



Case Report

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## Case Study of Major Depression

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Received date: May 07, 2016; Accepted date: Jun 04, 2016; Published date: Jun 11, 2016

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### Abstract

This document pertains to the case study of Major Depression. The subject of the disorder was Mrs. RJ (initial instead of real name), 43 years old housewife and mother of four children. She visited my clinic along with her husband who informed that she feels burden on her shoulder and at the back of her head most of time, feel weakness, facing lack of concentration on her daily work, disturbance with loud voices of anyone specially loud voice of males, shivering of body without any reason. He also informed about her weak memory, negative dreaming which disturb her sleep, fidgety and restless most of the time, aggressive behaviour and sometime weeping and shouting without any reason. Before visiting my clinic she visited some psychiatrists for treatment because she had become very aggressive and started to throw things and whatever was in her physical approach. One of those psychiatrists recommended ECT for treatment but ECT only affected her memory badly.

Assessment made after taking semi-structured interviews from Mrs. RJ and her husband. In light of assessment and DSM-IV, Mrs. RJ was diagnosed by Major Depression Disorder.

**Keywords:** Major depression; Fear stimuli identification therapy (FSIT); Assessment; Treatment

### Introduction

Major purpose of this particular case study was to reaffirm and prove the efficacy of Fear-Stimuli Identification Therapy (FSIT) on empirical grounds. It was also intended to use FSIT in order to eliminate the symptoms of Major Depression Disorder in which Mrs. RJ was suffering from as the therapy was already successfully used to remove the symptoms of various disorders in different cases [1,2].

**Hypotheses:** "It is expected that the FSIT method would effectively cure the Major Depression Disorder from which the above referred person Mrs. RJ is suffering."

**Fear Stimuli Identification Therapy (FSIT):** Fear-Stimuli Identification Therapy (FSIT) is based upon the perception that some of the incidents (mostly the sudden incidents) in the early age of a child become stimuli for fear instinct which cast negative effects over the personality of a child and become reason for one or the other type of disorder. FSIT investigates and digs out such events from a person's unconscious which play as stimuli for fear instinct. Whenever affected person encounters the events in his/her life resembling to the stimulus/stimuli the specific incident which has stimulated the fear instinct previously is recalled.

### Method

**Participants:** Mrs. RJ (client)

**Materials:** No any specific material used in this case study.

**Procedure:** In the first two sessions semi-structured interviews were conducted with Mrs. RJ and her husband. Assessment was made in the

light of these interviews and reasons/causes for disorder were dug out. DSM-IV was consulted to decide the nature or type of disorder.

In the subsequent of fifty sessions Mrs. RJ was asked to write on specific topics. Cross-questioning was carried out over the ideas mentioned in the writings.

### Results and Discussions

**Results:** After diagnosis of Major Depression Disorder, treatment was started in the light of FSIT method. Five sessions per week were taken, in total fifty sessions were conducted. In the course of treatment, her husband reported about Positive behavioural change in different spheres of Mrs. RJ's life. Clinical observations during treatment also indicated a gradual positive change in his personality. The difference between pre-assessment and post-assessment confirmed precision of hypotheses and efficacy of FSIT. Feedback was obtained on weekly basis for a period of one month from Mrs. RJ's husband about any possible reappearance of symptoms of Mrs. RJ Disorder and this was confirmed that there was no recurrence of disorder's symptoms anymore.

**Discussions:** Before visited to the clinic, Mrs. RJ had already consulted a psychiatrist and was mostly treated by means of antidepressants and ECT. This had no significant effects upon client's disorder. Anyhow this medication helped Mrs. M RJ to sleep little well, as she was not able to sleep before [3].

Prior to write about intervention/treatment, a brief description of patient's social and family environment is necessary in order to understand the main causes of Mrs. RJ's disorder.

**Family history:** Her father was employed in Pakistan Army in lower staff with low income level. Their family always faced financial problems but despite of their low level of income, her father spend

# Case Study Of Major Depressive Disorder

**Gerald C. Davison, John M. Neale, Ann  
M. Kring**



## **Case Study Of Major Depressive Disorder:**

*Case Study of a Client Diagnosed with Major Depressive Disorder* Barbara Ann Marie Allison, Rowan University. College of Liberal Arts and Sciences, 2005

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mechanisms influencing psychoperception A central theme of the book is the application of this integrated framework to the clinical setting showcasing its utility in diagnosis prognosis and therapeutic intervention By bridging the gap between theory and practice the book aims to equip mental health professionals with a more robust toolkit for assessing and addressing the diverse challenges faced by their clients The text is structured to facilitate both theoretical understanding and practical application making it suitable for students clinicians and researchers alike Ultimately this book seeks to expand our understanding of the human mind and promote a more compassionate and effective approach to mental health care

