chores. When asked if he is unable to work now, he replied, "I love my work and I am good at it, but it is exhausting. The hours can be crushing and you never know when a line will go down and you will have to go in at 3:00 a.m." He is experiencing work-related difficulties—"I supervise green kids. I am the responsible one, with all the work that comes with that"—but he does not worry about losing his job: "My boss says they could never replace me, but I feel TOO needed. It's hard to get away. Haven't had a vacation away from home in years." His work performance and his relationships with his co-workers are satisfactory: "I am the go-to guy at work." He has not been missing work: "I am having thoughts of just not going in, but it would just dump my jobs onto other people." His thoughts and feelings about work are, "I wish I worked fewer hours and had fewer responsibilities." His work would be helped by "more time off. Coverage." John is experiencing financial stress.

John reported that he is a student experiencing difficulties with school: "I am working on my CNC ticket. It's all computers, which I don't know." He spends 0 hours per day studying. He has not been missing classes and commented, "I watch the videos but it's Greek to me." John described his school performance as unsatisfactory and remarked, "Falling behind trying just to learn how to work a spreadsheet and database." He worries about failing classes: "Problems understanding computers." His thoughts and feelings about school are, "too much to do." His schooling would be helped by "to be done with it!"

## **Behavior Observed During Interview**