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**Case Study**

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### Case Study

People suffering from bipolar-related disorders often experience extreme mood changes, high mood or low mood. Lyla indicates major depressive symptoms by expressing guilt about her husband's support and feeling hopeless about her medication process (American Psychiatric Association, 2013). In addition, Lyla does not seem disturbed about her parent's death and says they are better off dead, indicating her drift from the reality of things. Notably, Lyla's difficulty in remembering whether she was sexually assaulted shows her struggle in remembering things. Lyla is deprived of social networks and recent alcohol abuse engagement, further indicating the extreme effects of her condition.

As a specialist, I would consider carrying out a differential diagnosis on Lyla by relying on her medical history and mental health screening. Most of the symptoms that Lyla prohibits seem to cut across several mental health disorders, thus raising the need to carry out a differential diagnosis (American Psychiatric Association, 2013). For instance, the feeling of hopelessness and limited social engagement applies to all mental health problems; thus, relying on them to give a complete diagnosis might be misleading. In addition, Lyla's medical history indicates several common symptoms of mental illnesses, but further mental health screening might reveal distinctive symptoms.

Lyla's loss of hope for medication and clinic suggests that no one was there to monitor her medication process. When Lyla stopped attending the clinic, she is said to have continued with the medication, but no major person is there to state whether she did and in the right amount. Two considerations arise in the case study; Lyla could have stopped taking the medication issued by the primary caregiver and the current antidepressant medication might not be working for her. Lyla quit going to the clinic, so she likely stopped taking her medication or

reduced it without consultation from the specialist. Patients are faced with the danger of triggering depressive conditions due to change or halt of medication without proper process and this may be why Lyla is back in hospital (Kilgus et al., 2015). Notably, antidepressants should be well prescribed to ensure they help the patient and not alleviate problems.

Mental disorders often raise safety and lethality issues, thus requiring close monitoring. In Lyla's case, she is reported to having suicidal thoughts and cases of self-injury, thus raising the alarm for lethal issues. Notably, the recent indulgence in alcohol is likely to put her safety and others at risk. People with a mental health condition under the influence of alcohol are more likely to cause harm to themselves and others due to their altered mental state.

### References

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. American Psychiatric Pub.
- Kilgus, M. D., Maxmen, J. S., & Ward, N. G. (2015). *Essential psychopathology & its treatment*. WW Norton & Company.

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