Neuropsychopharmacology Jahangir Moini,Anthony LoGalbo,Jennifer G. Schnellmann,2023-05-10

Neuropsychopharmacology reviews the principles of pharmacology with a focus on the central nervous system and autonomic nervous system Beyond autonomic and central nervous system pharmacology this volume uniquely discusses psychiatric disorders and the pharmacological interventions that are available for conditions including depression schizophrenia and anxiety disorders With a focus on these specific body systems readers will see end of chapter questions that offer real world case studies as well as multiple choice questions for further learning Beneficial features and content also include two extensive examination tests which each contain 100 questions for better learning or to be used in teaching and a glossary Helpful appendices cover high alert medications and toxicology effects on the nervous system Each chapter will contain classifications of medications pharmacokinetics mechanism of action clinical indications and toxicities Describes pharmacology principles pertaining to the central and autonomic nervous system Identifies pharmacological interventions for psychiatric disorders including current evidence based interventions for depression schizophrenia and anxiety disorders Features chapter outlines end of chapter questions real world case studies and examinations for deeper learning or teaching

Global Emergency of Mental Disorders Jahangir Moini,Justin Koenitzer,Anthony LoGalbo,2021-05-18 Global Emergency of Mental Disorders is a comprehensive yet easy to read overview of the neurodevelopmental basis of multiple mental disorders and their accompanying consequences including addiction suicide and homelessness Compared to other references that examine the treatment of psychiatric disorders this book uniquely focuses on their neurodevelopment It is designed for neuroscience psychiatry psychology students and various other clinical professions With chapters on anxiety depression schizophrenia and others this volume provides information about incidence prevalence and mortality rates in addition to developmental origins With millions worldwide affected this book will be an invaluable resource Explores psychiatric disorders from a neurodevelopmental perspective Covers multiple disorders including anxiety depression and obsessive compulsive disorder Examines the brain mechanisms that underly disorders Addresses the opioid epidemic and suicide Reviews special patient populations by gender and age **Case Conceptualization and Effective Interventions** Lynn Zubernis,Matthew Snyder,2015-04-10 With fully integrated DSM 5 criteria and current CACREP standards Case Conceptualization and Effective Interventions by Lynn Zubernis and Matthew Snyder examines case conceptualization and

effective treatments across the most common disorders encountered in counseling The comprehensive approach helps readers develop their professional identities as well as their case conceptualization and intervention skills Each chapter blends current theory and research with case illustrations and guided practice exercises to anchor the material in real world application Using an innovative new Temporal Contextual T C Model the book provides an easy to apply and practical framework for developing accurate and effective case conceptualizations and treatment plans Case Conceptualization and Effective Interventions is part of the SAGE Counseling and Professional Identity Series which targets specific competencies identified by CACREP Council for Accreditation of Counseling and Related Programs **Effectiveness of a Treatment**

**Approach for Major Depressive Disorder** Lisa Gail Mazzagatti, Rowan University. College of Liberal Arts and Sciences, 2005 *DSM-IV Case Studies* Allen Frances, Ruth Ross, 1996 The final chapter titled Test Yourself includes a number of complex cases each accompanied by a brief discussion which allows the reader to compare notes with the authors

**Latent Bipolar Disorder** Taiane de Azevedo Cardoso, Ives Cavalcante Passos, Flavio Kapczinski, 2025-11-15 Latent bipolar disorder was first introduced to discuss cases where individuals with depression who have been unresponsive to antidepressant therapy were introduced to lithium as an adjunctive treatment to the antidepressants and when lithium was discontinued these individuals were at a greater risk of developing bipolar disorder This concept was later integrated into staging models proposed for bipolar disorder to describe the subset of individuals who present mood and anxiety symptoms and increased risk for developing threshold bipolar disorder Latent bipolar disorder has been discussed as a clinical dilemma given its complexity and researchers have emphasized that operational criteria for the identification of latent bipolar disorder are a major unmet need in the field of mental health Thus this book provides a detailed description of the current literature supporting the identification of latent bipolar disorder which will potentially help with the establishment of an operational criteria for the identification of latent bipolar disorder For instance the importance of using antidepressants with caution in young individuals with depression has been discussed however there is no clear consensus on how to identify this specific population that initially presents with mood symptoms e g unspecified mood symptoms major depressive disorder but is highly vulnerable to developing bipolar disorder The accurate identification of latent bipolar disorder has substantial implications for clinical practice This is because it is well known that the treatments for major depressive disorder and bipolar disorder differ substantially and the appropriate treatment results in a better prognosis This work will provide evidence based findings to help clinicians to identify latent bipolar disorder Edited by leading researchers in the field the book systematically covers the theoretical basis for the definition of latent bipolar disorder data driven findings supporting this definition challenges and future directions as well as clinical implications and recommendations for practice Psychiatrists and other mental health professionals as well as undergraduate and graduate students will find this work valuable *Queer Social Work* Tyler Arguello, 2019-11-12 This collection of case studies that model LGBTQ affirmative

