



Assessment Report

Name: Sean Wayland **Address:** 14/42 Flynton St NSW 2025
Date Of Assessment: 25 November 2019 **DOB:** June 1969 **Gender:** Male

Dear Sean,

Thank you for completing a screening assessment at the MindSpot Clinic. This Assessment Report summarises the results from your assessment and provides information about your symptoms and treatment options.

Please note that this Report is designed to provide basic information about your symptoms. While based on reliable measures and clinical procedures, the screening assessment is not a comprehensive clinical or diagnostic assessment.

TYPE OF ASSESSMENT:

A screening assessment involves:

Step 1: Completing online questionnaires¹ via the MindSpot Clinic website.

Yes

Step 2: Discussing your symptoms with a MindSpot Clinic therapist (OPTIONAL).

No -- You chose to receive this report without discussing your symptoms with a MindSpot Clinic therapist.

ASSESSMENT RESULTS:

You reported experiencing difficulties in the following key areas:

Relationships with friends or family	<input type="radio"/>	Parenting or childcare responsibilities	<input type="radio"/>	Work, Study or Vocational activities	<input type="radio"/>
Physical Health	<input checked="" type="radio"/>	Finances	<input type="radio"/>	Living Arrangements / Housing	<input type="radio"/>
Alcohol Use	<input type="radio"/>	Drug or Substance Use	<input type="radio"/>	Religion / Spirituality	<input type="radio"/>
Cultural Identity	<input type="radio"/>	Sexual Identity or Orientation	<input type="radio"/>	Grief	<input type="radio"/>
Carer Responsibilities	<input type="radio"/>	None of these	<input type="radio"/>		

You are most concerned about: Chronic pain and its impact on my day-to-day activities and mental health

QUESTIONNAIRE RESULTS:

You completed several reliable and valid clinical questionnaires¹ that assess symptoms of different types of anxiety and low mood. Sometimes people's questionnaire scores do not reflect exactly how they feel or how they are coping. But, scores in the "Clinical Range" often indicate levels of symptoms that are at a level where further assessment and treatment is worthwhile. Please note that having scores in the "Clinical Range" does not mean that you meet criteria for a formal diagnosis.

Your results on the questionnaires are shown in the table below:

	Normal/healthy	Mild	Moderate	Severe
Depression Symptoms				
Generalised Anxiety Symptoms				
Social Anxiety Symptoms				
Panic Symptoms & Panic Attacks				
Obsessive Compulsive Symptoms				
Post-Traumatic Anxiety Symptoms				
	Non-clinical range			Clinical range

Please note: See the MindSpot Clinic website (www.mindspot.org.au) for more information about the different symptoms. If no symptoms are indicated then these symptoms have not been assessed.

COMMENTS ON ASSESSMENT RESULTS:

Thank you for completing your online screening assessment. Your scores on the K10 scale which measures general psychological distress were in the Very High Distress range. Your assessment results indicate you have several treatment options.

In addition to symptoms shown in the graph above, you reported having chronic pain and that pain was having a regular impact on your day-to-day activities and quality of life. You indicated you had experienced chronic pain for 2 months and that your pain was always present. You reported pain in your legs, feet and toes and you reported your pain had averaged 4 / 10 over the last month. Our assessment results indicate you have several treatment options.

One option is online treatment. The MindSpot Clinic offers free online and telephone delivered treatment Courses which help people manage symptoms of stress, anxiety low mood and worry. Based on your results, it would appear the Wellbeing Course or the Pain Course may be very helpful in assisting you to develop skills to manage your symptoms.

The Wellbeing Course is designed for people aged 26-65 with symptoms of anxiety and depression and aims to teach practical skills for managing stress, anxiety, low mood, and worry. Our next Wellbeing Course begins on Monday, 2nd of December with new Courses beginning every fortnight. More than 20,000 people have now done the Wellbeing Course, and more than 95% tell us it was worth doing the Course.

The Pain Course is designed for people over the age of 18 who are experiencing chronic pain. The course is designed to provide good information about chronic pain and to teach practical skills for managing the impact of pain on day-to-day activities and emotional wellbeing. This course is not designed to 'treat' or 'cure' chronic pain. However, the course is designed to provide the same information and skills taught in specialist pain management clinics. Our next Pain Course begins on Monday, the 2nd of December with new Courses beginning every fortnight.

We require people wishing to enrol in the Wellbeing course to have a phone discussion with one of our therapists to ensure that the course is suitable to their needs. If you wish to enrol in this Course, please read "Important Information About Our Online Treatment Courses" at <https://mindspot.org.au/info-about-online-tx-course> and call us on 1800 61 44 34 or email contact@mindspot.org.au to schedule this discussion.

We also offer the opportunity to work through the Wellbeing Course independently, without having to speak us. This is a good option for people who are unable to have phone contact with us, or who want to work through a course without speaking to a therapist.

