

## ASSESSMENT FORM



DATE: Jan 30, 2022

### Requested Personal Information

Name: Karen P.

Age: 49

Practitioner Seen: Kristin Reisinger

Phone/Cell: n/a

Email: n/a

| Pre- Intervention<br>Jan 30, 2022                                                                         | Scale<br>0 = not at all<br>6 = maximum amount |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| On a scale of 0-6, how stressed have you been since the start of COVID in March 2020? (6)                 | 0    1    2    3    4    5    6               |
| On a scale of 0-6, how would you rate your frequency of bouts of depression since the start of COVID? (5) | 0    1    2    3    4    5    6               |
| On a scale of 0-6, how equipped do you feel in handling your mental stress due to COVID? (5)              | 0    1    2    3    4    5    6               |
| On a scale of 0-6, how would you rate your level of anxiety as a result of COVID? (6)                     | 0    1    2    3    4    5    6               |

| Post-Intervention<br>March 4, 2022                                                           | Scale<br>0 = not at all<br>6 = maximum amount |
|----------------------------------------------------------------------------------------------|-----------------------------------------------|
| On a scale of 0-6, how stressed have you been since the start of COVID in March 2020? (3)    | 0   1   2 <b>3</b> 4   5   6                  |
| On a scale of 0-6, how stressed have you been since the start of COVID in March 2020? (4)    | 0   1   2   3 <b>4</b> 5   6                  |
| On a scale of 0-6, how equipped do you feel in handling your mental stress due to COVID? (3) | 0   1   2 <b>3</b> 4   5   6                  |
| On a scale of 0-6, how would you rate your level of anxiety as a result of COVID? (4)        | 0   1   2   3 <b>4</b> 5   6                  |