



**Assignment Criteria:**

Each student will be given a different case study to review and write an APA style paper. The format of this paper's sections is described below. You will be responsible for analyzing the case study provided and then writing a complete diagnostic case conceptualization, including assigning a diagnosis(es). You will be required to use your textbook the DSM-5, and find an additional empirical research article that relates to your client's disorder, as required resource. This assignment should be 6-8 pages in length (including a Title page, Abstract- formatted summary, body and References page). The paper must be typed, double-spaced, one inch margins. **You must submit your paper on Blackboard in either a Word Doc or Adobe PDF file. No other file types will be accepted.**

**Title Page:** Follow the APA guidelines for formatting a Title page.

**Abstract (Bulleted Case Overview):** The Abstract page will serve as a case summary overview. This information will be presented in bullet form and contain the specific information provided in the attached example. Include your client's name, the case study #, and demographic information (age, gender, race/ethnicity, etc.). Then list the assessments you would want to recommend using to confirm the diagnosis you have assigned. Next list the disorder(s) (primary, and if applicable, secondary) should be listed along with the severity of each disorder noted (e.g., mild, moderate or severe) based on the symptomology. Then list the client's current stressors and functioning. Finally, list the etiology, treatment plan and prognosis.

**Introduction:** Make sure before the Intro that you include your full descriptive title from the title page, before beginning the Intro paragraph. Begin the paper with a brief paragraph of important background/demographic info of the client including any of the following information that was provided in the case study: age, gender, race/ethnicity, employment/education status, relationship status, socioeconomic status, and who they live with/important family members. Then give a BRIEF description of the current presenting problem, in other words, why are they coming to therapy or being hospitalized RIGHT NOW.

**Body Sections (Case Conceptualization):** The Case Conceptualization section is the discussion section of the paper where you will review the case in depth by discussing the sub categories listed below. You should make an argument for the diagnoses and treatments you assign. It is also the place to identify the bio-psycho-sociocultural and environmental factors that could influence the symptoms and overall functioning, and present a thorough description of the client's behaviors and how they could be helped through treatment.

✓ **Determination of Abnormal Behavior:**

Using the 4 D's framework, review the case study and determine if the behavior is considered abnormal. Describe which D's pertain to the client, including specific examples to support your analysis. If it is a personality disorder, use the 3 P's framework.

✓ **Symptom Identification & Diagnosis:**

Determine your client's diagnosis(es). Each disorder presented must be supported with evidence from the case summary of behaviors or emotions by the client that is verified by DSM-5 criteria and evidence from your textbook. In short, if you assign the diagnosis of Obsessive-Compulsive Disorder (OCD), you must back-up your decision with examples from the case that match diagnostic criteria

from the DSM-5. An in-text citation MUST be used and the sources must be included on the reference page. A differential diagnosis should be included (if applicable). It is possible to have more than one diagnosis (comorbidity), list every diagnosis for which the diagnostic criteria are met. Again, you will also be responsible for providing a rationale for the diagnoses, as well as a discussion of rule outs and differential diagnoses. **If your client does have a comorbid diagnosis, list the primary diagnosis (the main diagnosis) and then the secondary diagnosis(es), but for the remainder of the paper you will only be reviewing the principle diagnosis.**

- A Differential diagnosis refers to all of the diagnostic categories that you seriously considered during the diagnostic process. Because the symptoms in the case study may suggest the possibility of several disorders, a brief discussion of disorders that you excluded is warranted.

✓ **Assessments:**

In accordance with the symptoms you have identified, name 2 different specific assessments you would administer to confirm your suspected diagnosis(es). Give a brief description of each assessment and why you selected it.

✓ **Environmental, Psychosocial & Cultural Stressors and Functioning:**

The analysis of environmental and psychosocial functioning must also be included in both the abstract and body sections of the paper. In this section, you will first describe all the client's problems /stressors as described in the case study and how they contribute towards acquiring or maintaining the disorder. In this section, you are NOT listing the symptoms again. Instead, you are listing the problems the client is having now, or the impact of their life circumstances or symptoms (ex. lost a job which created depression). Make sure you examine their different life roles (at home, work, school, relationships, legal issues, etc.). Use this as a basis to determine their current level of functioning (mild, moderate, or severe) and justify your choice based on the symptoms they are having and how much their disorder impacts their life roles.

