

Anxiety Written Assignment

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SOCW 632: Psychopathology, Clinical Assessment, & Diagnosis I

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Diagnosis

Client meets the criteria for the DSM 5 TR diagnosis of generalized anxiety disorder (F41.1).

Clinical Evidence

The client fidgeted throughout the session, wringing her hands, rubbing her face, adjusting her seating position, folding, and unfolding her arms, and touching her neck and hair. The client reported feeling “restless” and unable to relax “even though I want to”. The client had to often ask for a repetition of the question as she often lost focus on the conversation. The client also reported only being able to sleep for 4 hours and that it felt like she was “worrying” in her sleep, and she “wakes up tired”. The client reports that they have always been a “worrier” but that for the past nine months, she has been unable to control her worry and quit her job because of her worries. Her worries are also causing interpersonal conflict at home as her husband tries to calm her down and gets frustrated when he can’t. The client says she worries about her family’s health, such as whether they will get a cold or sore throat and worries “as if it was cancer”. The client is not using any substances or any medications. The client reports never having had a panic attack. The client does not report any visual, auditory, or sensory hallucinations, and these symptoms are not better explained by any other mental disorder.