

Name That Disorder

Psychological Disorders

Name _____

Date _____

Period _____

Directions: Read each case and do the following:

- 1) write the name of the psychological disorder that is the *best* diagnosis for that person next to *Diagnosis*
- 2) write the specific symptoms that led to your diagnosis under *Matching Symptoms*.

This assignment is worth 20 points.

Hint: It's possible to use a disorder more than once! It's also possible that one of them isn't used at all!

List of disorders:

- | | | |
|---------------------------------|---------------------------------|----------------------------------|
| • generalized anxiety disorder | • social anxiety disorder | • persistent depressive disorder |
| • panic disorder | • posttraumatic stress disorder | • seasonal affective disorder |
| • obsessive-compulsive disorder | • hoarding disorder | • bipolar disorder |
| • specific phobia | • major depressive disorder | • schizophrenia |

1. **VIRGIL**

Virgil is a 36-year-old electrician. For the past six months, he has been complaining to his wife about feeling “tense” and “on edge.” When she asks him what is worrying him so much, he just answers, “Nothing in particular, really. I can’t put my finger on it, I’m just feeling nervous and I’m not sure why.” He’s been finding it difficult to concentrate while on the job, and his wife reports that he has been very irritable.

Diagnosis? _____

Matching symptoms?

2. **HERMAN**

Herman is a 27 year-old accountant. For two weeks, his company has been doing a new training program at the office that requires employees to work in small teams and practice interpersonal communication skills. For the past week, Herman has stayed home from work, although he is not physically ill. He says that he doesn’t want to work with people in groups because it’s embarrassing. He’s afraid that he might say “the wrong thing” and be laughed at by his co-workers.

Diagnosis? _____

Matching symptoms?

3. **BERNIE**

Bernie sometimes seems very “wound up.” At those times he seems full of energy, talks very rapidly, and makes wild plans. (Last year, gave away all of his belongings and was planning to move to California so he could run a movie studio.) At these times he also seems to need almost no sleep. During other periods of time, Bernie seems very “down”, doesn’t take care of himself, and he seems to want to sleep all the time.

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4. **GLADYS**

Gladys is a 34-year-old woman who says that she hears voices telling her to do things. She believes that her behavior is being controlled by other people and she thinks that all her former friends have formed a conspiracy and are out to get her.

Diagnosis? _____

Matching symptoms?

5. **HORACE**

Horace sleeps a lot, has great difficulty getting out of bed in the morning, and generally does not want to do anything. He has stopped seeing friends whom he used to see often, and declines all invitations to do things socially. His most common response is "I just don't feel like it." He looks sad all the time and does not seem to take pleasure in everyday activities. This has been going on for the past two months.

Diagnosis? _____

Matching symptoms?

6. **ABE**

Abe is a 17-year-old who has reported that he has been having some unpleasant thoughts lately. He says that he keeps thinking about harming his sister. These thoughts happen much of the day and make him very anxious. He says that organizing his CD collection helps deal with his anxiety. He spends five hours a night arranging and rearranging his CD's.

Diagnosis? _____

Matching symptoms?

7. **HILDA**

While working at her job at the mall, Hilda suddenly begins having trouble breathing. Her heart starts pounding wildly, and she feels weak and dizzy. She feels as if she is having a heart attack and is honestly afraid that she is going to die in the next minute or two. (Note: She is NOT really having a heart attack.)

Diagnosis? _____

Matching symptoms?

8. **HERSCHEL**

Herschel's family says that he hasn't been the same for quite some time. About a year ago, he began to lose touch with his family and friends. During this time, he has had very poor personal hygiene and seems to take no interest in many activities. His sister describes him as being "emotionless." Whenever he talks to anyone, they find it impossible to understand what he is saying, as he tends to "ramble" from one topic to the next, and speak without making sense.

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9. **IZZY**

When Izzy was 14-years-old, he was in a car accident in which he was seriously injured and his father was left permanently disabled. It's now 5 years later and Izzy has been having trouble sleeping because he's been having nightmares about the accident. Sometimes when he is sitting in his college classroom, he starts thinking about the accident, almost "reliving" in his mind. He still can't bring himself to go to the street where the accident happened, because he says it makes him too nervous.

Diagnosis? _____

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10. **MAUDE**

Maude says her problems started when she was about 25. She said she feels sad most of the time, but isn't really sure why. She spends a great deal of time sleeping, compared to before. She has also lost a lot of weight, saying that she really doesn't have an appetite most of the time. She just turned 30.

