



Sample Psychology Assessment Report

Before You Read: Please note that this is a sample provided to demonstrate one possible way a report may be structured and organized. It is intended for illustrative purposes only and does not represent a real or de-identified client report.

Client Name	NAME
Date of Birth	BIRTHDAY
Date of Assessment	DATE OF ASSESSMENT
Psychologist	NAME OF ASSESSOR

Sources of Information

- Unstructured interview of developmental history and educational history
- Diagnostic Interview - Select modules from the Diagnostic Assessment and Research Tool (DART)
- Background and Health Questionnaire
- Behavioural Observations
- Patient Health Questionnaire-9 (PHQ-9)
- Personality Assessment Inventory (PAI)
- General Anxiety Disorder-7 (GAD-7)
- Wender Utah Rating Scale for the Attention Deficit Hyperactivity Disorder (WURS-61)

The following modules of the DART were assessed: (1) major depressive disorder, (2) persistent depressive disorder, (3) generalized anxiety disorder, (4) attention deficit hyperactivity disorder (ADHD).

Summary for Family Doctor

A brief summary of the diagnostic impression, next steps, and most relevant treatment recommendations for the family doctor is provided below.

Diagnosis: E.g., Major Depressive Disorder

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Other Considerations: E.g., Substance Use, Sleep Challenges

Treatment Recommendations: E.g., Speak to family doctor about pharmacological options, psychological treatments such as Cognitive Behavioural Therapy.

Reason for Assessment

The client requested the following symptoms or conditions be queried: Anxiety Disorders, Attention Deficit Hyperactivity Disorder, Low Mood/Depressive Disorders

Client Strengths

E.g., The client has noted they have overcome several challenges since childhood.

Interview Data and Diagnostic Impressions

Depressive Disorders

At the time of the assessment, the client reports symptoms in line with depressive disorders such as [XXX]. *[Information related to symptoms of depressive disorders]*. The client reports XX moods, and the presence of thoughts such as XXX. The client noted that these symptoms began in 2015 and have subsided periodically. Importantly, the client denied symptoms of XXX and XX. As such, the client currently meets criteria for **Major Depressive Disorder, with Current Episode**.

Anxiety Disorders

At the time of the assessment, the client reports symptoms of generalized anxiety disorder. *[Information related to generalized anxiety disorder, or other anxiety disorders]*. While anxiety symptoms were present, they do not currently meet criteria for an anxiety disorder at this time. The client may choose to monitor symptoms to consider if residual symptoms remain after depression is treated.

Personality Characteristics

The client shared personality traits that may be impacting their well-being such as XX, XX.

No other mental health conditions were identified during the assessment. The client did not report symptoms in line with ADHD.

Other Considerations

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- **Social Media Use:**
 - **Attention and Reward Sensitivity:**
- **Habits:**
- **Coping Strategies:**

Test Results

Wender Utah Rating Scale for the Attention Deficit Hyperactivity Disorder - 61

This measure is designed to assess childhood symptoms of ADHD in adults. It evaluates retrospective symptoms related to inattention, impulsivity, and emotional dysregulation, helping to identify ADHD-related difficulties experienced during childhood. The WURS-61 assists in the clinical evaluation of ADHD by providing insight into early-life symptoms that may persist into adulthood.

- The client scored XX which is suggestive of.

Generalized Anxiety Disorder - 7 (GAD-7)

A self-report tool designed to assess the presence of anxiety symptoms. It evaluates key indicators such as excessive worry, restlessness, and difficulty relaxing, aiding in the clinical assessment and management of anxiety disorders.

- The client scored XX which is suggestive of.

Patient Health Questionnaire - 9 (PHQ-9)

A self-report tool designed to assess the presence of depressive symptoms. It provides a brief overview of mood, interest, energy levels, and other key indicators of depression, assisting in clinical diagnosis and treatment planning.

- The client scored XX which is suggestive of.

Personality Assessment Inventory

The PAI is a 344-item inventory, measuring a number of clinical conditions, that has been validated in psychiatric populations and in a general public sample.

- The clients scores suggest...
- Self-concept was noted as..
- Treatment prognosis may be impacted by..

Treatment Recommendations

Shared decision making and best practice guidelines were used to inform the treatment recommendations below.

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Consultation with Family Doctor

- Pharmacological options are an evidence based treatment for several mental health conditions. The client was encouraged to speak with the family doctor about medications based on their noted interest in this treatment option.

Monitoring Substance Use

- Harm-reduction strategies for XXX use may be helpful to reduce the likelihood of aggravating mental health symptoms.

Evidence Based Psychotherapy

- **Behavioural Activation (BA):** is an evidence-based treatment for depression. BA focuses on increasing engagement in meaningful and rewarding activities to counteract patterns of withdrawal and inactivity that often accompany depression. By scheduling and practising these activities, individuals can improve mood, motivation, and overall functioning.

Accessing Psychotherapy

- **Ontario Structured Psychotherapy (OSP):** is a free program offering short-term, evidence-based cognitive-behavioural therapy (CBT) for adults in Ontario dealing with depression, anxiety, PTSD, or related concerns. It uses a stepped-care approach where some clients may start with self-guided tools supported by a coach, and progress to individual or group CBT or BA as needed. This would be an option to consider given that is freely available, though it can be less personalized to start off. Individuals can self refer to this service or ask for a referral from a family doctor.
- **Private Psychotherapy:** There are several private psychotherapy clinics in most cities. Below are some examples of organizations or clinicians that are specialized in Cognitive Behavioural Therapy, Behavioural Activation, [ACT, DBT, etc..].
For more information:

- [...]

For Possible Future Consideration

- The client noted additional mental health symptoms that may be of interest for assessment should XX symptoms persist past the receipt of evidence-based treatments. The client can consider discussing these symptoms with their family doctor, seeking a public assessment, or engaging in a future targeted assessment.

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Behavioural Recommendations

- [...]

Verbal feedback from the current assessment, including psychoeducation about diagnostic labels in general and mental health disorders was provided. Shared decision making was used to tailor treatment recommendations to the client's presenting concerns and goals. The client was provided with the opportunity to ask questions throughout the feedback appointment and at the end of the feedback session.

[Psychologist Name]

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