

## Mental Health Case Study

Case Study, Mohr: CHAPTER 1, Introduction to Psychiatric-Mental Health Nursing

In completing the case study, students will be addressing the following learning objectives:  
Explain elements that contribute to mental health.

Review trends, problems, and goals related to the delivery of mental health care and treatment of mental illness.

1. Karen is a 25-year-old white woman who lives alone in an apartment with her dog. Karen has been divorced for 2 years and is taking Prozac prescribed by her psychiatrist for depression. Karen and her boyfriend had been discussing marriage until he told her that he wanted to end their relationship. Karen became even more depressed and could not work for a week. Karen returned to work, refusing to discuss her issues with family, friends, or coworkers. She did, however, make an appointment to see a psychiatric nurse practitioner. Karen told the nurse that she was making some changes in her life. Karen said that she and a girlfriend were joining a gym program for workouts and a social group for young men and women. Karen stated that she realizes that her former boyfriend had not been committed to her, and she anticipates meeting and dating other young men from the adult social group. Karen also said that she thinks that the gym exercise will be beneficial to her mentally and physically.

Learning Objectives: 1, 4)

- a. **How will the psychiatric nurse assess if Karen has made progress toward self-realization?** Karen had suffered from depression which is a form of mental disorder as a result of divorce and a broken relationship with her boyfriend. This situation according to Hypocriticus in 15th century BC, upholds the brain as the organ of consciousness; this occurs when both normal and abnormal behavior arise from the brain. The psychiatric nurse can assess if Karen has made progress towards self-realization by committing to diagnosing and treating her responses to the problems that caused her psychiatric disorder. In-addition, the nurse can make assessment based on Karen's psychoanalytical disposition such as: transference, defense mechanism, countertransference, acting out, denial of the reality befallen her and projection.
- b. **Identify strengths that Karen has for progress in personal growth.**  
The strengths Karen has for progress in personal growth include the followings:
  - Ability to make use of social support, that is, she visited a psychiatric nurse, social group and registered in a gym.
  - She was realistic about her situation, therefore made herself ready to face the reality before her.

# Example Mental Health Case Studies

**R Bogdan**



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