

☐ Difficulty with attention and memory	☐ Overthinking worst-case scenarios
OCD	Cluster A Personality Traits
☐ Intrusive, unwanted thoughts ☐ Repetitive behaviors or rituals ☐ Excessive focus on order, symmetry, or cleanliness ☐ Fear of contamination ☐ Repeating actions ☐ Time-consuming routines interfere with life ☐ Distress if unable to perform rituals	Paranoid Traits ☐ Distrusts others without sufficient basis ☐ Reads hidden threats into benign remarks ☐ Reluctant to confide in others ☐ Bears grudges ☐ Suspects partner of infidelity Schizoid Traits ☐ Detached from social relationships ☐ Prefers solitary activities ☐ Little interest in emotional intimacy ☐ Appears emotionally cold or flat ☐ Indifferent to praise or criticism Schizotypal Traits ☐ Odd beliefs or magical thinking ☐ Unusual perceptual experiences ☐ Odd speech or behavior ☐ Social anxiety that doesn't ease ☐ Suspiciousness or paranoid ideation ☐ Inappropriate or constricted affect
Cluster B Personality Traits	Cluster C Personality Traits
Antisocial Traits ☐ Disregards others' rights ☐ Impulsive and irresponsible ☐ Deceitful and manipulative ☐ Repeatedly engages in illegal acts ☐ Lacks remorse Borderline Traits ☐ Intense and unstable relationships ☐ Emotional instability or mood swings ☒ Fear of abandonment ☐ Identity disturbance ☐ Self-harm or suicidal behaviors ☐ Impulsivity (e.g., sex, drugs, spending) Histrionic Traits ☐ Seeks to be center of attention ☐ Shallow, rapidly shifting emotions ☐ Inappropriately seductive behavior ☐ Overly dramatic, theatrical speech ☐ Easily influenced by others Narcissistic Traits ☐ Grandiose sense of self-importance ☐ Preoccupied with fantasies of success ☐ Requires excessive admiration ☐ Lacks empathy	Avoidant Traits ☐ Avoids social contact due to fear of criticism or rejection ☐ Feels inadequate or socially inept ☐ Reluctant to take risks or try new things ☐ Inhibited in new social situations ☐ Extremely sensitive to negative evaluation Dependent Traits ☐ Difficulty making everyday decisions without reassurance ☐ Needs others to assume responsibility ☐ Feels helpless when alone ☐ Urgently seeks new relationships for support ☐ Difficulty expressing disagreement Obsessive-Compulsive Personality Traits ☐ Preoccupied with order, perfection, and control ☐ Rigid about rules and morality ☐ Excessively devoted to work at the expense of leisure ☐ Inflexible about how things should be done ☐ Reluctant to delegate

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| ☐ Exploits others for personal gain
☐ Arrogant or entitled | |
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Psych History: History of restricted diet 2 yrs ago 800 kcal/day maximum
causing anorexia (Pt is over weight) w/ poor self
image & bingeing behaviour (in the past)

Forensic History: NA

Current Risk: ☐ Hx of Suicide ☐ Hx of DSH ☒ Current death wishes ☐ Current Suicide intent
☐ Current plan ☐ Risk to no intent or plan
others _____

Current Meds: NA

Past Medical History: NA

Assessment and Diagnosis: Major depressive episode

Plan:

- Medications: - Prozac 20g
- Toprolol 10g
- ☒ Patient informed regarding possible side effects
- Labs: NA
- Psychometric tests: NA
- Therapy: - CBT for depression. → DBT group for relationships

