

## PRE-EXAM ESSAY

A nineteen year-old single white female, active duty, U.S. Private presents to your outpatient clinic because of a two day history of depression. She reports crying throughout the day, self-disgust, appetite loss, increased alcohol intake, and early morning awakening. She relates her feelings to a break-up with her boyfriend of two months, who two weeks ago found out that he was being assigned overseas. Upon hearing the news, she felt empty and alone wondering if she would ever find anyone so wonderful again. She states that his reaction to their separation was indifference which prompted her to become angry and accusatory, ending their relationship abruptly. She now feels guilty about the break-up and her ex-boyfriend has no interest in reconciliation. She feels as she did two years ago when the break-up of a similar relationship resulted in a two-week psychiatric hospitalization following an overdose of her mother's amitriptyline and disulfiram. When asked about her family life, she states that her parents divorced because of a physically abusive relationship when she was two-years old. She asks for some medication to help her sleep so she can "get my thoughts together" on her job as a medical records technician. Mental status exam reveals a disheveled, tearful woman with rambling speech who states, "You are the only hope I have now; I have no friends I can turn to."

## DISCUSS

1. Your formulation of this case, including possible psychodynamics.
2. The differential diagnoses.
3. A plan as to how you would manage this patient, both pharmacologically and interpersonally.

Do not exceed the one page provided (front and back if needed).

Write legibly.

Be organized.