Chapter 7 Psychological disorders case study

A 28 year-old female presents to the clinic with complaints of trouble falling asleep at night and is unable to get a good night’s rest. She often feels "restless" or "on edge", which she associates with not sleeping. She states she constantly worries about her performance at her job, her family, and her mother’s health, who has recently been diagnosed with cancer. Patient also states she wakes up at night with throbbing headaches that last for a couple hours. She feels tense the majority of the day, causing her to feel stiff. She also has difficulty paying attention and finishing her work.

Which disorder can be best depicted in the scenario? Give rationale for your answer.

Rubrics

Disorder: Generalized Anxiety Disorder

Rationale: She has excessive anxiety and worry occurring more days and in different situations. She is anxious and worried about most of the situations and events about her life. She is restless and has sleep disturbance. Moreover, she also faces difficulty in paying attention on her work. All the symptoms prove that she has Generalized Anxiety Disorder.