

Case Study XII

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Based on the information provided, Julia is showing symptoms of what mental illness?

Based on the information provided, Julia showed the symptoms of depression.

“Depression is a medical illness affecting the mind as well as the body. Usually triggered by stressful life events, depression is characterized by persistent, inescapable feelings of sadness or apathy. These emotions are often accompanied by feelings of inadequacy and hopelessness, physical exhaustion, and other symptoms. Symptoms of depression are so intense that they usually disrupt a person’s basic activities, including eating, sleeping, maintaining relationships, and taking pleasure in life. People with depression often feel undesirable and inadequate. They anticipate rejection and dissatisfaction from their interactions and experiences, and they blame themselves when their negative expectations are fulfilled. (Alexander, Garfield, LaRosa, and Bader, pg. 353, 2020)”

As Julia’s roommate, what could you say or do (now or in the in the near future) that might be helpful?

As Julia’s roommate, I could highly recommended her to seek for professional help that could be helpful to cope with her depression. “Seek professional help if you notice a pattern of disturbing thoughts, find yourself unable to cope with life’s daily challenges, or feel anxious or unhappy most of the time. Seeking help is not always easy. Many people who could benefit from mental health services decide not to seek care out of fear that they will be labeled ‘crazy’ or ‘unstable.’ (Alexander, Garfield, LaRosa, and Bader, pg. 365, 2020)”

Professional help plays an important role for mental health. “Psychiatrists, clinical psychologists, and social workers are all trained, certified practitioners who have been trained to help people with mental illnesses. Many colleges and universities have professional mental health services available, or at least can give referrals to nearby services. A good match between

a patient and provider that includes mutual trust is key. To help decide whether a provider is right for you, feel free to ask a mental health provider questions about his or her training, number of years in practice, experience treating someone with a similar problem, fees, types of insurance accepted, and methods of therapy. (Alexander, Garfield, LaRosa, and Bader, pg. 365, 2020)”

Prescription drugs could be useful to fight with depression and other mental illness.

“Prescribed medications can help many people deal with the symptoms or underlying causes of many mental illnesses. However, although medications can be of great benefit, they should not be thought of as a “magic bullet” that can instantly fix or eliminate mental illness. Medications usually take days or weeks to have any effects. Medications may require professional help and personal observation to determine the correct choice of medication and dosage; they also may cause unpleasant or dangerous side effects. For dealing with a persistent issue, a combination of therapy with medication often works better at treating mental illness than either medication or therapy alone. (Alexander, Garfield, LaRosa, and Bader, pg. 365)”

What are some things you should avoid doing in order to not make this situation worse?

Maintaining a good mental health are some things that you should avoid doing in order to not make depression worse. “Maintaining good mental health requires taking care of oneself. Some women tend to put other people’s needs before their own. Doing this on a consistent basis can be extremely stressful and increases the likelihood of mental illness. Finding appropriate coping mechanisms can help women deal with stressful situations and difficult circumstances. Some good coping mechanisms include taking time to relax and having a trusted friend, family member, or mentor to talk to. Other basic healthy behaviors, like getting a good night’s sleep, eating a nutritious diet, and integrating physical activity into one’s daily routine, benefit the mind

as well as the body. Regular exercise yields benefits for people suffering from depression and anxiety disorders in particular. (Alexander, Garfield, LaRosa, and Bader, pg. 365)”

Conclusion

Julia showed the symptoms of depression, which is a form of mental illness. Julia’s classmate wanted her to seek for professional help to cope and heal with depression. She need to find a daily routine to maintain a good mental health in order to avoid serious situations for her well-being.

References

Alexander, L. L., Garfield, S., Bader, H., & LaRosa, J. H. (2020). *New Dimensions in Women's Health* (8th Edition). Jones & Bartlett Learning.