

# What's Your Diagnosis?

## Psychological Disorders

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

**Directions:** Read each case and write the name of the psychological disorder that is the *best* diagnosis for each person. Then, list the symptoms that led you to this diagnosis. A list of the disorders is provided below.

<b>ANXIETY DISORDERS</b>	<b>MOOD DISORDERS</b>	<b>SCHIZOPHRENIA</b>
generalized anxiety disorder panic disorder specific phobia social phobia agoraphobia obsessive-compulsive disorder post-traumatic stress disorder	major depression dysthymic disorder seasonal affective disorder bipolar disorder	paranoid schizophrenia catatonic schizophrenia disorganized schizophrenia undifferentiated schizophrenia

### 1. CLYDE

Clyde is a 36-year-old electrician. For about the past year, he has been complaining to his wife about feeling “tense” and “on edge.” He’s been finding it difficult to concentrate while on the job, and his wife reports that he has been very irritable. 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.”

**Your Diagnosis:**

**Matching Symptoms:**

### 2. HERM

Herm 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 because he is so nervous, 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.

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### 3. MILDRED

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

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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.

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### 5. AGNES

Agnes is a 19-year-old college student. She had been living in a dorm, but has recently moved back home with her parents. She hasn't gone to any classes in the past month, and her grades have been falling sharply. Her parents are worried and feel like they're at the end of their rope. They have pleaded with her to go to her class, but she refuses. They have noticed that she hasn't been going out of the house, except to get the newspaper on the front steps. Agnes has told her parents that she doesn't feel comfortable going to her classes anymore. She once said, "What if something happens while I'm at school? How am I supposed to get out of there and get home? I feel safer here at home because at least I am not so alone."

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### 6. BETSY

Ever since she was a small girl, 40-year-old Betsy says she has been really nervous about driving on highways. Side streets and small roads are OK, but she reports feeling extremely anxious on major highways, and will not drive on them. Her husband is very angry that his wife cannot drive on highways, as all of their trips take so long. In fact, sometimes they don't even go. Recently, they visited her family in Vermont. Betsy knew that the quickest way to get there was to take the highway. It would have taken around 3 hours. Instead, she insisted on taking smaller "back roads" that made the trip take 6½ hours. She hates wasting time like this, but can't bring herself to drive on highways.

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### 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.)

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### 8. CHET

Chet is a 21-year-old student who has had serious mental problems for the last year. His mother says that she often sees him sitting in his room staring at the wall for hours at a time. He has stopped speaking and when his mother tries to move him, he is very rigid and stiff, and cannot be moved.

**Your Diagnosis:**

**Matching Symptoms:**

### 9. ARCHIBALD

Archibald 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 CDs.

**Your Diagnosis:**

**Matching Symptoms:**

### 10. 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.

**Your Diagnosis:**

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### 11. CLARENCE

Clarence sometimes seems very "wound up." At those times he seems full of energy, talks very rapidly, and makes grandiose plans. (One time, he gave away all of his belongings and was planning to move to Washington, D.C. so he could advise the President.) at these times he also seems to need almost no sleep. During other periods of time, Clarence seems very "down." During these times he doesn't take care of himself. He seems to want to sleep all the time, and he often makes thinly veiled references to wanting to commit suicide.

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### 12. MYRTLE

Myrtle is a 34-year-old woman who 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. She says that she hears voices telling her to do things. She is also showing signs of disorganized thought, distorted speech, and almost a complete lack of emotion..

**Your Diagnosis:**

**Matching Symptoms:**

### 13. 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.

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### 14. 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.

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### 15. 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 few 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 able to sleep, and according to his wife, he's lost too much weight for his own good.

**Your Diagnosis:**

**Matching Symptoms:**