

Assessment Note

Private Notes

Assessment Note (For Internal Records)

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Assessment Date: 2025-12-20
Internal ID: CC0009
Patient: DEMO Patient
CPT Code: 96130

Rationale: Patient presented with multiple symptoms associated with Major Depressive Disorder, Recurrent, Moderate (F33.1) on 2025-12-19. Clinician and DEMO Patient have agreed to ongoing psychological assessment of patient's psychological functioning and progress towards treatment goals to assist with better understanding of DEMO Patient's functioning and to assist with treatment planning. Psychological testing was determined to be medically necessary when as the following conditions were met (Select at least one of the following):

1. Measure a psychological disorder and its severity and functional impairment to determine psychiatric diagnosis when a mental illness is suspected.
2. Measure behavioral factors that impact management of the disorder.
3. Measure functional capacity to delineate specific cognitive, emotional, or behavioral bases of functional complaints.
4. Measure psychological barriers and strengths to aid in treatment planning.
5. Perform symptom measurement to objectively measure treatment effectiveness.
6. Measure and confirm or refute clinical impressions obtained from interactions with patients.

Data: On 2025-12-20 from 10:29 AM to 11:00 AM EST, a minimum of 31 minutes was spent on the following tasks: integration of patient data, interpretation of standardized test results and clinical data, clinical decision making, treatment planning, and report writing.

Assessment Battery: Psychological assessment involves the use of reliable and research-validated methods (including but not limited to clinical interviewing) and standardized tests to evaluate cognitive, behavioral, and emotional functioning, intellectual abilities, personality, and psychopathology. Domains assessed in a psychological assessment typically consist of mood/emotional conditions and symptoms, cognitive status, adaptive functioning, and behavioral and interpersonal adjustment. The administered assessment battery included the following measures:

- 1. Mood/Emotional Conditions and Symptoms:**
 - a. Beck's Depression Inventory (BDI; Self-Reported)
 - b. Generalized Anxiety Inventory (GAI; Self-Reported)
- 2. Adaptive Functioning:**
 - a. Mini Mental Status Exam (MMSE; Clinician Administered)
 - b. Assessment of Change in Dynamic Functioning (ACDF; Clinician-Reported)

3. Behavioral and Interpersonal Adjustment

- a. Acceptance and Action Questionnaire - 9 Item Version (AAQ-9; Clinician-Administered/Self-Reported)
- b. Loneliness Scale (LS; Self-Reported)

All measures in the assessment battery have either normed data or cut-offs derived from population metrics, making interpretation from a qualified health provider necessary.

Results: The specific results of the psychological evaluation as well as implications for treatment planning are included in the assessment report.

Feedback: The feedback report was sent to patient via email on 2025-12-20. Interactive verbal feedback is scheduled during the next psychotherapy session.

Diagnoses after clinical evaluation: Major Depressive Disorder, Recurrent, Moderate (F33.1)

Signed:

Carter Comrie, PHD, LP
License: 6301018158

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