Diagnosis? _____

Matching symptoms?

11. **WINNIFRED**

Winnie often sits in a chair staring at the floor for hours at a time. When people try to get her attention, they find that she seems "off in her own world" and does not respond to them. If someone tries to move her when she sits and stares, she cannot be moved and feels stiff and rigid.

Diagnosis? _____

Matching symptoms?

12. **ALPHONSE**

Since planning his upcoming winter ski trip last spring, Alphonse has been looking forward to it excitedly. This surprised his wife, because even though he has loved skiing in the past, the last four or five ski seasons have been different, as he hasn't shown any interest.

Now that the vacation is a week away, he is seriously thinking about cancelling it. He hasn't been feeling well for a few weeks, hasn't been unable to sleep, and according to his wife, he's lost too much weight for his own good.

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13. CLEMENT

From a clinical interview:

I always thought I was just a worrier. I'd feel keyed up and unable to relax. At times it would come and go, and at times it would be constant. It could go on for days. I'd worry about what I was going to fix for a dinner party, or what would be a great present for somebody. I just couldn't let something go.

I'd have terrible sleeping problems. There were times I'd wake up wired in the middle of the night. I had trouble concentrating, even reading the newspaper or a novel. Sometimes I'd feel a little lightheaded. My heart would race or pound. And that would make me worry more. I was always imagining things were worse than they really were: when I got a stomachache, I'd think it was an ulcer.

Diagnosis? _____

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14. CYRIL

From a clinical interview:

When it happens, it's almost a violent experience. I feel disconnected from reality. I feel like I'm losing control in a very extreme way. My heart pounds really hard, I feel like I can't get my breath, and there's an overwhelming feeling that things are crashing in on me.

It started 10 years ago, when I had just graduated from college and started a new job. I was sitting in a business seminar in a hotel and this thing came out of the blue. I felt like I was dying.

In between attacks there is this dread and anxiety that it's going to happen again. I'm afraid to go back to places where I've had an attack. Unless I get help, there soon won't be anywhere I can go and feel safe this.

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15. CLARABELL

From a clinical interview:

When I think about flying, I picture myself losing control, freaking out, and climbing the walls, but of course I never did that. I'm not afraid of crashing or hitting turbulence. It's just that feeling of being trapped. Whenever I've thought about changing jobs, I've had to think, "Would I be under pressure to fly?" These days I only go places where I can drive or take a train. My friends always point out that I couldn't get off a train traveling at high speeds either, so why don't trains bother me? I just tell them it isn't a rational fear.

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16. HORTENSE

From a clinical interview:

In any social situation, I felt fear. I would be anxious before I even left the house, and it would escalate as I got closer to a college class, a party, or whatever. I would feel sick in my stomach - it almost felt like I had the flu. My heart would pound, my palms would get sweaty, and I would get this feeling of being removed from myself and from everybody else.

When I would walk into a room full of people, I'd turn red and it would feel like everybody's eyes were on me. I was embarrassed to stand off in a corner by myself, but I couldn't think of anything to say to anybody. It was humiliating. I felt so clumsy, I couldn't wait to get out.

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17. XAVIER

From a clinical interview:

I can't do anything without my little "habits." They invade every aspect of my life. Counting really slows me down. I wash my hair three times as opposed to once, because three is a good luck number and one isn't. It takes me a long time to read, because I'd count the lines in a paragraph. When I set my alarm at night, I have to set it to a number that won't add up to a "bad" number.

Getting dressed in the morning is tough, because I have a routine, and if I don't follow the routine, I get anxious and have to get dressed again. I always worry that if I don't do something, my parents will die. I have these terrible thoughts of harming my parents. It's completely irrational, but the thoughts trigger more anxiety and more senseless behavior. Because of the time I spend on this stuff, I can't do the things that are most important to me.

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18. PERCIVAL

From a clinical interview:

I was in a car accident when I was 25 years old in which my girlfriend died. For a long time, I spoke about it as though it was something that happened to someone else. I was very aware that it had happened to me, but there was just no feeling.

Then I started having flashbacks. They kind of came over me like a splash of water. I would be terrified. Suddenly I was reliving the accident. Every instant was startling. I wasn't aware of anything around me, I was in a bubble, just kind of floating. And it was scary. Having a flashback can wring you out.

It happened the week before the Fourth of July, and I can't believe the anxiety and fear I feel every year around the anniversary date. It's as though I've seen a monster. I can't relax, can't sleep, don't want to be with anyone. I wonder whether I'll ever be free of this terrible problem.

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