求助者生活在一个单亲家庭,父母多年前离异,她一直跟着母亲生活,母亲没有再婚。从学生时代起,母亲就严格禁止她单独与异性来往;大学毕业后,她开始谈恋爱,母亲时常告诫她:男人都不可靠,朝三暮四、喜新厌旧,交往时一定要慎重。并且郑重警告她,如果敢在婚前发生性行为,就和她断绝母女关系。求助者一直与母亲相依为命,觉得母亲是为了自己而没有再婚,自己不该违背母亲的意愿;想到父亲当年抛弃她们母女的行为,感到男人确实不太可靠。因此与几任男友交往都无果而终。一年前认识了一位从海外留学归来的男士,身材、相貌、经济条件都让她非常满意。但由于母亲的告诫,求助者与该男士交往时始终保持距离。因为多次拒绝了男士发生亲密关系的要求,她自己感觉男士开始她,跟她在一起时不再像刚认识时那样关心她。半年前的一天,她与男士通过电话之后,突然感觉胸闷、心慌、气短、头晕、两腿无力,此后便经常提心吊胆,担心男友不再喜欢她……心慌气短等症状也时有出现,曾到多家医院检查,但没有查出明显器质性病变……

The client grew up in a single-parent family after her parents divorced many years ago. She has always lived with her mother, who never remarried. From her student days, her mother strictly prohibited her from being alone with boys. After college, she started dating, but her mother warned her that men are unreliable and fickle, advising caution. Her mother also warned that if she had premarital sex, she would sever their mother-daughter relationship. The client feels she shouldn't go against her mother's wishes, believing her mother sacrificed remarriage for her sake. Remembering her father's abandonment, she views men as unreliable, leading to unsuccessful relationships. A year ago, she met a man who recently returned from studying abroad. She was very satisfied with his looks, build, and financial status. However, due to her mother's warnings, she kept her distance. After repeatedly refusing his advances, she felt he started to distance himself. Six months ago, after a phone call with him, she suddenly felt chest tightness, palpitations, shortness of breath, dizziness, and weakness in her legs. She often feels anxious, worrying her boyfriend no longer likes her... These symptoms have led her to seek medical help, but no significant physical issues were found...

Question

本案例最可能的诊断及诊断依据是什么?What is the most likely diagnosis for this case and what is the basis for this diagnosis?

Reference

- (1) 诊断可能为焦虑神经症。
- (2) 诊断依据:
- 1. 根据区分心理正常与异常的三原则,该求助者的主客观世界是统一的, 有自知力,并且能够主动求医,无幻觉妄想等精神病的症状,因此可 以排除精神病性问题。
- 2. 求助者目前情绪和躯体症状与现实因素无密切关系,没有明显的道德色彩,因此心理冲突属于变形冲突。
- 3. 根据许又新神经症评定标准,该求助者: A. 病程: 半年左右。B. 精神痛苦程度: 比较严重,依靠自己难以摆脱。C. 社会功能: 工作效率显著下降,需要减少工作量。
- (1) The diagnosis is likely Generalized Anxiety Disorder (GAD).
- (2) Diagnostic Basis:
- 1. According to the three principles for distinguishing between normal and abnormal psychology, the client's subjective and objective worlds are consistent, with self-awareness, and they are actively seeking help without symptoms of psychosis such as hallucinations or delusions, thus excluding psychotic disorders.
- 2. The client's current emotional and physical symptoms are not closely related to real-life factors and lack significant moral overtones, indicating that the psychological conflict is a distorted one.
- 3. According to the criteria for neurosis, the client: a. Duration: approximately six months. b. Severity of emotional distress: relatively severe, difficult to overcome independently. c. Social Function: Significant decline in work efficiency, requiring a reduction in workload.

PsycoLLM

- (1)诊断: 神经症。
- (2) 诊断依据:
- 1.求助者的症状已经持续半年,严重影响了其正常的生活、工作,因此可以诊断为神经症。
- 2.神经症的诊断要点: a.症状复杂多样,其典型体验是: 患者感到不能控制自身的思维、情感、意志,对症状感到无能为力,症状多与精神因素有关,如对考试的焦虑、担心等。b.症状多变,时轻时重,波动与心理社会因素有关,病程多迁延。c.可有一定的自制力。d.社会功能相对良好但有下降。
- (1) Diagnosis: Neurosis
- (2) Diagnostic Basis:
- 1. The client's symptoms have persisted for six months and severely impact their daily life and work, justifying a diagnosis of neurosis.
- 2. Key points for diagnosing neurosis: a. Symptoms are complex and varied, with typical experiences including a sense of loss of control over thoughts, emotions, and will, and feeling powerless against symptoms, which are often related to psychological factors such as anxiety about exams. b. Symptoms are fluctuating and vary in intensity, influenced by psychosocial factors, with a prolonged course. c. There is a certain degree of self-control. d. Social functioning remains relatively good but has a decline.

GPT-40

- (1) 诊断是广泛性焦虑障碍(Generalized Anxiety Disorder, GAD)。
- (2) 以下是诊断依据:
- 1. 持续的过度担忧:求助者对男友的态度变化、未来婚姻状况以及自己可能成为"剩女"的担忧,表现出持续的过度担忧和焦虑。
- 2. 身体症状: 求助者在与男友通话后出现了胸闷、心慌、气短、头晕、两腿无力等症状,这些都是焦虑障碍的常见身体表现。尽管求助者多次到医院检查,但没有查出明显的器质性病变,这进一步支持了心理因素在症状中的作用。
- 3. 功能受损: 求助者的工作效率降低,精神痛苦难以摆脱,表明焦虑已经影响到她的日常生活和工作功能。
- 4. 长期的心理压力:求助者从学生时代起就受到母亲的严格管教,母亲对异性的负面评价和对婚前性行为的严厉警告,导致求助者在与异性交往时始终保持距离,内心充满矛盾和冲突。父亲的离异行为和母亲的负面言论加剧了求助者对男性的不信任和对婚姻的恐惧。
- 5. 情绪和认知的负面影响: 求助者对未来婚姻的担忧和对男友态度变化的敏感,反映出她在情绪和认知上的负面影响。综上所述,求助者的症状符合广泛性焦虑障碍的诊断标准。她的焦虑不仅表现在对具体事件的过度担忧上,还伴随着明显的身体症状和功能受损,且这种焦虑状态已经持续了一段时间。

- (1) Generalized Anxiety Disorder (GAD).
- (2) The diagnostic basis includes:
- 1. Persistent Excessive Worry: The client shows ongoing excessive worry about her boyfriend's changing attitude, future marital status, and fear of becoming a "leftover woman"
- 2. Physical Symptoms: After a call with her boyfriend, the client experienced chest tightness, palpitations, shortness of breath, dizziness, and leg weakness, common physical manifestations of anxiety. Multiple hospital visits revealed no significant physical abnormalities, supporting the role of psychological factors.
- 3. Functional Impairment: The client's decreased work efficiency and persistent emotional distress indicate that anxiety is impacting her daily life and work functionality.
- 4. Long-term Psychological Stress: Strict parental control and negative evaluations of men from her mother, along with warnings about premarital sex, have caused the client to keep a distance in relationships, creating internal conflict. Her father's abandonment and her mother's negative comments have intensified her mistrust of men and fear of marriage.
- 5. Negative Emotional and Cognitive Impact: The client's worry about future marriage and sensitivity to her boyfriend's attitude changes reflect negative emotional and cognitive effects. In summary, the client's symptoms align with the diagnostic criteria for Generalized Anxiety Disorder, characterized by excessive worry, physical symptoms, functional impairment, and a prolonged anxiety state.