

## Anxiety Diagnostic

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In the presenting case the client is exhibiting symptoms of excessive worry. The client was referred to this provider by her PCP for excessive worry. In the beginning of the session, the client states that she has been “a worrier” her entire life. She reports that her symptoms intensified nine months ago when she left her job due to her anxiety. The client reports that the duration of her worry has increased. The client reports that she now worries about “everything” such as her children's health or the cleanliness of the home. She reports that her anxiety is sometimes “paralyzing” and she stays on the couch for hours or paces around. She indicates that she can no longer enjoy the activities she once enjoyed due to worry. The client denies any particular event occurring that could have triggered this excessive worry. She is hesitant to attend a family fishing trip due to excessive worry in spite of the fact that it is one of her “favorite things to do”. The client indicates that it takes her a long time to go to sleep. When she is able to sleep, she only gets about four hours. When she does sleep, she does not feel rested due to restlessness and movement.

Client states that she used to get along well with her husband but now he is becoming frustrated with her symptoms. The client denies any history of drug abuse. The client reports that she has a brother that has a substance abuse history and she hasn't seen him in years. Client states she has quit going out with her friends after they asked her what is wrong. She indicated that she was “ruining their nights out”. The client describes feeling “geared up” and makes the statement that “nobody can stand to be around me.” The client denies having panic attacks. She reports feeling exhausted as a result of constant fidgeting or pacing. She reports that she is

unable to concentrate stating, “my mind goes blank”. The client describes her mood as angry and then corrects that to irritable. She reports having muscle aches that inhibit her ability to sleep. She indicated that her daily responsibilities are “too much”. Client states she will shake uncontrollably for no reason. The client describes being frustrated that she cannot complete tasks such as making tea without experiencing anxiety and worry that she could have burnt the house down. The client denies having any traumatic event in her life. She reports that her brother left and she described him as “thin and gray”. She indicated that there was a lot of yelling and arguing between him and her mother. The client was exposed to the grief of her family witnessing her brother’s addiction. Client states she is constantly on edge. Client reports that she has “seen things” that others did not. She states that she saw her grandmother who had passed when she was six.

Client is experiencing diagnosis criteria as follows: Restlessness, difficulty concentrating, irritability, sleep disturbance, fatigue and muscle tension. According to the DSM-5, the client’s excessive worry is causing clinically significant distress or impairment in social, or other important areas of functioning. The disturbance is not due to substance abuse.

Diagnosis according to the DSM-5: Generalized Anxiety Disorder 300.02