social work practice offers real life scenarios from a range of social work scholars educators and practitioners representing diverse sexualities genders and intersectional identities Together they demonstrate contemporary multilevel queer affirming social work practice with LGBTQ people and communities These fourteen case studies follow social workers across the country on their quest for quality service provision for vulnerable populations Chapters explore issues such as finding trans affirming care for teens methamphetamine abuse among elderly gay men previously exploited teens reentering foster care navigating nonmonogamous relationships and more Each chapter offers concrete comparative case formulation that depicts culturally responsive work with LGBTQ people by LGBTQ social workers These diverse vignettes showcase a range of life experiences and explore how factors like religion age and immigration status affect social work practice The case studies in this volume integrate best practice standards and interventions social work ethics and competencies and clinical and critical theories Queer Social Work is a progressive pedagogical tool that provides a forum for marginalized communities and individuals as well as the committed practitioners who serve them

**DSM-IV-TR Case Studies** Allen Frances,Ruth Ross,2001 The case studies bring to life the process of differential diagnosis and illustrate how important this process can be for treatment planning This casebook follows the organizational pattern of DSM IV TR and provides examples of the most commonly encountered disorders

**Case Files : Psychiatry** Eugene C. Toy,Debra L. Klamen,2004-03-19 The closest a student can get to the wards without seeing patients Designed to teach through clinical cases this text offers 60 of the most common clinical problems in psychiatry along with case discussion questions clinical pearls key terms and concepts and USMLE style questions and answers to reinforce learning This is an excellent study guide for the psychiatry shelf exam and the USMLE Step 2

**Case Files** Eugene C. Toy,Debra L. Klamen,2007 This resource presents 60 clinical cases illustrating essential concepts in psychiatry

**Case Studies in Abnormal Psychology** Thomas F. Oltmanns,John M. Neale,Gerald C. Davison,1995-01-20 Consists of 22 detailed case studies concerned with behavioral disorders focusing on symptoms the client s history treatment and outcome Numerous cases feature vignettes from the initial therapy interviews or from the therapy itself Describes case failures along with successes and pinpoints gaps in current knowledge New to this edition cases on anorexia nervosa bulimia nervosa and PTSD rape trauma updated terminology to conform to DSM IV general update of the etiological discussions associated with each case and more balanced discussion of the psychodynamic approach

**Don't Call Me a Drama Queen!** Debra Mandel,2008 Drama queens come from all walks of life regardless of age gender race sexuality or socioeconomic status Drama queens perceive danger where there is none They personalise things that aren t personal They spend hours trying to control things they have no control over This book provides solutions for those who are trapped in drama queen mode They learn how to say goodbye to unnecessary response styles that make them feel unhappy and stressed out Partners also learn how to cope with and understand their behaviour and learn how to support them

**Case Studies in Abnormal Behavior** Robert G. Meyer,Yvonne Hardaway Osborne,1982 *Abnormal Psychology* David

Sheridan Holmes,1991      **Abnormal Psychology, with Cases** Gerald C. Davison,John M. Neale,Ann M. Kring,2004-02-27  
Provides a variety of extended case studies from Oltmanns Meale and Davison s CASE STUDIES IN ABNORMAL  
PSYCHOLOGY 6 E The cases which are integrated in the text at the end of each disorder chapter are all based on actual  
clinical situations Each case study describes a specific clinical problem and provides a foundation on which to organize and  
further discuss the material in the chapter from cover      **American Journal of Psychotherapy** ,1947      Foundations of  
Adult Health Nursing Lois White,2005 Foundations of Adult Health Nursing is written following the Nursing Process format  
The clinical chapters have been revised to include Nursing Management sections for each disorder emphasizing the nurse s  
role in providing competent client care Nursing Outcomes Classification NOC and Nursing Interventions Classification NIC  
have been identified in each Nursing Care Plan A Case Study included in each chapter uses critical thinking questions to  
assist the user through the nursing process and to develop a customized plan of care for the client in the scenario The last  
chapter Integration has been included to assist the user in understanding the complexity of human illness and how a disorder  
in one body system affects other body systems Special features throughout the book are specially designed to emphasize  
specific information such as Life Cycle Considerations Client Teaching Infection Control Safety Community Home Health  
Care Cultural Considerations and Professional Tips Critical Thinking Questions are included throughout the book to  
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