



**CASE STUDY: 19 YEAR-OLD WHITE FEMALE**

April 28, 2017



### **Chief Complaint:**

Anxiety for 2 years, worsening over time.

### **She wrote on CliniCom:**

"It (anxiety) varies from time to time. Sometimes it only occurs once a week but other times it could occur 3-4 times a day. I attend weekly group counseling sessions with the clinicians at the University Medical Clinic Student Counseling Services. I am worried that my anxiety and symptoms will keep me from doing well in school as well as keep me from participating in my regular daily activities."

"I clean a lot. My room has to be clean before I can do anything else. I constantly check what time it is on my phone or watch, sometime 2-3 times in the same minute. I take a really long time to get ready because I have a very specific way of doing things. I also take even longer to get ready or do things if someone else is there to see or watch because that makes situations more stressful for me."

"I'm always afraid that people are watching me. Not in like a weird way, but in a way like I'm afraid to do something weird or embarrassing because what if someone notices? So I'm always afraid to do very basic things like go in a restaurant by myself, or a gas station, or the grocery store, or like walk into class late or get up to leave class early"

"I repeat what others say very often. I've noticed that I do it and once another person pointed out that I do it, I've been making a strong effort to stop."

### **Additional Info:**

History of car accident, some THC use, sometimes takes Adderall from friends "to study".





## **CLINICOM Automated Report Summary:**

Ann is a 19-year-old, single (never married) female who is experiencing anxiety or excessive worries. Ann has been experiencing the symptom(s) for 2 years. The complaint has worsened over time.

This report reflects that Ann is experiencing difficulty controlling some behaviors because of impulsivity and/or hyperactivity. She most likely makes a lot of careless mistakes in paperwork or schoolwork, has difficulty paying attention, doesn't listen, is unorganized, and avoids tasks that require attention. She may have a hard time following instructions, loses things frequently, and often is forgetful in daily activities. Persons with similar reports tend to fidget often, run or climb excessively, find it difficult to remain seated, talk excessively, blurt out answers, and interrupt or intrude on others. She may also often appear to be on the go and have difficulty waiting for his or her turn.

Persons with similar reports tend to have difficulty controlling unpleasant, unreasonable and strong fear of being embarrassed and judged by others. This fear can be so strong that it gets in the way of her going to work or school or doing other everyday things. These symptoms can be limited to one situation, such as talking to people, or may be so broad that She feels very uncomfortable around almost anyone other than the family.

Ann shows a pattern of unexpected panic attacks with physical symptoms and intense discomfort that peaks in minutes and presents frequently with strong fear of dying. These symptoms are very unpleasant and come usually without warning or apparent reason. Most times the panic attack lasts about 20 minutes.

Ann has a clinical profile that reveals symptoms associated with PTSD

This report suggests that Ann is experiencing obsessions that may include contamination, repeated doubts, ordering, aggressive or horrific impulses. She probably tries to neutralize the obsessive anxiety with behaviors that ultimately become compulsions, or an uncontrollable urge to do something repeatedly to neutralize the obsessions. She may try to resist the compulsions, then this person has a sense of mounting anxiety that is partially relieved by yielding to the compulsion(s), sometimes with rituals, otherwise, if she cannot yield, then she may get tense and even very angry, which may frequently result in interpersonal problems with others.

Ann shows a pattern of disturbed sleep associated with any of the following: quality, timing or duration of sleep and the consequence of feeling fatigued the next day. This sleep disturbance can also be a warning sign for other medical conditions. They range from insomnia disorder to narcolepsy and breathing-related disorders to

restless leg syndrome.

Ann has a clinical profile that reveals symptoms associated with significant problems using verbal and nonverbal communication for social purposes, leading to deficiencies in her ability to successfully communicate, join in socially, maintain social relationships, or otherwise perform academically or occupationally.

This report reflects that Ann is experiencing symptoms associated with Traumatic Brain Injury and being treated for this. Without Clinicom, Ann would most likely only be treated for anxiety, which was her chief complaint. Clinicom assisted in providing optimal, Personal care for Ann.

