

## Shadow Health Mental Health Tina Jones

what brings you in today

(Ans- Reports difficulty sleeping and "feeling nervous")

Why did you decide to seek treatment?

(Ans- Reports seeking treatment because she has an upcoming exam and feels "too foggy to study")

how do you feel just before bed

(Ans- reports excessive worry and racing thoughts before bed)

"I'm sorry to hear about your trouble sleeping and stress. I'm glad you came in. Let me learn more about what you're experiencing, and I will try to help."

(Ans- Tina describes problems sleeping and stress symptoms like racing thoughts.)

how long have you been having trouble sleeping

(Ans- Reports difficulty sleeping began 3 1/2 weeks ago)

how long have your sleep difficulties lasted

(Ans- reports sleep difficulties have been occurring regularly past 3.5 weeks)

how many nights a week do you have trouble sleeping

(Ans- reports difficulty sleeping at least four or five times a week)

what makes it harder to sleep

(Ans- reports sleeping becomes more difficult when she can not redirect her thoughts from the things she is worried about)

do you take naps

(Ans- denies naps during the day)

do you drink caffeine

(Ans- reports drinking caffeine to stay alert)

when do you usually have your last caffeinated drink

(Ans- reports stopping caffeine use after 4 pm)

do you drink alcohol before bed

(Ans- denies alcohol use before bed)

do you use drugs before bed

(Ans- denies drug use before bed)

do you think your sleep problems could be due to breathing issues

(Ans- reports respiratory problems are controlled and not interfering with sleep)

what helps you sleep

(Ans- reports sleeping more easily if she can distract herself from her racing thoughts)

do you exercise

(Ans- reports no exercise)

how does your lack of sleep affect your daily life

(Ans- reports feeling tired and out of it most of the time during the day due to lack of sleep)

have you been falling asleep when you didnt mean to

(Ans- reports no increased chance of drifting off during the day despite lack of sleep)

what do you mean when you say you feel out of it

(Ans- reports feeling slowed down and tired, having trouble focusing, and generally feeling less sharp)

learnexams

can you tell me about how your anxiety feels

(Ans- reports feelings of anxiety as thoughts she cant turn off and being on edge)

do you ever have a sense of impending doom

(Ans- reports worry about the future but no sense of impending doom)

have you been having panic attacks

(Ans- reports no panic attacks)