

Interviewer Name: Dr. Bassem Rany Date: 20/10/2025

Patient Name: Dr. Bassem Rany DOB: 21/8/1998 Age: 27

Patient Education: UK Masters, الـبرية

Patient Employment: طبيب في مستشفى

Marital Status: Engaged 1.5 months, relationship 1yr. were friends. عابدين

Children:

Father: 62, Doctor ophth, 25 years in UK, critical & high

Mother: 59, Doctor Peds, 25 years in UK, critical & high

Siblings: Order: 2/2; significant data: 6yrs older ophthalmologist married w/ 2 kids.
Lives in Cairo alone, Home in عين شمس

CC:

HPI: Anxious, hitting her self causing bruising & w/ her phone to her head.
almost always due to frustration in her current relationship.

Poor sleep inhibition. No SI, No HI, No psychosis.

Schemas: - Mistrust Schema: originating from parental criticism
and emotional volatility. And hypercritical parents
Unrelenting Standards: reinforced by mother high critical
causing self-imposed pressure
Entitlement: Defense against feelings of inferiority
and insecurity creating tension in her relationship
needing reassurance.

↳ Perfectionistic overcompensator

↳ Anxious/vigilant child mode
+ Punitive Parent mode

Sx: - Emotional lability.

- DSH

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NB: IG poor passed in G19 cancer

Past Psychiatric History:

- ① 2010, Mr. Magdy Khairi, Panic
- ② 2021, Dr. Aisara ussaly, Depression Fluoxetine + Fluoxetine (3 months)
↳ Group Therapy w/ Dr. John. Hossain 100 (24rs)
- ③ Behman anxiety → Fluoxetine (75) → Therapy Joseph Sabir

Past Medical History: None

FH: Grandma Parkinson's & Depression.

SH:

MSE:

Pt. appears her shined eye, "anxious" mood, appropriate, reachable affect, no SI, no HI, no psychosis, DSI by punching her thighs & chest. good insight

↓

Current Meds: Lustral 50g (2 months) stopped 10 days ago

Assessment and Diagnosis: Adjustment Disorder (Anxiety) w/ Personality Difficulties

Plan:

- Medications: Deprolax 10 or Brintellix 12g
- Melacrypt 1.5g
- Carbamazepine 40 2 weeks

☒ Patient informed regarding possible side effects

- Labs:

- Psychometric tests:

- Therapy: Dr. Turner DBT for Emotional regulation & Distress intolerance.