## Categorizing Psychological Disorders
In order to help yourself organize the new terms, create a table of the different disorders, including a general description of each category and the specific disorders within the category.

<table>
<thead>
<tr>
<th>Disorder Type</th>
<th>General Description</th>
<th>Specific Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disorders of Anxiety, Trauma &amp; Stress</td>
<td>A psychological disorder in which the main symptom is an intense fear or anxiety.</td>
<td>Social anxiety disorder, phobias, specific phobias, agoraphobia, generalized anxiety disorder, panic disorder, obsessive compulsive disorder, Acute stress disorder, posttraumatic stress disorder</td>
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<td>Disorders of Mood</td>
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<td>Dissociative disorders</td>
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<td>Schizophrenia</td>
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<td>Personality disorders</td>
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Diagnosing Mental Disorders

Instructions: For each of the following case studies, play the role of a clinician and make the most accurate diagnosis possible from the given information.

1. If you interacted with Scott briefly, you might think that he is normal. However, once he told you about the government's plot against him and how he was going to be rescued by some alien friends, you would start to suspect that he is disordered.
2. Shannon's moods seem to swing abruptly, and she often seems unable to control her impulses. She has had many sexual encounters and often complains of boredom, though she is seldom alone and often caught up in very intense, stormy relationships. Her friends are on edge around her because of her Jekyll-Hyde behavior.
3. Emmit, who has just suffered a serious knee injury, cannot undergo an MRI because he has an irrational fear of narrow, enclosed places.
4. Frank awoke one morning and suddenly realized that he had another name and a family in another state. He had no idea how he came to be living his present life.
5. Although Karina was not personally injured in the earthquake, the experience was a terrifying one and her house was badly damaged. She has frequent nightmares about earthquakes, and even when awake she sometimes gets flashes as if she's reliving the experience. The slightest noise or movement around her causes her heart to pound rapidly.
6. Alisa was the unfortunate victim of an assault after a party a few weekends ago, and she's been having difficulty remembering anything about that night. Assuming that she did not suffer a physical blow to her head that would explain her memory loss, what might be a potential diagnosis?
7. Anthony has been known to cheat, steal, lie, and manipulate others to get what he wants. Even worse, he feels no remorse after committing such acts. It is most possible that Anthony suffers from _______ disorder.
8. While teaching her class one day, Theresa suddenly begins having difficulty breathing. Her heart starts pounding wildly, and she feels weak and dizzy. She feels as if she's having a heart attack and is honestly afraid that she's going to die in the next minute or two. (Assume that Theresa is not having a heart attack).
9. Although Jack is enjoying watching the football game, he feels oddly detached, as though he is watching himself and his actions from outside of his own body. Because this has happened several times recently, Jack is startled for fear that he will totally lose control of his thoughts and behavior.
10. Sarah has an unrealistic fear of shopping in crowded stores and walking through crowded streets. She has begun to spend more and more time home alone in order to avoid the panicky feeling she gets when she goes out in public.
11. Sam's friends are starting to worry about him. Normally energetic and fun-loving, Sam has become withdrawn and sullen. He has lost weight, is constantly tired, and hasn't been showing up to lacrosse practice or to his fraternity meetings. In his conversations with others, he expresses feelings of doubt and unworthiness, and seems to be entertaining suicidal thoughts.
12. Because Amy feels "dirty" a lot of the time, she spends much of her day at the sink, washing and rewashing her hands hundreds of times until they are red and raw.
13. Annie controls what she eats very carefully, and has reduced her intake so that she can lose weight. Her body weight has decreased significantly below her expected body weight. She cooks elaborate meals for friends but doesn’t eat any of it herself, and she believes she is fat. She exercises for at least 2 hours every day. Annie is likely suffering from:
14. Jeremiah is socially withdrawn has times when he is inappropriately silly or sad and other bizarre behavior. Jeremiah’s parents recall instances of this type of behavior occurring at an early age, Jeremiah is most likely suffering from which psychological disorder?

15. Edna worries excessively about her children, her work, and her finances. She is constantly afraid that something terrible is going to happen and her worries often interfere with her ability to eat, sleep and work.

16. Kyle’s friends never know what to expect when they visit him in the hospital. Sometimes he is elated and wildly optimistic-filled with impractical plans about founding a computer business in space. Other times he is so dejected he just sits there saying nothing with tears running down his face.

17. Tony sometimes seems very “wound up.” At those times, he seems full of energy, talks very rapidly, and makes very grandiose plans. (One time, he gave away all of his belongings and was planning to move to Washington, D.C., so he could advise the President.) At these times, he also seems to need almost no sleep. During other periods of time Tony seems very “down.” During these times he does not take care of himself. He seems to want to sleep all the time, and he often makes thinly veiled references to wanting to commit suicide.

18. Horace sleeps a lot, has great difficulty getting out of bed in the morning, and generally does not want to do anything. He has stopped seeing friends whom he used to see often, and declines all invitations to do things socially. His most common response is “I just don’t feel like it.” He looks sad all the time and does not seem to take pleasure in everyday activities. This has been going on for the past two months.

19. Patricia is a 44-year-old female who reports that she has periods of time where she cannot remember what she has done. She reports that after one such period, she received a telephone call from a man who claimed to have met her in a bar where she was “the life of the party.” She had also told the man her name was Priscilla. Patricia thinks that this is odd because she does not drink, and she is a rather shy and retiring person. However, the man had her correct telephone number and was able to give a good physical description of her.

20. Marianne is a 34-year-old female showing signs of disorganized thought and flat affect. She says that she hears voices telling her to do things. She believes that her behavior is being controlled by other people and she thinks that all her former friends have formed a conspiracy and are out to get her. She also tends toward repetitive, highly ritualized behavior.

21. Sandy feels dirty unless she bathes and changes clothes at least four times a day, and she is fastidious about the house as well. Every room is scrubbed at least twice a week and the bathroom is taken care of daily.

22. Zachary is a 17-year-old male who appears boastful, conceited, and arrogant. When someone accuses him of being that way, he flies into a rage. He shows little care for others and is often envious when others are recognized for their achievements. He is also prone to daydreaming and fantasizing about the success that awaits him.

23. Frank was attending college in San Francisco during a recent earthquake. He lived in the area that was hardest hit by the quake. Frank was not home when the earthquake hit and was not injured in any way, but when he returned home, he found his building demolished and his two roommates crushed to death. Frank immediately drove himself to the airport, bought a ticket to Boston, and got on the plane. His parents found him on their doorstep in Boston the next morning. Frank remembers nothing about the earthquake and nothing about going to college in San Francisco. The last thing he remembers is being a high school student and living with his parents in Boston.