

Programmatic assessment case study example

[Health & Medicine](#), [Alcoholism](#)



Short-Answer Questions

1. Which DSM-5 disorder matches the symptoms Abby is reporting?

Abby matches the anxiety disorder symptoms. 2. Which theoretical model does the homework assigned by Dr. Smith match?

Dr. Smith matched the cognitive theoretical model. 3. If Dr. Smith recommended medications only, which theoretical model would this match?

If he had recommended medications, then it would be referred to as pharmacological treatment. 4. If Dr. Smith recommended medications in addition to therapy, which theoretical model would this match?

If he had mixed the two, then the therapy would be pharmacotherapy. 5. If Dr. Smith completed a free association exercise with Abby, which theoretical model would this match?

Then this would have been the metacognitive theoretical model. 6. If Dr. Smith used unconditional positive regard in the treatment, which theoretical model would this match?

It would match the self-help approaches. 7. If instead of the symptoms listed in the scenario, Abby reported the following: She had been in a car accident where she feared for her life. She had sleep disturbances including nightmares and became uncomfortable at the thought of driving, to the point that she avoided driving. She now believes she is a horrible driver, although her friends assure her this is not true. If these symptoms have lasted for longer than a month, which DSM-5 disorder label might match her symptoms?

This would be classified as post-traumatic stress disorder. 8. If instead of the symptoms listed in the scenario, Abby reported the following: Every day for

the past 2 weeks she felt down or sad for most of the day, had noticed an increase in her appetite, had been unable to sleep or concentrate, and felt tired. Additionally, this was interfering with her goals and tasks, and she reported that she had never felt manic or hypomanic. Which DSM-5 disorder label might match her symptoms?

These symptoms match depression. 9. If instead of the symptoms listed in the scenario, Abby reported the following: Every day for at least the past week she felt irritable with persistently increased energy and talkativeness, was easily distracted, did not seem to need sleep, and noticed that this behavior was interfering with her job. She reported that she has felt these symptoms before in her past and that she has also felt depressed sometimes. Which DSM-5 disorder label might match her symptoms?

This would be classified as bi-polar disease. 10. If instead of the symptoms listed in the scenario, Abby reported the following: Throughout her life, she has always been suspicious of others. She reports that she really would like to have good relationships, but even as a child she knew that others, including family members, could not be trusted. She feels that she needs to stay on guard to protect herself. Which DSM-5 disorder label might match her symptoms?

Schizophrenia spectrum and other psychotic disorder would be the cause of such behavior

11. If instead of the symptoms listed in the scenario, Abby reported the following: She began drinking when she was 18 and now needs to drink more or higher concentrations of alcohol to continue to function. She reports that she has lost her part-time job because of her drinking and is in danger of

failing out of college. She was hospitalized last weekend due to experiencing delirium tremens during withdrawal, and the doctor explained to her that she could die from this disorder. Abby recognized that her drinking was interfering with her life, and she knew that she did not want to die. Which DSM-5 disorder label might match her symptoms?

She would be said to be suffering from substance related and addictive disorders. 12. If instead of the symptoms listed in the scenario, Abby's former roommate reported the following: During a significant portion of the past month, Abby had talked to herself out loud and told her roommate that she had heard voices telling her to harm herself. Her roommate reported that Abby had told her that she occasionally stated that she was Joan of Arc and that the school mascot was stalking her. Her roommate asked to change rooms, and now that Abby was living alone, she did not appear to have bathed in more than a week. This was not typical behavior for Abby, as she had been known to be meticulous with her appearance and hygiene. The roommate expressed her concern for Abby and stated that although she had noticed some of these behaviors since she first met Abby more than 6 months ago, the behaviors seem to have increased over the past month.

Which DSM-5 disorder label might match her symptoms? She would be suffering from obsessive disruptive, impulse-control, and conduct disorders

13. If Abby were 5 years old and, instead of the symptoms listed in the scenario, her symptoms included nightmares, physical complaints, recurrent separation-related fear, and a refusal to leave home, what DSM-5 disorder label might match her symptoms? the DSM disorder that may match her symptoms would be anxiety disorder under separation anxiety. 14. If Abby

were 67 years old, and instead of the symptoms listed in the scenario, had no major medical issues, had never been diagnosed with a neurocognitive disorder, and her symptoms included a substantial decline in the cognitive functioning areas of memory and attention that interfere with her independence, what DSM-5 disorder label might match her symptoms? DSM-5 that would match her condition would be under dissociative disorders.

15. Dr. Smith discussed the limits of confidentiality and required Abby to sign an informed consent form before treatment. These are examples of items used to protect the patient's _____.

Nothing said inside the room would be discussed with anyone else.

References

- Association, American Psychiatric. (2013). *Diagnostic and Statistical Manual of Mental Disorders (Fifth ed.)*. Arlington, VA: American Psychiatric Publishing.
- Idler, A. B., Wright, K. M., Bliese, P. D., Eckford, R., & Hoge, C. W. (2008). A2 diagnostic criterion for combat-related posttraumatic stress disorder". *Journal of Traumatic Stress*, 301-308.
- Regier, D. A., Narrow, W. E., First, M. B., & Marshall, T. (2002). The APA Classification of Mental Disorders. *Psychopathology*, 166-170.