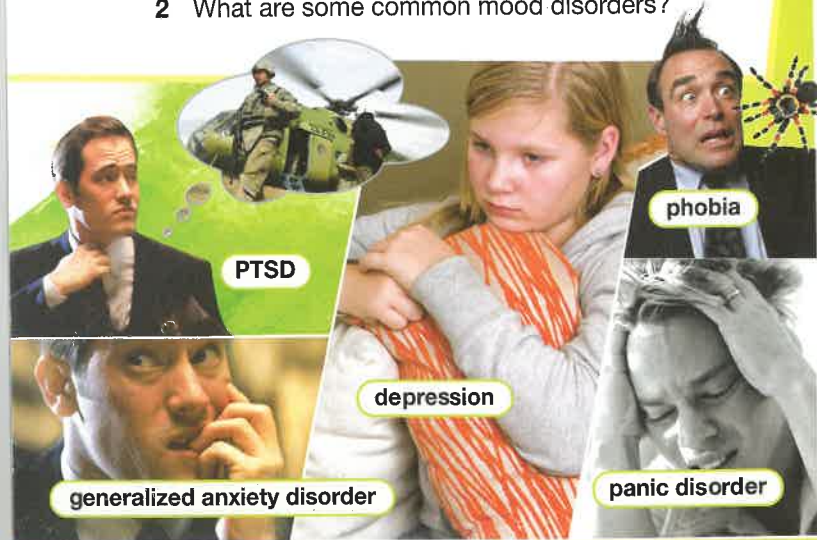


Get ready!

1 Before you read the passage, talk about these questions.

- How can clinicians differentiate normal worrying from an anxiety disorder?
- What are some common mood disorders?



Reading

2 Read the doctor's notes. Then, choose the correct answers.

- What is true about the patient with an anxiety disorder?
 - A She was previously diagnosed with panic disorder.
 - B She recently experienced a traumatic event.
 - C She is not responding to a course of medication.
 - D She is most likely suffering from generalized anxiety disorder.
- What is NOT true about the patient with OCD?
 - A His obsessions are diminished.
 - B The doctor expects him to improve.
 - C He is taking an effective medication.
 - D The doctor suspects he has additional conditions.
- What is a likely diagnosis for the patient released from the facility?
 - A panic disorder
 - B bipolar disorder
 - C stress disorder
 - D obsessive compulsive disorder

SV Shale Valley Mental Health Services

Dr. Friedman's Notes

9:00 AM—Leah Nelson (new patient)

I met with Ms. Nelson this morning. She is clearly suffering from some kind of **anxiety disorder**. She did not display or mention any particular **phobias**. She also did not present any symptoms of **panic disorder**. I asked her about severely traumatic events in her past. She responded that she had none, so it's unlikely that she has a **stress disorder**, like **PTSD**. At this time, I feel fairly confident with a diagnosis of **generalized anxiety disorder**. I scheduled another appointment to explore her condition further.

10:00 AM—Hector Bloom (diagnosed with OCD)

Mr. Bloom continues to improve his ability to control his **compulsions**. He reports that his **obsessions** are diminished, which suggests that his medication is working. I feel optimistic about his continued recovery.

11:00 AM—Gertrude Collins (referral from mental health facility)

Ms. Collins was recently released from the county mental health facility. She was admitted last month for severe **depression**, and she is now on a course of mood-stabilizing medication. This looks like a clear case of a **mood disorder**. But her problem isn't strictly depression. She also exhibits periods of energetic and irresponsible behavior. I'd like to explore the possibility of **bipolar disorder**.

Vocabulary

3 Match the words or phrases (1-8) with the definitions (A-H).

- | | |
|------------------------|------------------------------------|
| 1 ___ OCD | 5 ___ panic disorder |
| 2 ___ PTSD | 6 ___ obsession |
| 3 ___ phobia | 7 ___ depression |
| 4 ___ bipolar disorder | 8 ___ generalized anxiety disorder |

- A an intense, debilitating fear
- B a mood disorder characterized by periods of high activity and sadness
- C a condition in which a person is nervous in many or all situations
- D a condition in which a person feels sad and has low self-esteem
- E an idea that a person cannot stop thinking about
- F a stress condition related to traumatic event
- G a condition in which a person has attacks of overwhelming fear
- H a condition in which a person engages in rituals to avoid bad thoughts

4 Fill in the blanks with the correct words or phrases from the word bank.

Word BANK

anxiety disorder stress disorder
compulsion mood disorder

- For some people with OCD, hand-washing is a(n) _____.
 - A(n) _____ is a disorder in which people experience high levels of nervousness.
 - PTSD is an example of a(n) _____.
 - A(n) _____ might cause irrational levels of energy, sadness, or both.
- 5 Listen and read the doctor's notes again. What are the components of OCD?

Listening

6 Listen to a conversation between two psychologists. Mark the following statements as true (T) or false (F).

- The patient is being released from the hospital.
- The man suggests that the woman might have PTSD.
- The woman plans to look for signs of panic disorder.

7 Listen again and complete the conversation.

- Psychologist 1:** She came to the hospital last month 1 _____. We treated her for severe depression.
- Psychologist 2:** But you're 2 _____ her now?
- Psychologist 1:** Yes. The medication really 3 _____. But she needs regular care.
- Psychologist 2:** I see. So, you think it's a standard case of depression?
- Psychologist 1:** Actually, I don't. I think you should explore the possibility of 4 _____.
- Psychologist 2:** Oh, she must be exhibiting some 5 _____.
- Psychologist 1:** Yes, she is. She 6 _____ of extreme energy. Then she's back to deep depression again.

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

What's the story ...?
So, you think ...?
I'll look into it.

Student A: You are a psychologist. Talk to Student B about:

- a patient you are referring to him or her
- the patient's history
- your diagnosis

Student B: You are a psychologist. Talk to Student A about a patient he or she is referring to you.

Writing

9 Use the doctor's notes and the conversation from Task 8 to write a patient referral. Include: the patient's symptoms, your preliminary diagnosis, and what you think the new doctor should explore.