✓ **Etiology:**

Investigate and briefly describe a few possible causes of the primary diagnosis of your client. Use your textbook as a source, as well as your lecture notes for presenting this information using the bio-psycho-sociocultural model. This may also be a section where you may want to use an additional empirical source to provide more of an explanation on the causes of that particular disorder.

✓ **Treatment Plan:**

Now that you have assessed your client, now you must help them get better! Provide a brief outline of the treatment that should take place for your client by developing a treatment plan. You must identify 2 different forms of treatments using 2 different modalities. Your treatment recommendations must have evidenced-based research support. Justify your plan and why you selected those forms of treatment with information from the textbook or possibly an empirical source. You MUST use in-text citations and list any sources on your reference page.

**Conclusion:** Give a very brief description of your client's prognostic situation. Analyze their coping abilities, motivation, resources and support system from the case, and use researched evidence about the prognosis (Excellent, Very Good, Good, Fair, Poor) of that disorder you would give for that client. Remember to justify your rating.

**Reference Page:** Include an APA formatted reference page as the last page of the paper. It must include your textbook, the DSM-5, your empirical source, and any applicable sources for your assessments.

Example Abstract Page- Sample Summary Overview on the following page-

### **Abstract**

Client #22: John Smith, 25-year-old, Hispanic Male

Presenting Problem: Client presented with suicidal thoughts and attempt.

Diagnosis:

- Major Depressive Disorder-Severe (Principle Diagnosis)
- Posttraumatic Stress Disorder-Mild (Secondary)

Recommended Assessments:

- Mental Status Exam
- Beck Depression Inventory

Environmental and Psychosocial Stressors:

- Problems related to social environment- no longer interacting with family or friends
- Problems related to employment- recently unemployed

Current Level of Functioning: Severe

- Due to suicidal thoughts and attempt

Etiology:

- Biological: Possible insufficient level of serotonin
- Psychological/Environmental: Possible causation due to recent job and income loss
- Cognitive: Due to negative cognitive distortions

Treatment Plan:

- Biomedical Therapy: Consider recommended treatment of anti-depressant medication to help eliminate suicidal ideation
- Cognitive Therapy (Individual): To help understand sources for stress and depression due to poor cognitions and develop effective coping skills to minimize symptoms and enhance psychosocial functioning

Prognosis: Fair to Good

- While actively suicidal, prognosis is fair
- Once stable, prognosis is good if actively participates in therapy and follows recommended medication use

PSY 327- Abnormal Psychology Online Rubric

_____ 5 points	APA formatted Title Page
_____ 5 points	Abstract- bulleted summary overview contains all key information.
_____ 5 points	Introduction- background/demographic information on the client and a brief description of the current presenting problem.
_____ 5 points	Determination of abnormal behavior using the 4 D's or 3 P's framework with well supported examples from the case study.
_____ 10 points	Accurate identification of symptoms from the case study. Correct diagnosis(es) supported by examples of the client's symptoms that are in accordance with criteria from the DSM-5.
_____ 10 points	Appropriate selection of 2 specific assessments for determining the specific disorder, and a brief explanation of each assessment.
_____ 10 points	Client's problems discussed, as well as, all environmental, psychosocial and cultural stressors identified. Correct current level of functioning determined and explained.
_____ 15 points	Possible etiology presented for the disorder using the bio-psycho-sociocultural model and environmental factors.
_____ 10 points	2 Appropriate evidence based treatments selected for that disorder, that are of 2 different modalities, with appropriate support for selecting each.
_____ 5 points	Well explained diagnostic conclusion and appropriately supported prognosis.
_____ 5 points	APA in-text citations used appropriately and cited correctly within the body of the paper.
_____ 5 points	Writing Mechanics- Paper APA organization, grammar, spelling, typos, etc. Written in 3 <sup>rd</sup> person.
_____ 5 points	APA formatted Reference Page (includes textbook, DSM-5, 1 additional empirical research article, sources for your assessments, and any additional sources use).
_____ 5 points	APA Paper Format: 6-8 pages, double-spaced, Times New Roman 10 or 12pt font, 1 inch margins.
_____ /Total 100	