

Clinician Survey: Photo Sets - Result

----- Photo Set: 7

Diagnosis: Obsessive Compulsive Disorder

Pronouns: he/him

Mood: anxious, depressed

Issues: perfectionism, avoidance, inaction

Thoughts: I have to keep measuring until it's right. I can't decide when it's good enough. It has to be perfect or I can't stand it. I have to do it myself because I can't trust anyone to do it to my standards.

Feelings: hopelessness, frustration, stuck

----- Photo Set: 1

Diagnosis: Major Depression, recurrent

Pronouns: he/him

Mood: depressed

Issues: long history of depression, on SSDI because of inability to work due to severe treatment resistant depression, lives with elderly parents, difficulty structuring day with meaningful activities, spends too much time in bed

Thoughts: Life is without color. My future is bleak. I don't belong. I'm a failure. There is nothing I feel like doing. Everything feels too hard. Nothing is worthwhile. I want to just bury my head under the covers. What will I do when my parents are gone?

Feelings: hopeless, self-hatred, anger, sometimes numb

----- Photo Set: 3

Diagnosis: Social Anxiety

Pronouns: he/him

Mood: anxious, depressed

Issues: socially isolated and avoidant, afraid of the judgement of colleagues, getting bad ratings from the college students he teaches, gets extremely anxious before faculty meetings and before attending professional conferences.

Thoughts: I'd rather be alone and do my work. If only I didn't have to teach classes or present my work at conferences. What will I do if I don't get tenure? I can't bear the idea of doing job talks at other universities. I can't stand the idea of having to go to the department dinner next week. What if people notice that my hands are shaking? That would be so humiliating!

Feelings: anticipatory anxiety, tense, anger at self, anger at people's expectations

----- Photo Set: 2

Diagnosis: Manic Depressive Disorder, manic phase

Pronouns: he/him

Mood: euphoria

Issues: stopped taking medication and is suffering from acute manic episode with grandiosity and lack of insight, in danger of losing job, wife and family exasperated by his lack of compliance with medication and fearful of what will happen during this episode, needs to agree to hospitalization because is becoming psychotic

Thoughts: People don't understand me. I hate that medicine. It makes me feel so flat. I can't be creative like that. I feel so much better now. I can meet my potential for doing great things if people would just get off my back. I feel great. I really don't need to sleep. I'm going to call the president and make some policy recommendations. I will also call the Pope.

Feelings: happy, a little on edge, irritable

Clinician Survey: Photo Sets - Result

----- Photo Set: 5

Diagnosis: Bulimia

Pronouns: she/her

Mood: depressed, anxious

Issues: binge eating, purging by vomiting and laxative abuse, symptomatic daily

Thoughts: The only way I can deal with my feelings is by eating. Food is the love I never got. I can't think of anything else but food. This has been going on for years. I'm completely obsessed. I can't concentrate on my work. I have to purge because gaining weight would be absolutely unacceptable. I can't stand being fat. I can't stand living like this.

Feelings: hopelessness, self-hatred, frustration, fear, anger

----- Photo Set: 9

Diagnosis: Post Traumatic Stress Disorder, Chronic

Pronouns: she/her

Mood: euthymic, occasionally anxious

Issues: Living with symptoms of PTSD from childhood sexual abuse, has done very well with medication and years of individual and group therapy, also practices meditation and yoga, has learned to deal with symptoms when they occur and has stopped putting self in situations that are triggering for her, has managed to maintain a healthy relationship with new significant other, is working - though it has taken some time to build a career after symptoms derailed her functioning in early adulthood, works to maintain gains she has made

Thoughts: I'll never be at a point where I have no symptoms but I'm proud of where I am in my life. When I consider everything that happened to me, It's amazing that I've done as well as I have. I'm a real survivor. I've found that I need to think of my recovery as my most important job. Self care is simply necessary to try to stay grounded. When I get triggered and I'm really afraid, I know I can ride that out. I wish it didn't happen but it's not my fault.

Feelings: contentment, self-love, compassion for self and others, situationally fearful