

A Case of Generalized Anxiety Disorder (GAD)

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Abstract : This case study is about a 54 years man named Mr. U, referred to Capital Hospital, Islamabad, with the presenting complaints of Generalized Anxiety Disorder (GAD). Contrary to his complaints, the client reported psychological symptoms such as restlessness, low mood and fear of darkness and fear from closed places from the last 30 days. He also had a fear of death and his existence in the grave. His sleep was also disturbed due to excessive urination due to diabetes. He was also suffering from semantic symptoms such as headache, numbness of feet and pain in the chest and blockage of the nose. A complete history was taken and informal assessment (clinical interview and MSE) and formal testing (BAI) was applied that showed the clear diagnosis of Generalized Anxiety Disorder. CBT, relaxation techniques, prayer chart and behavioural techniques were applied for the treatment purposes.

Keywords : generalized anxiety disorder, presenting complaints, formal and informal assessment, diagnosis

Conference Title : ICADAB 2022 : International Conference on Anxiety Disorders and Antisocial Behavior

Conference Location : Dubai, United Arab Emirates

Conference Dates : January 28-29, 2022