Answer Key for Case Studies

Grading for each case study

All Case Studies

1. What symptoms in the case study are important for diagnosis?
   * give 5 points for listing at least four accurate symptoms of the disorder
   * give 3 points for listing 2 symptoms of the disorder
   * give 1 point for listing 1 vague symptom of the disorder

2. What is your diagnosis?
   * give 5 points for the correct diagnosis
   * 3 points if the diagnosis is similar
   * 1 point if the diagnosis is not similar

3. List the sources you used to reach and confirm your decision.
   * give 5 points for listing 3 sources
   * give 3 points for listing 2 sources
   * give 1 point for listing 1 source

4. What would be the recommended treatment for this disorder?
   * give 5 points for listing at least four accurate treatments of the disorder
   * give 3 points for listing 2 treatments of the disorder
   * give 1 point for listing 1 vague treatment of the disorder
Case Study #1

1. What symptoms in the case study are important for diagnosis?
   - feeling worthless and shamed
   - fatigue, calling in sick, staying in bed all day
   - becoming irritable and withdrawn
   - insomnia
   - dissatisfaction with life for no apparent reason
   - sense of doom and gloom all the time

2. What is your diagnosis? **Major Depressive Disorder**

3. List the sources you used to reach and confirm your decision.
   - Will vary from group to group

4. What would be the recommended treatment for this disorder?
   - counseling
   - medications
     * Selective serotonin reuptake inhibitors
     * Serotonin-norepinephrine reuptake inhibitors
     * Norepinepherine-dopamine reuptake inhibitors
     * Atypical antidepressants
     * Tricyclic antidepressants
Case Study #2

1. What symptoms in the case study are important for diagnosis?
   - unwarranted worry for a long period of time
   - unable to stop negative thoughts
   - feeling restless, tired, and tense
   - rehearsing unrealistic worst case scenarios

2. What is your diagnosis? **Generalized Anxiety Disorder**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - learning relaxation techniques
   - connecting with others
   - cognitive-behavioral therapy
   - medications: anti-anxiety or antidepressants

Case Study #3

1. What symptoms in the case study are important for diagnosis?
   - reliving a horrible incident over and over
   - avoiding things that remind him of the incident
   - he is withdrawn and jumpy
   - has become detached and emotionally flat

2. What is your diagnosis? **Post Traumatic Stress Syndrome (PTSD)**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - cognitive-behavioral therapy
   - eye movement desensitization and reprocessing therapy
   - medications: selective serotonin reuptake inhibitors
Case Study #4

1. What symptoms in the case study are important for diagnosis?
   - whispering to himself
   - believing aliens are attacking him and his parents are conspiring against him
   - does not abuse alcohol or drugs
   - has an aunt that was known to have erratic and bizarre behavior

2. What is your diagnosis? **Paranoid Schizophrenia**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - treatment needs to be lifelong
   - if symptoms are severe patient may need to be hospitalized for safety
   - antipsychotic medications
   - individual and/or family therapy
   - social skills training and vocational rehabilitation

Case Study #5

1. What symptoms in the case study are important for diagnosis?
   - is worried and confused
   - has lost a lot of weight
   - has a poor diet
   - is forgetting things like what she was doing or saying
   - confused about time and place

2. What is your diagnosis? **Alzheimer’s**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - creating a safe and supportive environment
   - medications: cholinesterase inhibitors and Memantine
Case Study #6

1. What symptoms in the case study are important for diagnosis?
   - goes from relationship to relationship
   - views of others and self is polarized moment by moment
   - lacks self control
   - blames others for her problems

   1. What is your diagnosis? **Borderline Personality Disorder**

2. List the sources you used to reach and confirm your decision.
   - will vary from group to group

3. What would be the recommended treatment for this disorder?
   - Dialectical behavior therapy
   - Schema-focused therapy
   - Mentalization-based therapy
   - Systems training for emotional predictability and problem solving

Case Study #7

1. What symptoms in the case study are important for diagnosis?
   - five days no sleep while being out of control
   - has grandiose ideas that don't make in sense
   - used to be neat and tidy, but is now disorganized
   - moods switch between manic activity and intense depression
   - there is a family history of mood disorders

2. What is your diagnosis? **Bipolar Disorder**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - medications: mood stabilizers, antipsychotics, and sometimes antidepressants
   - for severe cases; electroconvulsive therapy
   - vagus nerve stimulation and transcranial magnetic stimulation
Case Study #8

1. What symptoms in the case study are important for diagnosis?
   - feeling stressed about life
   - went on a never ending diet even though she was not overweight
   - did not eat with the family
   - when help was suggested she denies there is a problem
   - faints at school and is taken to a hospital

2. What is your diagnosis? **Anorexia Nervosa**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - seeing a doctor and getting back to a healthy weight
   - regular counseling sessions that are family based and individual

Case Study #9

1. What symptoms in the case study are important for diagnosis?
   - normal baby till age 3
   - had awkward motor skills and did not use words at age 3
   - at 6, does not make eye contact with listeners
   - has few topics of conversation
   - has trouble with focus and attention
   - does not play well with other children

2. What is your diagnosis? **Autism Spectrum Disorder**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - treatment needs to be tailored to the specific needs of the patient and may include social skills, language and communication, imitation, play skills, daily living and motor skills
Case Study #10

1. What symptoms in the case study are important for diagnosis?
   - during an episode: extreme chest pain, difficulty breathing, numbness in arms
   - chest pain is not due to a heart attack
   - episodes keep repeating multiple times a week
   - avoids everything because she is afraid of triggering another episode

2. What is your diagnosis? **Panic Disorder**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - medications are used to immediately alleviate symptoms and relax the body
   - learning what triggers an attack and how to lower everyday anxiety
   - avoiding stimulants like nicotine and caffeine

Case Study #11

1. What symptoms in the case study are important for diagnosis?
   - very anxious
   - terrified that if she did not do things correctly unrealistic bad things would happen to people she cared about
   - very involved routines that must be performed correctly
   - grandfather who had similar behaviors

2. What is your diagnosis? **Obsessive Compulsive Disorder (OCD)**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - cognitive behavior therapy in the form of exposure and response prevention
   - medication like antidepressants
Case Study #12

1. What symptoms in the case study are important for diagnosis?
   - severely shy
   - his wife does all social functions: phone calls, parent-teacher conferences, etc.
   - anxious about messing up socially, then upset that he messed up
   - feeling that he was not normal
   - the longer he anticipated a public situation the worse his anxiety got

2. What is your diagnosis? **Social Phobia**

3. List the sources you used to reach and confirm your decision.
   - will vary from group to group

4. What would be the recommended treatment for this disorder?
   - overcoming behaviors that have developed to accommodate fears
   - cognitive-behavioral therapy which includes exposure therapy and social skills training
   - anti-anxiety medications