If you are interested in enrolling in our Self-Guided Wellbeing Course, please reply to this email stating 'I would like to enrol in the Self-Guided Wellbeing Course.' Our next Self-Guided Course starts on 26/08/19 and we have new Courses starting every 2 weeks. Please indicate if you would like to start the next Course or if there is a better time for you to commence one of our Courses.

We recommend that you see a GP for a physical check-up, if you haven't done so recently and also to discuss this report. Your physical health can affect your emotional wellbeing, and a GP can discuss local treatment options with you. Your GP can prepare a Mental Health Treatment Plan which will enable you to access face-to-face treatment with a Psychologist if suitable.

You can find a Psychologist in your area by contacting the Australian Psychological Society on 1800 333 497 or at www.psychology.org.au/FindaPsychologist, through the Australian Clinical Psychology Association at <http://www.acpa.org.au/find-a-clinical-psychologist> or speak to your GP for Psychologists in your area.

You may find the following services helpful for information and recommendations for managing pain:

- o The ACI Pain Network (<http://www.aci.health.nsw.gov.au/chronic-pain>): Provides information about chronic pain and self-management, videos from experts, and tips for working with your GP.
- o Pain Australia (<http://www.painaustralia.org.au/>) provides information about chronic pain, and directory of Specialist Pain Management Clinics in Australia
- o painHEALTH (<https://painhealth.csse.uwa.edu.au/>) provides information about musculoskeletal pain and various conditions, self-checks and advice around self-management.
- o Chronic Pain Australia (<https://www.chronicpainaustalia.org.au/>) provides information about chronic pain, a discussion forum and information about events.

An additional service you may find helpful if you believe that you could benefit from telephone-based counselling/support is the beyondblue Support Service, available 24/7 via telephone on 1300 22 46 36, via webchat between 3pm and 12am (AEST) every day and also via email. You can find more information here: <https://www.beyondblue.org.au/get-support>. You may also like to participate in the online forums, which can be accessed here: <http://www.beyondblue.org.au/connect-with-others/online-forums>

These comments are summarised in the Recommendations, below.

STAYING SAFE AND YOUR SAFETY PLAN:






During your assessment you reported moderate symptoms of low mood and some suicidal thoughts in the last seven days. These types of thoughts are common when people are distressed. We strongly recommend you discuss these symptoms and the best treatment options with your primary health care provider. If you find yourself in a situation where your symptoms worsen and you are concerned about your safety, please act immediately. Below are some services that many people find helpful:

- Contacting your GP.
- Call Lifeline on 13 11 14.
- Call the Suicide Call Back Service on 1300 659 467.
- Or, in an emergency, call 000.

When experiencing anxiety and low mood it is essential to have a clear plan for staying safe and what you will do if your symptoms worsen.

RECOMMENDATIONS:

Based on your assessment you might find it helpful to do the following:

MindSpot Treatment Course	MindSpot Courses provide good information to help people understand their symptoms and support people to learn and consistently use practical, proven, skills to manage their symptoms.	
Consult your GP	GPs are medical specialists who can assess symptoms, prescribe medications and refer you on to other services like psychologists and psychiatrists with some or all of the cost covered via Medicare.	
Consult a Psychologist	Psychologists are trained and registered mental health professionals who teach and support patients to learn practical psychological skills and manage symptoms.	
Consult a Psychiatrist	Psychiatrists are qualified medical practitioners who have specialised in the assessment, diagnosis and treatment of mental illness and mental health difficulties.	
Other Services	The ACI Pain Network, Pain Australia, painHEALTH, Chronic Pain Australia, Beyondblue	

You have registered for a Course:

No

The Course starts:

We hope you find this report helpful.

If you have any questions or concerns about your assessment results, our treatment courses or different treatment and referral options, please do not hesitate to contact us via email (contact@mindspot.org.au) or via telephone on 1800 614 434.

Based on your instructions we have not sent a copy of this report to your GP. Please do not hesitate to contact us if there is any way we can be helpful.

Kind regards,

Alexandra

MindSpot Therapist

1. The following questionnaire assessment measures were used to assess symptoms:

- Depression Symptoms - Patient Health Questionnaire 9-Item (PHQ-9).
- General Anxiety Symptoms - Generalised Anxiety Disorder Scale 7-Item (GAD-7).
- Social Anxiety Symptoms - Social Phobia Inventory (SPIN).
- Panic Symptoms and Panic Attacks - Panic Disorder Severity Scale Self Report (PDSS-SR).
- Obsessive Compulsive Symptoms - Yale Brown Obsessive Compulsive Scale - Self Report (YBOCS-SR).
- Post-Traumatic Anxiety Symptoms- Post-Traumatic Disorder Stress Checklist (PCL-C).