

Sample Psychological Evaluation

Name: Rebecca
Date of Birth: 04/12/63
Sex: Female
Ethnicity: Black
Date of Examination: 06/22/--

Referral Question: Explore for presence of Post Traumatic Stress Disorder, rule out panic disorder, with agoraphobia; rule out phobia – natural environment type

History of Treatment:
No previous treatment for psychological disorder

Medical History:
Hospitalized for broken ribs and femur, which required surgery to reset, other indications of domestic abuse present, e.g. history of suspicious bruising and hematoma

Recent treatment for smoke inhalation and minor burns on hands

Discussion of Observations:
Rebecca appeared nervous and tense throughout the interview. While willing to respond to questions, she was easily distracted by concerns over the whereabouts of her children. (They were in a nearby office with a person watching them, but they were out of her sight). She was also troubled by being in an enclosed office until she was shown both how to exit the building in case of an emergency and where the fire extinguisher was located.

Approximately one and a half months ago, Rebecca was in an altercation with her estranged husband. She does not recall what precipitated this altercation, although she expressed that he had been getting more violent and angry at her. She indicated that several relatives tried to intervene and convince him to get help for his anger, but that just made him angrier. On the evening of the altercation, Rebecca recalls that her husband was “yelling, cursing, and throwing things.” She further stated that he would blow up like that and “fly off of the handle” when he was really mad or had been drinking, which usually resulted in her being “smacked around.”

During the most recent incident, Rebecca stated he must have hit her really hard because she “passed out cold.” She stated that when she woke her estranged husband had set fire to the kitchen, which was rapidly spreading. She felt that both her life and the lives of her children were in danger. She indicated that she thought she was going to die. She remembers staring at the fire, too horrified to move. She doesn’t know how, but a neighbor appeared and shook her out of her trancelike state. Rebecca remembers saying “my kids, my kids, somebody find my kids.” The neighbor also found and saved both of her children (ages 8 months and 2 years). She has no recollection of being

taken from her house to the hospital where she and her two children received treatment for smoke inhalation.

Since the time of the fire, she has been living in a women's shelter. She has had a difficult time sleeping as she relives the events in her dreams; which have been increasing in frequency and severity. She indicates that she wakes up almost every night "feeling the flames getting nearer and nearer." When this happens, she experiences shortness of breath and increased heart rate.

She has become hypervigilant of her children, unable to let them out of her sight even in a safe environment. She also feels as if she snaps out in anger at anyone around her. Although she has relatives who live nearby, she is resistant to the idea of seeing anyone she knew prior to the fire. She has lost interest in her job and doesn't react when asked how she would feel if she lost her job.

Rebecca has also experienced several panic attacks; one when she saw a news report about a house in a nearby town catching on fire; and the second when she smelled smoke. During both instances she said she hyperventilated, couldn't catch her breath, inability to move and increased heart rate.

Recommendations:

Due to the severity and chronicity of the symptoms, Rebecca would benefit from continued psychotherapy she also would benefit from an anti-anxiety medication. Further exploration of this should be made with a psychiatrist.

Diagnostic Impressions

Axis I:	309.81	Post Traumatic Stress Disorder, Acute
R/O	300.21	Panic Disorder with Agoraphobia
R/O	300.29	Specific Phobia, Natural Environment Type

Axis II None

Axis III None

Axis IV Domestic violence between Rebecca and estranged husband, currently homeless due to fire, job status questionable

Axis V None completed