PSYCH401: Assessment 2  
Diagnosis and Treatment: Mood Disorder

Instructions: In the paragraph below, you will be presented with a brief description of a client. After reading the description carefully, please apply your knowledge of abnormal psychology and a) describe your diagnostic impressions and what evidence you have for this/these conclusion(s), b) list any follow-up/additional questions you would need to ask to make that particular diagnosis, and c) provide treatment recommendations based on a particular paradigm in psychology. For the last part of the session, please indicate which paradigm in psychology you chose and match your recommendations to the chosen paradigm.

Case Study: Daphne is a 19-year-old college student in her second year at university. For the last four weeks, Daphne has been feeling depressed most days of the week. She has been isolating herself from her friends, feeling more and more like she doesn’t care to take part in activities she used to enjoy. She feels fatigued yet is having difficulty falling asleep and staying asleep. Daphne also complains of how difficult it has been for her to focus in recent weeks.