

Past Psychiatric History:

1. Spent w/ Pleasanton Nahas, for depression & insomnia, stopped
med 2 months later because not reaching the same results.

Past Medical History: No

FH: Daughter depression, 2 sisters diagnosed w/ anxiety/depression

SH:

MSE:

Current Meds: No

Assessment and Diagnosis: Adjustment disorder

Plan:

- Medications: Prozac 20mg
Tripitina 50mg 1/2

☐ Patient informed regarding possible side effects

- Labs: CBC, AST, ALT, cr. Urea, TSH, HbA1C, Lipid, urine analysis

- Psychometric tests:

- Therapy: Weekly sessions of CBT

Farida (daughter) following up w/ Mr. Mona

Interviewer Name: Dr. Baran Date: 9/7/2025

Patient Name: فايدا بنت محمد DOB: 2/7/1982 Age: 43

Patient Education: High School

Patient Employment: Homemaker

Marital Status: Married Sayed Mohsen Sayed, Import export, 21 yrs marriage, Good

Children: 4, Farida 20, Sara 17, Mahsa 12, Alian 8

Father: Passed when pt was 9, was long-term hospitalized w/ mother who stayed

Mother: Passed 2020 from COVID-19

Siblings: Order: 5/5; significant data: eldest son 15 y/o

CC: anxiety & depression

HPI: Caught chatting to his ex 11 yrs ago

Found him with his wife after children caught him & spiraled into

- Sx:
- overthinking, catastrophizing
 - Difficulty initiating sleep & poor sleep quality
 - Low mood
 - anxious
 - easily angered
 - hopelessness
 - worthlessness
 - Death wishes, No SI

Drug History: NA

Forensic History: NA

Current Risk: ☒ None ☐ Hx of Suicide ☐ Hx of DSH ☒ Current death wishes ☐ Current Suicide intent ☐ Current plan ☐ Risk to others