Clinical Case Study

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Author Note

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# Description

## Methods and Strategies

Case studies, naturalistic observation, surveys, laboratory observations and many more are all examples of correlational or descriptive research methods. These methods can describe events, behaviors, and experiences relating to an event and forges and contemplates existing links between them (Hooley, Neale, & Davison, 1989).

For the purpose of this study, the patient will be subjected to;

* Study of patient history
* Observation of her behavior
* HFD i.e. Human Figure Drawing, a personality assessment

## Diagnosis

An inference of the patient’s behavior and self-assessment in called a diagnosis. It does not have an observable organic base and refers to a set of symptoms and mental-emotional functioning of a patient (Hooley et al., 1989).

**For the given case:** Histrionic Personality Disorder. Differential diagnosis with the comorbidity of borderline personality disorder, bipolar disorder, and moderate depression.

## Case Formulation

Also known as clinical formulation, case formulation is a theoretical explanation of the information that has been obtained during a clinical assessment of a patient. It can also be used by social workers and mental health nurses (Hooley et al., 1989).

**For the given case:** The patient is a compulsive attention seeker and has sexual ideation towards the opposite sex. Lack of interpersonal relationship and anxiety that steams for loneliness can be observed in the patient. This has led to an unhappy lifestyle which resulted in general feelings of unhappiness.

## Treatment Plan

With exclusive regard to mental health, a treatment plan is considered to be a written document which outlines the progression of therapy. It is ideally used by a therapist to direct what needs to be done when working with a patient (Hooley et al., 1989).

**For the given case:** The patient needs to be subjected to;

* HFD
* CBD
* Psychotherapy

## Additional Information

Any information, which may not relate to the case itself but help in the provision of a proper assessment and diagnosis of the patient can be termed as additional information.

**For the present case:**

* Blood tests to eliminate the presence of physical illness.
* Medical history
* Drug screen
* Interview family members (with intervals)

# Question 1

For the purpose of this study, the patient will be subjected to;

• Study of patient history

• Observation of her behavior

• HFD i.e. Human Figure Drawing, a personality assessment

# Question 2

For the present case, since the patient is fixated attention seeker, due to poor interpersonal relationships. Her attention seeking behavior leads to her having sexual ideation towards the opposite gender. This has led to significant drug abuse, a feeling of isolation and loneliness, and weight loss.

On the basis of the information received, the patient will be given a differential diagnosis since no proper diagnosis can be listed at this stage. Differential diagnosis with the comorbidity of borderline personality disorder, bipolar disorder, and moderate depression. However, the patient could possibly be suffering from Histrionic Personality Disorder.

# Question 3

The patient is a compulsive attention seeker and has sexual ideation towards the opposite sex. Lack of interpersonal relationship and anxiety that steams for loneliness can be observed in the patient. This has led to an unhappy lifestyle which resulted in general feelings of unhappiness.It haseven contributed to her weight loss and feelings of worthlessness. Additionally, the patient has shown signs of insecurity and has a compulsive need for attention.

# Question 4

Since the patient has been given a differential diagnosis, she will be subjected to therapies to understand the root cause of her issues. She could either be suffering from Histrionic Personality Disorder, Bipolar Disorder or Borderline Personality Disorder. She may even be suffering from moderate depression. This, she would be subjected to a couple to therapies to analyze her response and give a proper diagnosis. They are:

* HFD
* CBD
* Psychotherapy

# Question 5

In the present case, since it relies on an initial assessment of the patient alone at this point, additional information would be required. This includes;

* Blood tests to eliminate the presence of physical illness
* Medical history
* Drug screen
* Interview family members (with intervals)

**References**

Hooley, J. M., Neale, J. M., & Davison, G. C. (1989). *Readings in abnormal psychology*. John Wiley & Sons.