Clinical Case Study #1

Description of Patient:

Jason sought therapy only after being urged by friends to do so. Indeed, even coming to the clinic was a challenge as he had not left his apartment for several months. It all began when he had a fainting spell in an elevator in his office building. At the time he believed he was having a heart attack, and what made it even worse was that there was no immediate way for him to get medical attention; Although he dialed 911 on his cellphone, it was a very slow elevator and it took several minutes before he was able to meet the paramedics on the bottom floor of the building.

A clinical interview with Jason revealed that he had no past history of mental illness. However, several members of his father’s family had been diagnosed with anxiety disorders. A complete medical exam revealed that Jason was healthy, though a cardiovascular stress-test revealed that his heartrate increased more than usual in response to walking on a treadmill.

Diagnoses/Diagnosis:

Biopsychosocial model of causality:

Biological factors:

Psychological factors:

Prescribed psychological treatment:

Prescribed pharmacological treatment: