

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## Psychological Disorders: Anxiety Disorders Case Study Activity

### Instructions:

With a highlighter please identify the important symptoms in each case. Reference the your notes and/or the textbook for diagnostic criteria for each anxiety disorder. In the space provided, provide an appropriate diagnosis, adding notes you deem necessary to justify your diagnosis.

**Case Study 1:** Amy, age 38, is a worrier. She is restless, irritable and has difficulty concentrating. She worries that she worries so much and isn't always sure what it is that she is worried about. She can't let her husband or children leave the house without making them call her regularly to reassure her that they are ok. Her husband is growing weary of her fretting. Her children can't understand what all the fuss is about. Their impatience with her only makes her worry more.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS:

**Case Study 2:** Hannah, age 55, was in a major car accident 20 years ago during a cross country trip. Ever since, she has been unable to drive on major highways. Although she does drive, she goes to great lengths to travel only on back roads and scenic routes. She is able to go where she wants but it often takes her much longer to get there than it should.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS:

**Case Study 3:** A 28-year-old woman is a rising junior executive in her investment company. Her increasing duties require her to make periodic formal presentations to the senior management of the company. However, she becomes intensely anxious at the thought of speaking in public. When she is forced to give a presentation she begins to feel anxious days in advance of the talk and the anxiety increases as the time for the talk approaches. She is concerned that her anxiety will become noticeable during the talk or that she will do something to embarrass herself.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS:

**Case Study 4:** A 28-year-old woman was walking through her local shopping mall when she began to feel intensely anxious. The anxiety was accompanied by sensations of choking, smothering, and a sudden sense that the people and stores around her were unreal. She began to fear that she was going crazy and the more she worried about this the more anxious she became. A guard, seeing that she was in distress, brought her to the mall office where she was able to lie down. A few minutes later the symptoms began to subside. She went home after leaving the mall but she did not tell her husband what happened. A week later she had a similar attack while she was walking down the street. She was able to reach her house where she lay down until the attack ended. In the following three weeks she had two or more attacks. Between attacks she was constantly worried about having another attack. The patient was finally forced to tell her husband about the problem because she was so fearful of not being able to get help if an attack occurred that she would not leave her house alone or travel on public transportation.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS:

**Case Study 5:** A 26 year old man is very concerned about cleanliness and hygiene. He spends a significant amount of time each day washing his hands or showering, especially after touch a toilet seat, doornob, or any other item he thinks may be dirty or contaminated. The patient explains that he is concerned about becoming infected or sick from touching these objects. He periodically acknowledges that the washing is excessive but explains that he becomes very anxious when he tries to avoid washing and eventually feels compelled to wash even more to make up for the omission.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS:

**Case Study 6:** A 36-year-old man and his young son were driving through an intersection when another car ran through a red traffic light and struck them. The two were trapped in the car until a fire department rescue team freed them. The patient was bruised but not seriously hurt. His son had a broken leg. The first few days after the accident the patient was preoccupied with arranging care for his son and getting the car repaired. A few days later he began having recurrent distressing thoughts and images of the accident. These symptoms lasted for several weeks. The memory of his son's screams after the car was struck seemed particularly vivid. The patient became irritable, had difficulty concentrating, and avoided talking about the accident. He went out of his way to avoid driving down the street where the accident occurred. As time went on he could no longer remember whether the traffic light was red or green when he approached it.

DIAGNOSIS: \_\_\_\_\_

NOTES ON DIAGNOSIS: