

 Accessible Psychological Evaluations

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## CONFIDENTIAL PSYCHOLOGICAL REPORT

**Name:** John Doe

**Date of Birth:** May 14, 2002

**Date of Evaluation:** April 10, 2026

**Evaluator:** Dr. Jordan Rivera, Psy.D.

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### 1. Reason for Referral

Mr. Doe is a 23-year-old male who self-referred for a psychological evaluation to better understand long-standing difficulties with **attentional focus, emotional regulation, and interpersonal conflict** in the workplace. He is seeking diagnostic clarity to determine if his symptoms align with Neurodevelopmental Disorders or Mood Disorders.

### 2. Assessment Procedures

The following assessment tools were utilized during this evaluation:

- Clinical Interview (3 hours)
- Review of prior academic records
- **WAIS-IV** (Wechsler Adult Intelligence Scale – Fourth Edition)
- **MMPI-3** (Minnesota Multiphasic Personality Inventory – 3)
- **Conners' Adult ADHD Rating Scales (CAARS)**

### 3. Background & History

Mr. Doe describes a childhood marked by "daydreaming" and "procrastination," though he maintained high grades until college. He reports a family history of anxiety. He has been employed as a software developer for five years but has received two formal warnings in the last year regarding missed deadlines and "abrasive" communication with teammates.

#### 4. Behavioral Observations

John arrived on time and was dressed casually. He maintained adequate eye contact but frequently shifted in his chair. His speech was rapid and at times tangential, requiring redirection to the original question. He appeared frustrated when tasks became difficult but remained cooperative throughout the testing session.

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#### 5. Test Results & Interpretation

##### Cognitive Functioning (WAIS-IV)

John's cognitive profile shows a significant discrepancy between his verbal reasoning and his ability to process information quickly.

Index	Standard Score	Percentile	Qualitative Range
Verbal Comprehension	124	95th	Superior
Perceptual Reasoning	115	84th	High Average
Working Memory	92	30th	Average
Processing Speed	85	16th	Low Average

**Interpretation:** While John possesses **superior verbal intelligence**, his relatively lower scores in Working Memory and Processing Speed suggest a "bottleneck" effect. He understands complex concepts easily but struggles to hold multiple pieces of information in mind simultaneously or complete routine tasks rapidly.

##### Personality & Emotional Functioning (MMPI-3)

Results from the MMPI-3 indicate elevated levels of **Stress/Worry** and **Interpersonal Irritability**. There were no indications of psychosis or thought disorder. His profile suggests a person who feels chronically overwhelmed and may lash out defensively when feeling criticized.

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## 6. Diagnostic Impressions

Based on the clinical interview, history, and objective testing, the following diagnoses are considered:

- **314.01 (F90.2)** Attention-Deficit/Hyperactivity Disorder, Combined Presentation.
- **300.02 (F41.1)** Generalized Anxiety Disorder.

**Rationale:** John meets the DSM-5 criteria for ADHD, evidenced by childhood onset and current impairment in two or more settings (work and home). His anxiety appears secondary to his struggles with executive dysfunction.

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## 7. Recommendations

1. **Psychopharmacology Consultation:** Discuss the potential benefits of stimulant or non-stimulant medication for ADHD symptoms with a psychiatrist.
2. **Cognitive Behavioral Therapy (CBT):** Focus on "Executive Function Coaching" to develop systems for time management and organization.
3. **Workplace Accommodations:** John may benefit from a quiet workspace or noise-canceling headphones to minimize distractions during "deep work" periods.
4. **Mindfulness Training:** To help bridge the gap between "feeling an emotion" and "reacting to an emotion," specifically regarding workplace interactions.

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**Signature:** *Jordan Rivera, Psy.D.* Licensed Clinical Psychologist

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