

**About my mind (Advanced Psychological information) Specific diagnoses. Form B3.1**

<b>Name and surname:</b>		<b>ID number:</b>	
<b>The condition/bodily system I have difficulty with:</b>			
<b>The type</b>			
<b>History</b>			
<b>Date diagnosis confirmed</b>			
<b>Diagnosis confirmed by</b>			
<b>Prognosis</b>			
<b>Devices / aids:</b>			
<b>Medication</b>			
<b>Treatment: history</b>			
<b>Treatment: current</b>			
<b>Professionals currently involved</b>			
<b>Current symptoms</b>			
<b>Specific routines</b>			
<b>Other info about how I cope</b>			
<b>Additional assessments</b>			

**Example:**

<b>The condition/bodily system I have difficulty with:</b>	Depression
<b>The type</b>	Major depression
<b>History</b>	Family history of depression. Symptoms first started to appear after school.
<b>Date diagnosis confirmed</b>	January 2011
<b>Diagnosis confirmed by</b>	Jack Smith: Psychologist
<b>Prognosis</b>	Likely to be part of my life until I die.
<b>Devices / aids:</b>	Gratitude journal

<b>How to use the devices / aids:</b>	I write in my Gratitude journal at the beginning and end of each day.
<b>Medication</b>	Citalopram 40 mg per day
<b>Treatment: history</b>	I used other medications before but had bad side effects. I have undergone CBT which has helped me a lot to cope with the disease.
<b>Treatment: current</b>	Medication as above Exercise: I go for a long walk three times a week
<b>Professionals currently involved</b>	Jack Smith: Psychologist
<b>Current symptoms</b>	I am doing well at the moment.
<b>Specific routines</b>	My gratitude journal. When I am having a bad day, I make it a priority to speak with my son, he always cheers me up!
<b>Other info about how I cope</b>	I start to disengage when I am not coping... It is a warning sign if I stop going for my walks.
<b>Additional assessments</b>	None at this stage.