

103 W. 3rd St, Unit E, Kalkaska, MI 49646
231.620.7977 F: 231.715.3222

Adult ADHD Assessment



Assessment Completed By:

Adam C. DeVaney, LCSW

[REDACTED], DOB: 05-11-1976, presented with symptoms of depression and was referred to be for Adult ADHD assessment by his counselor, Mary Topolski, MSW. Client stated that he sometimes has difficulty falling asleep and, in turn, has low levels of motivation in the mornings and low interest in several key areas of his life. This assessment is intended to rule out anxiety or depression as the primary diagnoses.

Client denies any significant substance abuse history, and he reports that he has not used any alcohol or marijuana in over 14 years.

Adult ADHD Scale:

- 10. "I lose my keys and stuff all the time."
- "I have a hard time sleeping."
 - "When I lay down to sleep, I have a million things that run through my head. It can be something that happened at work that day, or I have to go check my kid's school work. It's a lot of things that run through my head."

Summary: Score: 53

Client does score in the zone of indicating further examination to rule out depression or anxiety as primary diagnosis. Client was fidgeting with his hands for the duration of the assessment as well. He describes difficulty falling asleep at night due to racing thoughts and has tried various over-the-counter sleep aids with varying results. Client also described difficulties focusing on his work as a cook when there are a lot of orders. All this indicates further assessment is required to rule out other possible causes.

GAD-7

- Trouble Relaxing: "My mind just racing on several different things. That's the only way I can describe it. Just at night. That's really the only time."
- Difficulty at Work: "A lot of time, we'll have several different orders that have been placed. There's a slip of the orders we have to do. I am sometimes finding myself constantly thinking about what items need to be done in what order. The owner, Mark, has been good at coming to check on me during those times. Carrie, the other manager, is constantly coming back to check on me too. It's like a big family there."

Summary: Score: 5

While client scores relatively low on the Anxiety Scale, it appears that much of the anxiety that was reported resulted from difficulties at work when there are too many things, like orders, to have to concentrate on. This indicates that anxiety can be ruled out as a primary diagnosis.

PHQ-9

- Little Interest in Doing Things: "It's like I have no gumption to even go about my day. It'll probably be 2 days one week and 3 the other."
 - Does this extend into other things in your life? "Two of the days were actually my days off of work where I just didn't feel like getting up and dealing with the world."
 - **"I can get started on something, and it's all about getting and staying focused enough to get the task done."**
 - **Do you find yourself just not starting things because of this? "Oh, yes. It's best to be honest."**
- Feeling Down, Depressed or Hopeless: "I just feel down on those days. I can always notice I feel better on days when I don't drink soda. I don't eat a lot of carbs. It makes my gut turn if I eat too much of that stuff."
- Sleep: "Falling asleep, that's several days. Sometimes I just don't want to get up in the morning, but I do notice that it's a little easier on the days I do get good sleep."
 - Is this especially noticeable on the days when you had a hard time falling asleep the night before? "Oh, yes."
 - Do you use any sleep aids? "Yah, I just started doing that, maybe 3-4 days, and the melatonin is helping a lot. I am pretty sure that last night I took 3 (5mg). I only want to take enough to work, but if my son needs something I can get him that as well."
- Feeling Tired/Low Energy: Are these days following having a hard time falling asleep? "Uh, yes." Any other times: "Few days, so not that often."
- Poor Appetite/Overeating: "It's weird, because it will go one way and then go the other. Some days I don't feel hungry, and other times I feel like I can't stop eating. It's all over the place."

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- Feeling Like I Let Someone Down: “It usually has to do with me son.” Like you have not done enough things with him? “Yah.”
 - “Sometimes at work, I wonder did I do all I needed to do, did I pull my weight today?”
- **Trouble Reading: “I will have to go back, because by the time I get to this side, I have forgot what the other side said.” It’s not for a lack of interest? “Right.” Nearly Every Day**
- Fidgety: “When I am setting down for long periods of time, it’s hard to stay engaged with what I am doing. That is the only time, really. When I can be up and moving around, I am pretty good.”

Summary: Score: 12

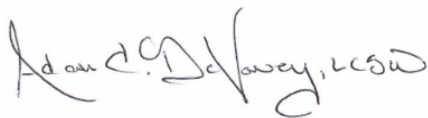
Client cross references and overlaps depression and ADHD in several key areas ruling out depression as the primary diagnosis and pointing back to untreated/undiagnosed ADHD.

Summary:

While client presents with depressive symptoms, he also presents with difficulties with starting, doing and finishing projects. This indicates that depression is not the primary diagnosis. Client appears open to the potential for a trial run with an ADHD medication and was referred to PCP for follow-up.

Diagnosis: F90.9 Adult ADHD

Signed:



Adam C. DeVaney, LCSW