

## PSY 440-001 Take Home Questions 2

**Directions:** Answer 1 of the questions from Section A for 15 points. Your response to this question should be 2 to 3 pages of typewritten, double-spaced text. Answer one of the questions from Section B for 10 points. Answer one of the questions from Section C for 5 points. Questions in Section B and C should be answered in approximately 1 to 2 pages of typewritten, double-spaced text. Your responses should adequately address all aspects of the question. Be sure to review the syllabus for specific directions and guidelines for answering questions. Your name should only appear on the Identity Code Sheet, which should be stapled to the back of your answers.

Answers are due on Friday, March 28, 2025, at the beginning of class.

### Section A

Read the following case study:

Dinah Sour was a 30-year-old married woman and the mother of four children. Although she had been having problems with her nerves for a number of years, she had never sought professional help prior to this time. During the preceding three months, she had increasingly had a very low mood; her family physician finally suggested she seek psychological services.

For the past several months, Dinah has experienced intrusive, repetitive thoughts that centered around her children's safety. She frequently found herself imagining that a serious accident occurred, and she was unable to put these thoughts out of her mind. On one such occasion, she imagined that her son, Alan, had broken his leg playing football at school. There was no reason to believe that an accident occurred, but Dinah brooded about the possibility until she finally called the school to see if Alan was all right. Even after receiving reassurance that he had not been hurt, she was somewhat surprised when he later arrived home unharmed.

Dinah also noted that her daily routine was seriously hampered by an extensive series of counting rituals that she performed throughout each day. Specific numbers had come to have a special meaning to Dinah; she found that her preoccupation with these numbers was interfering with her ability to perform everyday activities. One example was grocery shopping. Dinah believed that if she selected the first item (e.g., a box of cereal) on the shelf, something terrible would happen to her oldest child. If she selected the second item, some unknown disaster would befall her second child, and so on for the four children. The children's ages were also important. The sixth item in a row, for example, was associated with her youngest child who was six years old. Thus, specific items had to be avoided to ensure the safety of her children. Obviously the rituals required continuing attention because the children's ages changed. Dinah's preoccupation with the numbers extended to other activities, most notably the pattern in which she smoked cigarettes and drank coffee. If she had one cigarette, she believed that she had to smoke at least four in a row or one of the children would be harmed in some way. If she drank one cup of coffee, she felt compelled to drink four.

Dinah acknowledged the irrationality of these rituals, but nevertheless, maintained that she felt much more comfortable when she observed them consciously. When she was occasionally in too great of a hurry to perform the rituals, she experienced considerable anxiety in the form of subjective feeling of dread and

apprehension. She described herself as tense, jumpy, and unable to relax during these periods. Her fears were most often confirmed because something unfortunate invariably happened to one of the children within a few days after each such “failure.” The fact that minor accidents are likely to occur at a fairly high rate in any family of four children did not diminish Dinah’s conviction that she had been directly responsible because of her inability to observe the numerical rituals.

In addition to her behaviors, Dinah reported dissatisfaction with her marriage and problems in managing her children. Her husband, Tony, had been placed on complete physical disability 11 months prior to her first visit to the mental health center. Although he was only 32 years old, Tony suffered from a serious heart condition that made even the most routine physical exertion potentially dangerous. Since leaving his job as a clerk at a plumbing supply store, he had spent most of his time at home. He enjoyed lying on the couch watching television and did so for most of his waking hours. He had convinced Dinah that she should be responsible for all the household chores and family errands. Her days were spent getting the children dressed, fed, and transported to school; cleaning; washing; shopping; and fetching potato chips, dip, and beer whenever Tony needed a snack. The inequity of this situation was apparent to Dinah and was extremely frustrating, yet she found herself unable to handle it effectively.

The children were also clearly out of her control. Peter, age 6, and Alan, age 8, were very active and mischievous. Neither responded well to parental discipline, which was inconsistent at best. Both experienced behavioral problems at school, and Alan was being considered for placement in a special classroom for particularly disruptive children. The girls were also difficult to handle. Allie, age 9, and Hattie, age 11, spent much of their time at home arguing with each other. Hattie was moderately obese. Allie teased her mercilessly about her weight. After they had quarreled for some time, Hattie would appeal tearfully to Dinah, who would attempt to intervene on her behalf. Dinah was becoming increasingly distressed by her inability to handle this confusing situation, and she was getting little, if any, help from Tony. During the past several weeks, she had been spending more time crying and hiding alone in her bedroom.

1. What diagnosis would you give Dinah Sour? List the diagnostic criteria of the disorder and indicate which criteria Ima meets. What other disorders (and diagnostic criteria) would you need rule out in order to be confident in your diagnosis of Ima? What type(s) of treatment would be the most effective in treating her disorder? Describe at least two specific interventions you would use to help treat Dinah’s issues.

### Section B

2. Compare and contrast Generalized Anxiety Disorder and Specific Phobia. Provide a discussion of diagnostic criteria, associated features, and etiology. Finally, discuss what would entail successful treatment for each of these two disorders.

3. Compare and contrast Major Depressive Disorder and Bipolar Disorder. Provide a discussion of diagnostic criteria, associated features, and etiology. Finally, discuss what would entail successful treatment for each of these two disorders.

### Section C

4. Create a transcript for part of a fictional therapy session between you as a therapist and your

client, Eeyore (from Winnie the Pooh fame). The transcript should focus on the intervention that you working on with Eeyore.

Transcripts usually are presented as if the people are actors in a play. That is, you would indicate what each person said:

ME: Welcome to therapy

EEYORE: Thank you for seeing me.

5. Write a treatment plan for a 13-year-old who has Disruptive Mood Dysregulation Disorder. Provide at least three short-term goals for treatment and three long-term goals for treatment. Discuss at least two therapeutic interventions you will use to help the client meet the goals.

**Bonus Point Opportunity:**

6. It used to be that we named every specific phobia using a Latin name. Here are 10 different phobias. Please tell me what a person diagnosed with each of these phobias fears:

Allodoxaphobia

Deipnophobia

Isopterophobia

Ornithophobia

Somniphobia

Zemmiphobia

Wiccaphobia

Technophobia

Catoptrophobia

Navisphobia

(3 points)

## **Create an Identity Code:**

Give me a code that is at least 5 digits in length. There should be both letters and numbers in this code. (I reserve the right to ask people to change their codes if necessary.)

Write your Identity Code here: \_\_\_\_\_.

Attach this sheet to the back of your answers. Your name should not appear anywhere else in your answers.

\_\_\_\_\_ Please post my grade by the Identity Code

\_\_\_\_\_ Do not post my grade by the Identity Code

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

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WKU ID Number