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Disorder case study

**Name:** \_David\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_2/23/2019 \_\_\_\_\_\_\_\_\_\_ **DOB:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age:** \_49\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Start Time:** \_\_\_4pm\_\_\_\_ **End Time:** \_\_\_6pm\_\_\_\_\_\_

**Identifying Information:**

David is a well-settled man with a happy family of 2 adult children and the job of his choice. He married his high school girlfriend and have no issues with her in the relationship. However, recently he exhibited behavioral issues, and his attitude changed towards. He lost interest in the activities he used to enjoy. He now spends time with himself and has stopped meeting his friends.

**Presenting Problem:**

A sudden change in his behavior has been a concern for his family. He stopped taking an interest in anything. There was a loss of appetite, and he isolated himself from others. He might have become a victim of Major depressive disorder. The conditions indicate that he might have developed a personality disorder.

**Life Stressors:**

It is assumed from the case study that something might be bothering him in his personal life which is affecting all of his relationships. He desperately needs a counseling session with a psychologist because he spends most of his time alone. The psychologist will be able to identify his problems and help him in overcoming his depression. Cognitive therapy needs to be done on an immediate basis so that his real issues can be revealed.

**Substance Use:**[ ]  **Yes** [ ]  **No(Yes)**

He was a heavy drinker in the college, but now he has reduced his habit of drinking and do not take any substance as well.

**Addictions (i.e., gambling, pornography, video gaming)**

David is alcoholic because he takes at least two to three beers each night. In youth, he used to drink even more frequent.

**Medical/Mental Health Hx/Hospitalizations:**

David has never been admitted to hospital for depression or other mental problem.

**Abuse/Trauma:**

No trauma or abuse of any kind is mentioned in the case study.

**Social Relationships:**

As he used to have multiple activities in his life, that means he had a lot of friends in his circle too, but recently he detached himself from all social relationships.

**Family Information:**

David is close to his wife and children. They all are caring and worried about his condition.

**Spiritual:**

The information provided by the client does not explain his involvement in spiritual activity.

**Suicidal:**

David never made suicidal attempts, neither he talks about it.

**Homicidal:**

No matter of homicidal is detected in the case study.

**Assessment:**

The assessment of the case study depicts that David is having issues in interacting with others. He prefers to spend his time alone and maintains distance from others. There has been a change in his behavior. He doesn't spend time on reading, golf or TV as he used to do in the past. David has a history of substance abuse. His relationship changed with his wife and children. Formal screening questions will be used for determining the issues encountered by him.

**Initial Diagnosis (DSM):**

David is suffering from major depression. It is difficult for him to work, sleep or enjoy with friends in different activities. He feels sad and low at times that motivates him to maintain distance from others. Common symptoms include;

* Significant weight loss.
* Isolation and detachment from society.
* Lack of interest in reading or TV.
* Despair and hopelessness.

**Initial Treatment Goals:**

The initial treatment goals are:

* Encouraging him to visit a doctor and psychologist.
* Improving the moods and behavior of David.
* Increasing his interaction with family members and friends.
* Encouraging him to spend time on enjoyable activities.
* Building emotional stability.

**Plan:**

The plan focuses on providing counseling services to David that will give him the opportunity of sharing his feelings with the psychologist. The psychologist will adopt grief therapy that will allow David to overcome his feelings of despair or hopelessness. He will be encouraged to talk to others and build a strong relationship with the family. He will be encouraged to take part in social activities like visiting clubs and meeting friends. Meditation and exercise will allow him to overcome his feelings of sadness.

**Name:** \_\_\_Katrina Oliver\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_2/13/2019\_\_\_\_\_\_\_\_\_

Reference

Aragonès, E., López-Cortacans, G., Badia, W., & Hernández, J. M. 2008. XXX ORIGINAL ARTICLE Improving the Role of Nursing in the Treatment of Depression in Primary Care in Spain Improving the Role of Nursing in the Treatment of Depression in Primary Care in Spain. *Perspectives in Psychiatric Care, 44* (4).