

MINOR PROJECT

2.PROVISIONAL DIAGNOSIS

Ms. S is experiencing Major Depressive Disorder (MDD) with anxiety. This diagnosis is based on combination of depression and anxiety symptoms that have significantly caused issues in her daily activities for over six months.

SYMPTOMS MARKED

1. Depressive symptoms

- Persistent low mood and sadness
- Feeling of hopelessness
- Feeling of worthlessness
- Sleep disturbances
- Fatigue
- Loss of interest in previously enjoyable activities
- Psychomotor retardation
- Tearfulness

2. Anxiety symptoms

- Feeling restless (keyed-up)
- Irritability

- Difficulty in concentrating
- Excessive worry about work and family
- Anxious behavior observed during interviews

***ADDITIONAL**

- Stressful life events : symptoms following stressful life events and childhood trauma is significant and may contribute to current condition
- Impairment : symptoms caused impairment in her social, familial and professional life

3.ETIOLOGY

- Stressful life events
- Childhood trauma

4.TREATMENT

Assessment of symptoms severity using standardized scales like Beck Depression Inventory (BDI) and generalized Anxiety Disorders 7 (GAD-7).

PHARMACOTHERAPY

- **SSRI such as sertraline starting at a low dose and gradually increasing based on response**
- **Monitor for side effects, adjusting medication if necessary**

PSYCHOTHERAPY INITIATION

- **Start with Cognitive Behavioral Therapy (CBT) to address immediate cognitive disorders and maladaptive behaviors**
- **Introduce mindfulness based stress reduction (MBSR) to help her manage stress and enhance mindfulness skills**
- **Introduce EMDR to process and mitigate the impact of childhood trauma**
- **Maintain ongoing support and interpersonal relationship**
- **Schedule weekly or bi-weekly therapy sessions to monitor progress**
- **Regular psychiatric follow-ups to evaluate medication efficiency and side effects**

***SUPPORTIVE INTERVENTIONS**

- **Encouraging participation in support group**

- **Teaching stress management techniques and asking her to follow healthy lifestyle practices, such as regular exercise , balanced nutrition and adequate sleep**

This treatment plan aims to improve Ms. S's mood, reduce anxiety and enhance her overall functioning.