Case Study

Case #1:

Diagnosis: Generalized Anxiety Disorder (GAD)

I have diagnosed this patient with Generalized Anxiety Disorder because he has shown the following symptoms for more than 6 months. He complains of muscle tension, feeling on edge, and difficulty concentrating. He also reports of many worries about his family. He struggles with uncertainty and may think that worrying will help prevent negative things from happening to his family. As for psychosocial stressors, his father has a myocardial infection two years previously. There is a chance that this event caused him to continuously worry about his friends and family and their health as well as his own. For treatment, he has seeked care from many professional including his primary care provider. I would first recommend cognitive behavioral therapy (CBT), to try to help relax the patient and soothe some of his worry. The CBT could also reconstruct some of his thinking patterns causing his anxiety. If the CBT is showing not to work, I would recommend trying an antidepressant, particularly an SSRI like Prozac.

Case #2:

Diagnosis: Dissociative Amnesia with Dissociate Fugue

I have diagnosed this patient with Dissociate Amnesia because he is showing several forms of psychogenic memory loss. He reported himself as Jacob Jones in a new town, where he had just arrived several weeks earlier. After later investigation, it was found that this patient is actually Jerry Smith. Little is known about this disease, but I believe some stressors at work and home could have caused the onset of this disease. For example, he was having trouble at work, which was building anxiety. Right before the patient disappeared, he had a very harsh argument with his 18-year-old son where his son called him a “failure.” Although he cannot currently recognize his wife, he should get better without treatment. I would recommend bringing him home and trying to work with him to bring back those memories. The patient’s family could show him pictures and try to remind him of memories they shared.