



Stephanie Nelson, Ph.D., ABPdN, ABPP-CN
Board Certified Pediatric/Clinical Neuropsychologist
2800 E. Madison Street, Suite 304
Seattle WA 98005
Phone: (360) 334-6156
Fax: (425) 242-5121
info@skylightneuropsychology.com

CONFIDENTIAL NEUROPSYCHOLOGICAL EVALUATION

Name: Charity (Not Her Real Name) Smith
Date of Birth: XX/XX/1998 (20 years old)

You participated in a neuropsychological evaluation today XX/XX/2018. You had these questions:

- Do I have brain damage? Do I have a learning disability?
- Do I have depression? Why can't I get anything done?
- Why am I having so much trouble thinking?

We did two kinds of testing:

- **Cognitive testing** to find out how your brain works
- **Psychological testing**, to find out what's going on with your thoughts and emotions

Cognitive test results:

- You are just as intelligent as most people. You have a strong vocabulary and good problem-solving skills. Your current difficulties are not due to a cognitive problem like low IQ or a learning disability. Your difficulties are also not due to brain damage.
- You are having trouble thinking as clearly as you used to. You get overwhelmed. You can get confused. You wrote, "I find it hard to access deeper thoughts, memories, and details. The important things. I tend to glaze over or can't remember." That is a good way to describe it. These problems thinking clearly are caused by your psychological illness.

Psychological test results:

- You feel anxious, depressed, and stressed almost all the time. Your test results show you have these symptoms of anxiety and depression:
 - **Emotional symptoms:** Worrying, feelings of guilt, feeling self-conscious, feeling lonely, low self-esteem, suicidal thoughts
 - **Cognitive symptoms:** Ruminating, obsessions, over-analyzing, trouble paying attention, feeling like your thoughts are going too fast or feeling slowed down
 - **Physical symptoms:** Problems sleeping, appetite problems, tension, IBS, constipation
 - **Behavioral symptoms:** Compulsions, bingeing, "freezing", getting angry with others, doing things to help you feel 'numb' or to self-medicate, avoiding things you want or need to do
- You wondered if you have psychotic symptoms. Your test results show these psychotic symptoms:
 - **Paranoia:** Feeling like others are out to get you, like thinking that hearing the word 'she' or hearing someone laugh must be about you.
 - **Delusions:** Misinterpreting situations in ways you can tell don't totally make sense, like thinking people are communicating with you through songs, or thinking dead people can hear you.
 - **Hallucinations:** Seeing or hearing things that are not there (or you're not sure they're there), like seeing faces in everyday things, seeing people in the corner of your vision, and hearing voices or sounds that aren't there.

- **Confusion:** Feeling like you're not sure about things. Feeling one way one moment, and a different way the next. Or thinking two contradictory things at the same time. Having trouble telling what's real and what's not real.
- **Disorganization:** Feeling like you can't get through your usual day because you can't stay organized or on task. Behaving in ways that seem unusual for you. Having trouble getting through your usual routine. Having trouble staying on track when you're talking or thinking.

Impact:

- You said your symptoms feel "crippling" right now. These symptoms are also preventing you from reaching your goals. Your illness is **severe**. You need treatment that addresses your symptoms.

Diagnosis:

- When people have a lot of psychotic symptoms that make it so they cannot function as well as they should be able to, we call that **schizophrenia**.
- About 1-3% of people in the world have schizophrenia or a related disorder. Schizophrenia is a biological illness that affects thinking and feeling. It usually emerges when people are in their late teens or early 20s. Schizophrenia is a **treatable illness**.
- Schizophrenia often comes with high levels of **anxiety** and **depression**.

Treatment Recommendations:

1. Share the results of this evaluation with your treatment providers and family members who care for you. They can contact me with questions if you say it is okay.
2. Talk to your psychiatrist about medication. Medications for schizophrenia are called 'antipsychotic medications' because they target the psychotic symptoms people with schizophrenia have. Many people with schizophrenia also take medications for their emotional symptoms.
3. Keep yourself physically healthy. You are seeing a lot of people to help you maintain your health, which is great. Talk to these people about your illness and ask them to continue helping you stay physically healthy. Get as regular of sleep as you can. Eat healthy, nourishing food, but don't go overboard – you can't 'cure' schizophrenia with the right food.
4. Try not to self-medicate with other drugs or excessive alcohol. These substances are likely to make your symptoms worse over time.
5. Continue going to therapy to learn more about your illness and how to cope with it.
6. Develop a crisis plan with your therapist and psychiatrist. This is a plan you have in place for if you feel suicidal, really scared, or unable to get anything done during the day. Make sure you, your treatment team, and at least 2 other people know your crisis plan.
7. Make sure school, work, and socializing support you, instead of overwhelming you. Don't take on too much right now and take a break if you need to. Treat yourself like you would if you had a physical illness like cancer. Remember that your illness is not your fault or something that you caused. Keep taking advantage of the supports available to you through school, like your mentor and study skills specialist, so that school feels supportive and manageable.
8. Remember that you have a lot of strengths to draw on while you recover. You are smart, savvy, creative, funny, artistic, and wise. These strengths will help you get through the difficult times.



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