

# Case Presentations

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# Case 1

- Steven is a 28 year old who was born in Brooklyn, New York. His father, a member of the 107th Infantry Regiment, was killed in action. He was raised by his mother, a nurse, who died of tuberculosis, leaving Steve alone at the age of eighteen. At just 5-foot-4-inch tall and weighing only 90 pounds (41 kg), Steven was also afflicted with a number of medical issues including asthma, scoliosis, and a heart arrhythmia. Wanting to follow in his father's footsteps, 2 months ago he attempted to enlist in the Army but was turned away due to his illnesses. Over the ensuing 2 months he has become more despondent with worsening mood, decreasing ability to initiate sleep, and loss of appetite leading to decreased weight, which he can ill afford. He has had low energy and has lost interest in the things that he finds enjoyable, including hanging out with friends.

# Case 1



- What is the next step in the assessment of Steven?
  - a) Assess for recent losses
  - b) Assess for substance use
  - c) Assess for suicidal ideation
  - d) Any of the above is an appropriate next step

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

• LIVE 9 participants | 9 votes

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# Case 1



- What would be a reasonable first treatment option?
  - a) Fluoxetine 20 mg once daily with psychotherapy
  - b) Lithium 150 mg once daily with psychotherapy
  - c) Referral for ketamine infusion
  - d) Quetiapine 100 mg at hs with psychotherapy

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

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## Case 2



- Natasha is a 21-year-old college female who lives off-campus with two friends. She is slim, athletic, fanatical about running and health. She does not like to take any OTC or prescribed medications; only natural foods and herbs. She had a fall 10 weeks ago while running, can't remember how it happened. Was referred by her primary for an evaluation as she has been feeling "off" for past two months. She appears fidgety during appointment. She complains of strong feelings of anxiety with palpitations and hyperventilation at least once a week. Less of an appetite than before. Feeling tired, even though she is sleeping and napping more than usual. Much less interest in sex. Worries about minor things that didn't bother her before. Feeling less interested in her classes and hobbies. Not feeling as good about her self as is usual for her. Often feeling sad or blue. Feeling like she has let people down. Sometimes feeling that life is not worth living. Symptoms have been occurring for the past month.

## Case 2: Other information

- No history of psychiatric hospitalizations or treatment.
- Reports no difficulty with her school work or history of academic/developmental issues.
- Reports occasional social consumption of alcohol but denies any problems with substance abuse.
- Allergic to penicillin.

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

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Question 3: What broad psychiatric diagnostic category would you consider as the main concern?



1. Anxiety Disorder
2. Adjustment Disorder
3. Substance Use Disorder
4. Mental Disorder Due to General Medical Condition
5. Mood Disorder
6. Personality Disorder

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

• LIVE 9 participants | 9 votes

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Possible Follow-Up Question 4:  
With which mood disorder would you diagnose this patient?



- a) Major Depressive Disorder
- b) Bipolar II Disorder
- c) Dysthymic Disorder

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

• LIVE 9 participants | 9 votes

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Question 5: You diagnose Natasha with Major Depressive Disorder. What action would you take with this patient now?



- a) Prescribe an antidepressant.
- b) Prescribe a neuroleptic.
- c) Prescribe a mood stabilizer.
- d) Prescribe a sleep medication.
- e) Prescribe a benzodiazepine.
- f) Refer for psychotherapy.
- g) Refer to neurologist.

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

• LIVE 9 participants | 9 votes

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Possible Follow-up Question 6: Which class of antidepressant would you prescribe?

- a) MAOI
- b) SNRI
- c) SSRI
- d) TCA

Which class of antidepressant would you prescribe?

MAOI

SNRI

SSRI

TCA

• LIVE 13 participants | 11 votes

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Possible Follow-up Question 7: What type of psychotherapy would you recommend?



- a) Cognitive Behavioral Therapy
- b) Dynamic Psychotherapy
- c) Interpersonal Psychotherapy
- d) Any of the above

Session starts in

**02** h **11** m **52** s

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