

# Anxiety answer sheet diagnosing tina

[Business](#)



Case Study: Anxiety Answer Sheet Diagnosing Tina Student Name: Rachel Spook  
Diagnosing Generalized Anxiety Disorder: Ia. Refer to the AD/SM-IV checklist for generalized anxiety disorder.

Which of Tina's symptoms meet any of the criteria? (Be sure to match specific symptoms with specific criteria. ) Tina expressed that she has dealt with constant negative thoughts and worry for one year (since the loss of her husband). Tina is extremely nervous about driving, bridges and of something traumatic happening to her twin daughters. She acknowledged increased smoking and eating.

Also, Tina has taken to a nightly drink to " calm her nerves" and assist in sleeping. Tina stated that she has had weeks of dizziness, breath shortage and trembling hands.

She feels restless and her body feels knotted-up, Increasingly at nighttime. Tina has muscle tensions and Issues of dealing with Irritability dealing with her teenage daughters. She is experiencing impairment In her life by finding it difficult to do the things that she used to. B. Based upon your review of Tina's symptoms and the diagnostic criteria, could Tina be diagnosed with generalized anxiety disorder or not (and If not, why not)?

Tina could be diagnosed with GAD based on the symptoms listed above that coincide with the diagnostic criteria of the AD/SM-IV checklist.

Diagnosing Specific Phobia: AAA. Refer to the AD/SM-IV checklist for specific phobia. Which of Tina's symptoms meet any of the criteria? (Be sure to match specific symptoms with specific criteria. ) Tina worries so much about

the safety of bridges that she hates to drive. She had an episode of anxiety that produced an immediate response of breathing problems, nervousness, trembling/sweaty hands, racing heartbeat and avoidance.

Tina does not want to even leave her home, because she has so many bridges in her area.

B. Does Tina have a specific phobia and if yes, what is the feared object?

Tina has a specific phobia of bridges. Diagnosing Panic Disorder: AAA. Refer to the AD/SM-IV checklist for panic disorder with agoraphobia and the checklist for panic disorder without agoraphobia. Which of Tina's symptoms meet any of the criteria? (Be sure to match any specific symptoms with specific criteria.)

) Tina acknowledges that she hates driving, and she has had at least two episodes of panic related to it.

She fears bridges, and she avoids driving. B. Does Tina meet the diagnostic criteria for panic disorder with agoraphobia or panic disorder without agoraphobia or neither? Explain why you believe your choice is the most appropriate diagnosis. Diagnosing Tina with a panic disorder is premature at this point.

The therapist would likely want to ask more questions about things that would identify other areas of the panic disorder criteria. For instance, it would be interesting to know if Tina is in the presence of a companion or near saunters if her anxiety is lessened related to driving and bridges.

It is too early for a panic disorder diagnosis, because there is not enough information about Tina and her presenting complaints. Understanding Titan's Disorders: 1. How would the Socio-cultural Perspective explain Titan's GAD? The socio-cultural perspective would explore Titan's childhood more thoroughly. She grew up in a large, poor family and she married as a teenager.

Tina finds the world to be a dangerous place, which causes her to worry excessively about her daughters' safety and her own.

Also, she has anxiety over the potential of bridges to collapse at any time when she is traveling over them. This perspective might explain that her GAD is related to her exposure with the anxiety of her husband's sickness and death in a high-stress environment. 2. Explain Titan's GAD from the Existential Perspective.

Based on the existential perspective, one may explain Titan's GAD by relating her anxiety to her loving, yet controlling husband. With his passing, she feels uncertain and unbalanced. She does not know how to find her new routine, which is worsened by her anxiety symptoms. 3.

Explain Titan's GAD from the Cognitive Perspective please identify any basic irrational assumptions that Tina is making, even if they may be unspoken).

Cognitive perspective would help identify irrational worries felt by Tina. Tina acknowledges that it may be irrational to stress about bridges collapsing, but this does not change her phobia of them. 4. Explain Titan's Phobia from a Behavioral Perspective (please use classical conditioning as a possible

example). Titan's phobia based on the behavioral perspective may be explained by classical conditioning. She may associate the anxiety of her husband's terminal illness with ridges.

. Explain Titan's Phobia from a Psychodrama Perspective. Tina learned to view her id impulses as negative due to her controlled childhood. Therefore, her phobia may be a physical manifestation of her suppressed anxiety. It could be due to her teenagers' independence, the fear of being alone or the loss of her husband.

6. Considering the biological correlates or causes of Titan's panic disorder, what role does the neurotransmitter morphogenesis play in her panic disorder? Low amounts of the neurotransmitter morphogenesis has been linked to panic disorders.

Titan's emotion regulation has been altered from decreased morphogenesis.

7. What does Titan's locus coeruleus have to do with her panic disorder? Many of the neurons in the locus coeruleus use morphogenesis as a transmitter. Therefore, it can be related to her panic episodes.

8. What role might GABA play in her symptoms? GABA regulates anxiety, and Titan's may be low. Treating Tina 1 . Which Psychodrama technique has been found to be the most useful in the treatment of GAD? Free Association may be helpful in allowing Tina the freedom to speak freely.

It could assist in revealing and resolving the underlying issues of her anxiety. 2.

Explain why a humanistic approach would be helpful in treating Tina's GAD.

The humanistic perspective would help her see herself honestly and acceptingly. 3. How might you use Rational-Emotive Therapy to treat Tina's GAD? Slung ten Rotational-tomfool Inertia could Nell ulna to correct Electrons Tanat seen has about the way others perceive her as well as her anxieties about not being needed. 4. How would Systematic Desensitizing be used to treat Tina's phobia of bridges?

Systematic Desensitization could be used to help Tina become unresponsive when seeing a bridge.

5. What medications have proven useful for treatment with panic disorder?

Mentality medications have proven useful for some when treating panic disorders. 6. What role could cognitive therapy play in Tina's treatment for panic disorder? Cognitive therapy may help Tina identify irrational worries and change her panic responses. 7. Considering that Tina may be treated for comorbid disorders, how do you see the treatments for the various disorders complementing each other?

A combination of various treatments could help Tina to live a more "normal" life.

Both cognitive and behavioral therapies as well as a mentality medication may be helpful for treating Tina. 8. Is there any reason to think that any of the treatments would be contraindicated when utilized together? Explain why/how or why/how not. No, they could be modified but still used together. Tina could benefit from various therapies while finding the most appropriate to treat her.

<https://assignbuster.com/anxiety-answer-sheet-diagnosing-tina/>

Over time, she should be tapered off the medication if possible as she learns new techniques through therapy.