

**Developed by: Meredith Martin, PhD for PSY400 Developmental Psychopathology**

### **Create a Case Study**

Demonstrate your understanding of the psychological definition of a mental disorder by writing a fictional case study.

**Format:** Your assignment should be no more than 2 pages, double spaced, in Times New Roman 12pt font. Please write your full first and last name, Assignment #1, and the date on the top of each page. Save your document as a Word file or PDF and upload the finished assignment in Blackboard.

**Instructions:** According to DSM-5, a mental disorder is a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities. An expectable or culturally approved response to a common stressor or loss, such as the death of a loved one, is not a mental disorder. Socially deviant behavior (e.g., political, religious, or sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual, as described above (APA, 2013, p. 20).

Internet Gaming Disorder and Caffeine Use Disorder are both listed as Conditions for Further Study in DSM-5 (that is, at this point in time they are not considered mental disorders per se; more research is necessary to make such a determination). Using the proposed criteria for either of these disorders (choose ONE), create a fictional case study describing an individual that would fit the definition of having a mental disorder based on their use of video games or caffeine. In a final paragraph, briefly describe how your case study indicates each of the three main criteria for a disorder: (1) Deviance, (2) Maladaptation, and (3) Distress.

The proposed DSM5 criteria for Internet Gaming Disorder and Caffeine Use Disorder are available on Blackboard.

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders (5th edition)*. Arlington, VA: Author.

Grading Rubric for Assignment #1

Grading Criteria	Excellent	Adequate	Poor	Total Possible Points
<p><b>Case:</b> The written case provides a clear, specific, details, and vivid description of the individual’s characteristics and behaviors indicating significant thought and effort in developing a realistic portrayal.</p>	5	3	1	5
<p><b>Definition of Disorder:</b> The description of dysfunction in psychological, biological, and/or developmental processes clearly and specifically addresses each of the three criteria for abnormality (i.e., deviance, maladaptation, distress). The final paragraph clearly summarizes how the case illustrates these criteria.</p>	10	7	3	10
<p><b>Integrates Proposed DSM-5 Criteria:</b> The case study clearly incorporates behaviors and criteria that match on to the proposed criteria for either Internet Gaming Disorder or Caffeine Addiction in the DSM-5.</p>	5	3	1	5
<p><b>Format &amp; Mechanics:</b> Grammatical, punctuation, and spelling errors are RARE and do not detract from reading the paper. Basic sentence structure is good (e.g., avoids run-on sentences, sentence structure is solid). Paper is no more than two double-spaced pages long and follows all formatting guidelines outlined in the instructions.</p>	5	3	1	5
Total Possible Points				25