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Depression And Anxiety Symptoms In A 23-Year-Old Male

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Abstract

This case study presents a 23-year-old male ('K.H.') experiencing symptoms consistent with depression and anxiety, including sleep disturbances, generalized anxiety ('ghabrahat'), low mood, irritability, loss of interest, and recent binge eating. The report outlines his demographic details, family history marked by parental absence, history of present illness detailing the onset and progression of his symptoms, personal history including past behavioral issues, and findings from the mental status examination. A provisional diagnosis of depression was made, and the implemented interventions include medication and psychotherapy (CBT, Behavior therapy, and Psychotherapy). This case highlights the impact of familial factors and past behavioral patterns on the development of mood and anxiety disorders in young adulthood.

Introduction

Depressive disorders are characterized by persistent sadness, loss of interest or pleasure, and often accompanied by other symptoms such as changes in appetite and sleep, fatigue, feelings of worthlessness, difficulty concentrating, and recurrent thoughts of death or suicide[cite: American Psychiatric Association, 2022]. Anxiety disorders involve excessive fear and worry, often accompanied by physical symptoms like restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbances[cite: American Psychiatric Association, 2022]. This case study examines a 23-year-old male presenting with a constellation of symptoms indicative of both depression and anxiety, exploring potential contributing factors and the initial treatment approach.

Client History

Demographic Information

- Name: K.H.
- Age: 23 years
- Gender: Male
- Education: Graduate
- Occupation: Student
- Marital Status: Unmarried
- Religion: Hindu
- Family: Nuclear
- Socio-economic status: Middle
- Area: Delhi

Informant

Patient himself

Chief Complaints

- Lesser sleep than last 6 months
- Generalized anxiety ('ghabrahat') for 6 months
- Low mood and irritability for 5-6 months
- Binge eating from the past 4-5 weeks
- Persistent anxious feelings and loss of interest ('mann nahi lagta kisi cheez me')

Family History

The patient's father has been working outside of India since K.H. was 10 years old. Subsequently, his mother also moved abroad to join his father. The patient is currently residing with his grandparents.

History of Present Illness

Approximately six months prior to the assessment, K.H. began experiencing sleep problems, which coincided with increased irritability and anxiety. He also reported experiencing panic attacks. He described a pre-existing communication gap with his parents, which worsened when he stopped living with them, leading to feelings of isolation.

Personal History

K.H. reported a history of violent behavior during his early childhood and school years, particularly towards classmates. He also experienced regular bedwetting. He discontinued working a year prior due to an inability to function and reported experiencing anxiety.

Mental Status Examination

- **General Appearance:** Moderately dressed according to the season.
- **Touch with Surrounding:** Present.
- **Eye Contact with Examiner:** Poor.
- **Psychomotor Activity:** Eye-hand coordination was normal.
- **Speech and Voice:** Able to speak properly but lacked confidence and exhibited some hesitation.
- **Cognition:** Oriented to time, place, and person.
- **Attention and Concentration:** Poor.

Provisional Diagnosis

Depression

Intervention

- Medication (prescribed by doctors)
- Cognitive Behavioral Therapy (CBT)
- Behavior Therapy
- Psychotherapy

Research Evidence

Research supports the effectiveness of psychotherapy, particularly CBT and behavior therapy, in treating depression and anxiety disorders[cite: Beck, 2011; Linehan, 2015]. CBT focuses on identifying and modifying negative thought patterns and maladaptive behaviors, while behavior therapy aims to change specific problematic actions. Psychotherapy, in a broader sense, provides a supportive environment for exploring underlying emotional issues and developing coping mechanisms. Pharmacological interventions, often used in conjunction with therapy, can help regulate neurotransmitters and alleviate symptoms[cite: Stahl, 2017]. Addressing the impact of family dynamics, particularly parental absence and communication difficulties, is also crucial in the therapeutic process[cite: Bowlby, 1969].

Conclusion

This case study presents a young adult experiencing significant symptoms of depression and anxiety, potentially influenced by familial factors and a history of behavioral difficulties. The initial treatment plan, involving medication and various forms of psychotherapy, aligns with evidence-based practices for addressing these conditions. Ongoing assessment and tailored therapeutic interventions will be essential to support K.H.'s recovery and improve his overall well-being.

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