

Case Example 2222: Lauren Outpatient Mental Health Interpretive Report

Lauren, a 16-year-old white adolescent, was referred to an outpatient mental health clinic for an evaluation following an intense anxiety episode at school. Her mother brought her to the clinic after Lauren told her she felt like killing herself because she was failing in school. Lauren's continued poor academic performance in ninth grade was especially troubling to her, given that she was repeating the grade based on the principal's recommendation from last year. In addition to academic problems, Lauren is repeating a pattern of excessive school absences.

Lauren is an only child. Her parents are divorced and she lives with her mother. Lauren's father left the family when she was two years old and has not maintained contact with them.

During the evaluation interview Lauren was shy, unassertive, and socially distant. She found it difficult to talk about her problems. Her mother reported that Lauren has always had difficulty making and keeping friends. She prefers being alone and spends a great deal of her spare time in her room listening to music.

The Minnesota Report confirmed Lauren's current high level of distress and symptoms of anxiety, and provides descriptive narratives based on elevation from her three profiles (i.e., Clinical and Supplementary Scales, Content Scales, and PSY-5 Scales). In addition to being very introverted and distant from others (apparent from her Si elevation on the Clinical Scales and INTR from the PSY-5 profile), Lauren's narrative highlights other interpersonal difficulties based on elevations on NEGE from the PSY-5 and CYN from the Content Scales profiles.

Her problems at school were also readily apparent given her elevations on School Problems and Low Aspirations from the Content Scales profile. An examination of her scores on the Content Components Scale (scores that meet the criteria for interpretation—parent scale elevation 60 or higher—are highlighted in **boldface**) reveals her negative attitudes to school (but she did not endorse a significant number of behavior problems in school), her lack of initiative, and self-doubt.

The psychologist, based on the initial interview and MMPI-A results agreed with the recommendation in the Minnesota Report for further assessment of possible academic skills deficits, and recommended outpatient mental health treatment for her depression and anxiety.