

## Abnormal Psychology Case Study

### **What is Sonny's primary diagnosis?**

Schizophrenia

### **Are there any psychosocial stressors that are relevant?**

Sonny is "significantly distressed" that people do not believe that marijuana is causing his symptoms. Sonny is adopted, potential dissonance between adoptive and biological family identities, may be unaware of inherited genetic predisposition to schizophrenia. Sonny is 21 years old and living with his parents, potential pressures to go to school or get a job, feelings of inadequacy or guilt at lack of independence.

### **Provide a rationale for that diagnosis (i.e. symptoms)**

Various presenting delusions (persecutory and referential), auditory hallucinations, symptoms lasting more than six months, flat affect and restricted emotionality, limited movement, interference with work life, restricted emotions, within the age of typical onset (21 years old)

### **Describe a treatment plan you might use for him**

Sonny's therapist recommended hospitalization, but Sonny does not appear to be a risk to himself or anyone else, so if an in-patient treatment is necessary, a group home may be Sonny's best option. However, because Sonny still lives with his parents, family oriented approaches such as teaching Sonny's parents how to more positively assist Sonny and increase effective communication while lowering blame would be ideal strategies in Sonny's treatment. I also

believe that Sonny could benefit in social skills training to aid him in his job and to respond more appropriately when he feels he is being challenged by those around him. Additionally, second generation antipsychotics may be necessary, but I feel as though they should be paired with Cognitive Behavioral Therapy so Sonny can learn to challenge his delusions.