Anthony Case Study

* 16 years’ old
* White
* Male
* Parents separated when he was very young
  + Lives with mother
  + Visits father on weekends
* Undergoing psychological treatment
  + Behavioral therapy and psychopharmacological
  + Began treatment at age 14 due to mother’s concerns
* Symptoms (Started very charismatic and outgoing as a child)
  + Isolative
    - Closed off to his family, friends, and peers
  + Decline in schoolwork during sophomore year of high school
    - Anthony says it’s because of difficulty adjusting and focusing in class
  + Short Tempered, easily angered
    - Anthony agrees, says its from underlying anxiety
  + Not sleeping well
  + Moments of tension/inability to relax
  + Faintness (dizzy spells)
* As Anthony continued treatment, reported feeling of slight relief
  + Mother noticed he was more interested in friends, even began dating
  + Lasted approx. 6 months
    - However, during that time:
      * became more agitated
      * engaged in risky behaviors
      * lived in a sense of invincibility
* After about 3 weeks of maintaining this “high:”
  + Was back to previous patterns of withdraw and isolation
* This lasted about 4 weeks
  + Anthony then found himself returning to a state marked by grandiosity
    - “state marked by grandiosity,” means that Anthony had an exaggerated belief in his importance, sometimes reaching delusional proportions, occurs as a common symptom of mental illness (maybe maniac disorder?)
* Mom found message in Anthony’s phone to his girlfriend
  + Contained explicit details of how he wished he could harm his mother during his short moments of rage
* DIAGNOSIS: Bipolar Disorder
  + Anthony shows periods of both depression and maniac episodes
    - Depression period symptoms:
      * In teens depressed mood can appear as irritability, one of the symptoms Anthony shows in his depression period (Short-tempered, easily angered)
      * Reduced interest in – or almost all – activities most of the day, nearly every day
        + Isolative, closed off to family and friends
      * Decreased ability to think or concentrate
        + Anthony’s decline in schoolwork which he attributes to not being able to focus
      * Restlessness
        + Hasn’t been able to sleep well
      * Feelings of inappropriate guilt
        + Moments of tension/inability to relax
      * Faintness
      * Anger and violent thoughts towards others
        + Wants to harm his mother
    - Maniac Episode Symptoms:
      * Inflated self-esteem
      * Agitation
      * Increased goal directed activity
        + Sexually, with a girlfriend
      * Doing things that are unusual and have a high potential for painful consequences
        + Anthony’s feeling of invincibility
        + Engaging in risky behaviors
* Therapy
  + There are several different therapies that can be beneficial when dealing with Bipolar disorder. Psychotherapy, has many options to offer that can be used along with each other. *Behavioral therapy* is the first type of psychotherapy that can be beneficial to Anthony; this involves the application of the principles of learning and conditioning to direct efforts to change Anthony’s maladaptive behaviors – his behavior used to reduce his anxiety. This therapy is achieved by applying the principles of classical conditioning, operant conditioning, and observational learning. Anthony can also look for *Cognitive therapy*; this can help Anthony with his depression because it’s goal is to change his negative thoughts and maladaptive beliefs. Cognitive therapy is done by teaching Anthony to detect his automatic negative thoughts; when they realize them, therapist help them to see how unrealistically negative they are. *Group therapy* can also be beneficial to Anthony’s disorder. In a group of people, he will receive support from others, learn coping skills, and be able to talk about his problems with people who have the same one. With this, he will get encouragement and a better understanding of himself and his disease. Finally, Anthony can use *Biomedical Therapy.* In Anthony’s case, with Bipolar disorder, mood stabilizers would be the best choice. *Lithium* and *Valporate* are the mood stabilizers proven in preventing future episodes of both mania and depression in patients with bipolar illness. They can also be used to bring Anthony out of current maniac or depressive episodes. More times than not, although, antipsychotics and antidepressants are more commonly used for these purposes due to lithium’s dangerous side effects if it isn’t managed well. Lithium levels must be monitored in a patient’s blood because high amounts of it can be toxic and even fatal; it can also cause kidney and thyroid gland complications. Prozac is a common example of an antidepressant drug, and on the other hand, Zyprexa is a common example of an antipsychotic medication.