

Rowan University

Rowan Digital Works

Rowan-Virtua Research Day

28th Annual Research Day

May 2nd, 12:00 AM

Biopsychosocial Case Report

David F. Lo

Rowan University

Gaurav Kumar

Rowan University

Don D. Shamilov

Rowan University

Follow this and additional works at: https://rdw.rowan.edu/stratford_research_day



Part of the [Alternative and Complementary Medicine Commons](#), [Behavior and Behavior Mechanisms Commons](#), [Health and Medical Administration Commons](#), [Mental Disorders Commons](#), [Primary Care Commons](#), [Psychiatric and Mental Health Commons](#), [Psychiatry Commons](#), and the [Therapeutics Commons](#)

Let us know how access to this document benefits you - share your thoughts on our [feedback form](#).

Lo, David F.; Kumar, Gaurav; and Shamilov, Don D., "Biopsychosocial Case Report" (2024). *Rowan-Virtua Research Day*. 147.

https://rdw.rowan.edu/stratford_research_day/2024/may2/147

This Poster is brought to you for free and open access by the Conferences, Events, and Symposia at Rowan Digital Works. It has been accepted for inclusion in Rowan-Virtua Research Day by an authorized administrator of Rowan Digital Works.

Abstract

- Ms. R, a 32-year-old Hispanic female, suffers from severe anxiety exacerbated by a car accident and past struggles with depression and substance use
- Evaluation reveals hypothyroidism, mild anemia, and GAD as the primary diagnosis
- Factors contributing to her condition include genetic predispositions, medical issues, and social stressors
- Treatment involves pharmacotherapy, psychotherapy, and monitoring her physiological health.
- Research on wearable data for GAD severity offers potential insights for her treatment
- A holistic approach, considering biological, psychological, and social factors, guides her tailored treatment plan for overall well-being

Case Presentation

- **Patient Overview:** Ms. R, a 32-year-old Hispanic female, presents with severe anxiety, worsened by a traumatic car accident two years ago
- **Chief Complaint:** Overwhelming anxiety and constant worry affecting daily life
- **History of Present Illness:**
 - Gradual intensification of anxiety, impairing daily functioning
 - Persistent worry about job, relationships, and health.
 - Occasional panic attacks, mood decline, social withdrawal, sleep disturbances, and appetite changes
- **Past Psychiatric History:**
 - Previous struggles with depression and anxiety, managed with sertraline briefly
 - Self-help strategies like journaling and exercise attempted
 - Emotional distress affected relationships and work
- **Past Medical History:** Hypothyroidism treated with levothyroxine 25 mg/day
- **Substance Use History:** Occasional alcohol and marijuana use escalated during stress, impacting life and relationships
- **Social & Development History:** Supportive upbringing, academic success, and challenges in adolescence
- **Family History:** Complex with psychiatric disorders (bipolar, MDD, schizophrenia), substance abuse, and medical diseases
- **Labs/Studies:** Mildly elevated liver enzymes, thyroid abnormalities, mild anemia
- **Psychiatric Medical Exam:** Anxiety, occasional trembling, impaired attention, intact memory, insight, and judgment
- **Treatment Plan:** Pharmacotherapy, psychotherapy, monitoring, and addressing substance use
- **Conclusion:** Ms. R's case emphasizes the interplay of biological, psychological, and social factors in mental health assessment and treatment

Biopsychosocial Formulation

- **Biological:**
 - Genetic predisposition to psychiatric disorders from both maternal and paternal sides
 - Comorbid condition of hypothyroidism influencing mood disturbances
 - Traumatic car accident as a significant environmental stressor triggering or exacerbating symptoms
 - Multifactorial nature of psychiatric presentation requires a comprehensive approach
- **Psychological:**
 - Early experiences and family dynamics impacting developmental trajectory
 - Absence of stable parental figures affecting self-esteem and coping mechanisms
 - Psychological defense mechanisms like rationalization and denial observed
 - Unconscious conflicts and unresolved trauma influencing mood disturbances
 - Psychological strengths (resilience, introspection) and weaknesses (avoidance, self-blame) guiding interventions
- **Social:**
 - Strain in familial relationships due to mental health issues and substance abuse history
 - Role as caregiver adding stress, along with challenges in maintaining stable employment
 - Financial difficulties and legal issues from past behaviors contributing to distress
 - Demonstrates social strengths like close-knit familial relationships and willingness to engage in treatment

Acknowledgments

APSEA - American Preventative Screening and Education Association