

Re: Homer Simpson (Pre-assessment, questionnaire-derived, 24/01/2021 19:02:01)

Email: homer.simpson@.....com
Address: 742 Evergreen Terrace, Springfield
Birthday: 12/05/1976
Age: 44 years
Gender: Male
Birthplace: Springfield
Occupation: Nuclear safety
Relationship: Married
Resides with:
- Spouse
- Children
- Dog: Santa's Little Helper

Supports endorsed:
- Partner
- Family
- Friends

Entitlements:
No

Interests:
Duff Blimp spotting

Report referral: The PSYCH collective

Emailed summary: I consent

Disclaimer: This report is questionnaire-derived and is subject to biases. Collated: 24/01/2021 19:02:01

Reason for seeking help/presentation

Stated reason:

"My wife thinks I have a drinking problem".

Reports that things have been not okay since: "4 years".

Reason for seeking help/presentation (continued)

What's been tried so far: "Duff, Düff, flaming Moe, Beer Baron Bath Brew"

Getting help was suggested by: My wife

Perpetuating factors: "Mmmmmmm... beer...".

Self-rating of situational chaos: 7/10

Endorses tearfulness from past: Maybe

Additional info proffered: I think the saddest day of my life was when I realised I could beat my dad at most things, and Bart experienced that at the age of four.

Any other stated agenda: No

Any specific question posed: Oh, I have three kids and no money.

Why can't I have no kids and three money?

Associated symptoms endorsed

No longer enjoying what you normally enjoy

Intense irritability

Doing regrettable things when overwhelmed

Overwhelmed by circumstances

Alcohol to numb emotions

Suboptimal sexual function

Sleep descriptors

Hard to stay asleep

Hard to get up in the morning

I use alcohol or sedatives to sleep

Dysfunctional behaviours endorsed

Emotional eating:	Often
Gambling:	Often
Regrettable actions:	Often
Promiscuity:	Never
Recklessness:	Often
Self-Harm:	Never
I unintentionally lie:	Sometimes

Endorsed Traits

Abandonment fear:	A little
Dysregulated affect:	Very much so
Emotional sensitivity:	A little
Irritability:	Very much so
Easily upset:	Very much so
Variable sense of self:	A little
Regrettable actions:	Very much so
Disorganisation:	A little

Psychiatric History

Depression:	Never an issue
Anxiety Disorder:	Over a year ago
Bipolar Disorder:	Never an issue
PTSD:	Never an issue
OCD:	Never an issue
Psychosis:	Over a year ago
Borderline Personality:	Never an issue
Admitted:	Over a year ago
Self-harm:	Never an issue
Suicidal act:	Never an issue
Previous Psychiatrist:	Dr at Calmwood

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Medical History

Frequent loose stools, bloating or constipation
Overweight
Blood pressure
High blood sugar

Arthritis/tendonitis
Previous head injury
Triple Bypass
Crayon lodged in brain

Family Psychiatric History

Depression: Father
Anxiety: None known
Bipolar: None known
Psychosis: None known
Alcohol/Drugs: Father
Trauma: Mother, Father
Suicide: None known
Other: ADHD: Son

Treatments

Previous psychological work:

Supportive treatment (chats about what's been happening)

Psychologist:

"you don't have to pay some fancy psychiatrist 10 bucks an hour to get top-notch therapy"

Current Medications:

Ignorital,

Past Medications:

Brozac- not helpful, Stimu-crank - not helpful

Supplements:

Truckers-choice

Lifestyle Factors

Identity regarding physical activity

I am a sedentary person

Diet

I eat whatever:	Current
Avoids junk food:	Never
Avoids sugar/carbs:	Never
Paleo-style:	Never
Elimination diet:	Never
Meat-based diet:	Plan to
Vegetarian:	Never
Vegan:	Never
Other:	Never

State Affecting Substance Use

Caffeine drinks daily:	2
Last alcohol consumption:	I am drinking a beer as I write this
Drinks at last session:	5
Alcohol days/week:	7
Last abstinent week:	At first, I thought prohibition was a good thing.
Previous psychedelic use:	Yes
Recent drug use (3 months):	No
Pain killers:	No
Sedatives:	No
Cigarettes/day:	0

Common Stress Modulating Activities Undertaken

Creative activity: Craft/other creative
State affecting: Music
Social activity
Mostly drinking

Abridged OCEAN Personality Scoring

Openness, higher scorers tend to be creative, low scorers tend to be down to earth.

Imagination: 2/5

Novelty: 4/5

Abstraction: 1/5

Openness Total: 7/15

Conscientiousness, higher scorers tend to be productive but can become overburdened.

Detail orientated: 1/5

Orderly: 1/5

Dutiful: 2/5

Conscientiousness total: 4/15

Extraversion, higher scores tend to be more outgoing and experience positive mood states.

Outgoing: 5/5

Assured: 5/5

Not self-conscious: 5/5

Extraversion total: 15/15

Agreeableness, higher scorers tend to serve the needs of others more than their own needs.

People-orientated: 4/5

Polite: 1/5

Empathic: 1/5

Agreeableness total: 6/15

Neuroticism, higher scorers tend to experience more negative emotions.

Sensitivity: 1/5

Wound up: 2/5

Negative emotion: 2/5

Neuroticism total 5/15

This version of the OCEAN / Big Five Personality Inventory is abridged and intended as a guide only

Autobiographical Information

Childhood home

Born: Springfield
Grew up: Springfield
Number of sibs: 0
Home was: "Difficult with my father"
Normal milestones: Don't know
Felt understood by mother: No
Felt understood by father: No
Endorses childhood trauma: Prefer not to answer

Schooling/Education

Got on with teachers: Yes
Reasonable grades: No
Possible childhood ADHD: Yes
Bullied at School: A little
Age when finished school: Not sure years
Highest education: College training in nuclear physics (F hacked to A+)

Employment

First job: Drive through attendant and Gulp n'Blow
Main occupation: Nuclear safety technician
Workplace bullying: No

Intimate relationships

Duration current relationship: since the 80s
Longest relationship: since the 80s
Relationship affect: mostly stormy
Relationship counselling: yes