

Bahria International Hospitals, Lahore

Department of Psychology

Case Studies

Case Study No: 1

A 29-year-old male was referred for assessment due to ongoing stress and health-related anxiety. He reported excessive worry about his physical health, including diarrhea, dizziness, and dehydration. He avoided eating due to fear of relapse and often felt weak and anxious. Despite several medical check-ups showing no major illness, he continued to experience distress and health preoccupation.

He had a history of depression and multiple medical issues. His calcium level had dropped to 5.5 because of diarrhea, requiring medication and calcium drips. After treatment, he began feeling disturbed and anxious, which led to hospitalization. Following an allergic reaction and high steroid doses, his stomach issues worsened. He also had a kidney transplant in 2017. The recent death of his mother added emotional strain. Overall, his condition was consistent with Somatic Symptom Disorder associated with Anxiety.

Prognosis:

Fair to good, considering insight, family support, and motivation.

Treatment Plan:

Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Stress Reduction (MBSR), relaxation techniques, and dietary guidance. Regular follow-ups were planned.

Feedback:

He showed a positive attitude toward therapy and motivation to improve.

Case Study No: 2

A 55-year-old female reported experiencing intense fear and anxiety in closed and dark spaces. Her symptoms began during travel abroad and persisted intermittently after returning home. She experienced breathlessness, choking sensations, and rapid heartbeat in such situations and avoided basements, darkness, and closed rooms. She has diabetes and high uric acid levels. She previously used sleep medication but currently reports no sleep issues.

Prognosis:

Good, with motivation and cooperation.

Treatment Plan:

CBT, gradual exposure therapy, relaxation techniques, mindfulness, and lifestyle care.

Feedback:

She demonstrated strong insight and motivation, showing good potential for improvement.

Case Study No: 3

An 8-year-old boy presented with symptoms of hyperactivity. Although his attention span was good, he displayed restlessness and excessive movement. He also avoided playing with neighbourhood children due to feeling bullied, affecting his confidence and social interaction. He showed mild hyperactivity with social withdrawal tendencies.

Treatment Plan:

Behavioural therapy, positive reinforcement, structured play, social skills training, and parental guidance.

Prognosis:

Positive, with cooperation and good attention indicators.

Feedback:

He responded well to encouragement, indicating potential for improvement.

Case Study No: 4

A 25-year-old female working as an Admin Officer self-referred due to persistent anxiety and obsessive-compulsive behaviours related to cleanliness. Excessive fear and repetitive cleaning rituals interfered with daily functioning. Symptoms progressed from generalized anxiety to compulsive behaviors. Diagnosis included obsessive-compulsive disorder (Contamination Type) with Generalized Anxiety Disorder.

Treatment Plan: Cognitive Behavioral Therapy with Exposure and Response Prevention (ERP), relaxation training, and psychoeducation.

Prognosis:

Good, due to strong insight and motivation.

Feedback:

She showed consistent progress and commitment to recovery.

Supervised By:

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