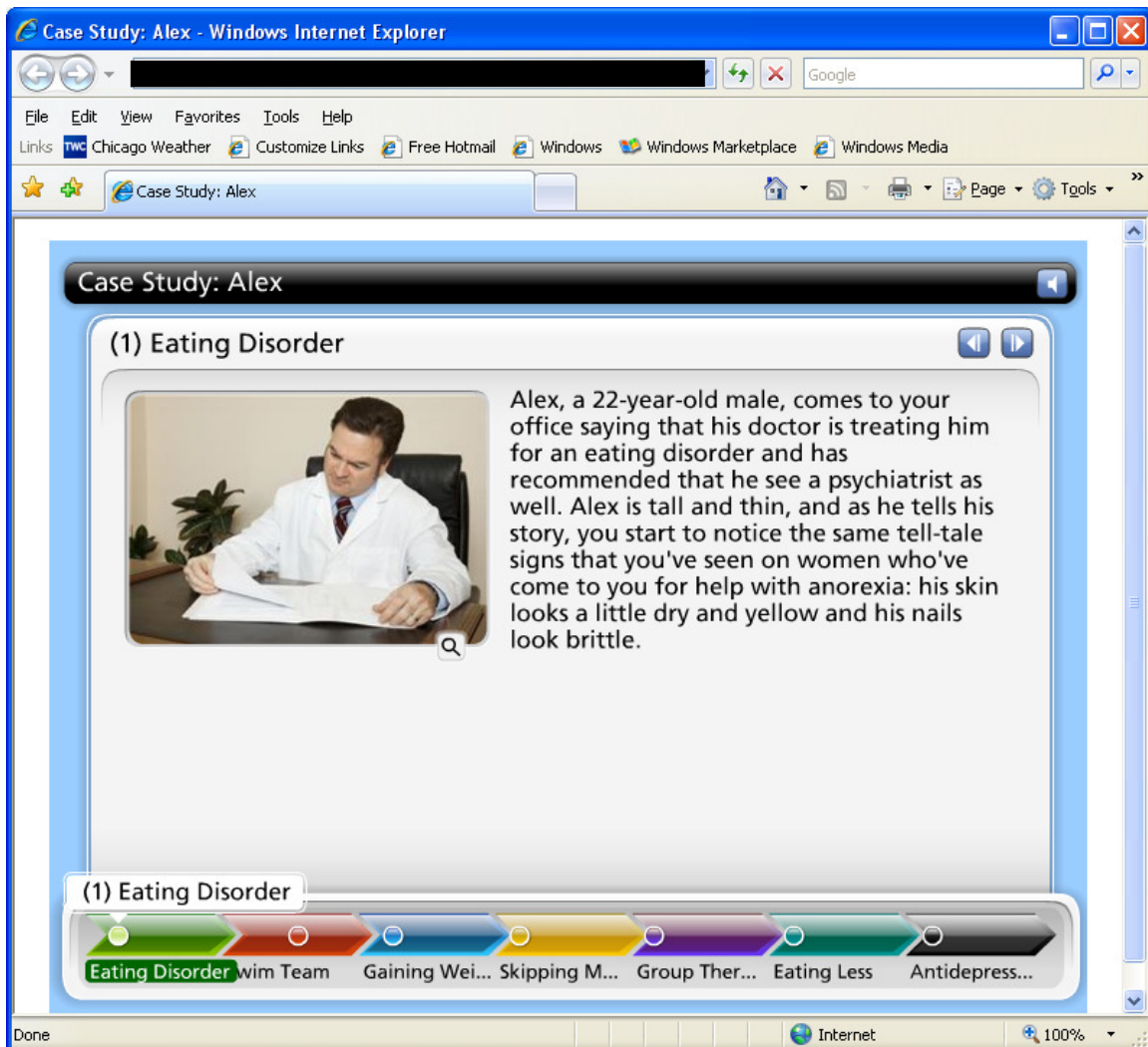


Sarah Roggio

Case study I wrote for Kaplan University course PS503 Applied Statistics for Psychology Research



Case Study: Alex - Windows Internet Explorer

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Case Study: Alex

Case Study: Alex

(2) Swim Team



Alex tells you that he was on the swim team through high school and most of college and while he was always conscious of how his body looked, he didn't really start worrying about his weight until midway through his senior year of college. He met a girl and started spending more time with her and less time on his coursework. Between dating and the swim team, he found his grades slipping, and was soon in danger of not graduating on time. His parents had made it clear that they would offer no more financial help after that year, so he made the decision to quit the swim team and refocus on his coursework.

(2) Swim Team

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(3) Gaining Weight

While his girlfriend was happy with Alex's decision to quit the team, Alex was soon unhappy to discover that he was gaining weight after years of maintaining the same weight. He was no longer focused on eating healthy so he could stay in shape for swimming. He had a lot of work to catch up on and started taking quick breaks to grab fast food from the restaurants near the dorm rather than walking all the way over to the dining hall. His girlfriend didn't comment on his weight gain, but Alex found it bothered him more and more.



(3) Gaining Weight

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(4) Skipping Meals



He began skipping meals, but that didn't seem like it was doing enough, so he started throwing up a meal or two. He didn't tell anyone. And when he started dropping a few pounds he figured he'd just quit once he got through the end of college. But it didn't stop there. He found a job as a salesman and got an apartment with his girlfriend. He felt peer pressure from the other salespeople to look good for the customers, and learned that some of them used the same techniques.

(4) Skipping Meals

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(5) Group Therapy



One night his girlfriend caught him throwing up after dinner in their bathroom and urged him to go see a doctor. The doctor sent him to group therapy. He went once and never went back. "It was me and a bunch of women," he said. "I didn't feel comfortable." You're not surprised to hear that he was the only male in the group, as most sufferers of eating disorders are female. However, you also know that the number of males suffering from eating disorders has been growing. Between 5-15 percent of patients with anorexia or bulimia are male, according to the National Institute of Mental Health (<http://www.nimh.nih.gov/health/publications/eating-disorders/what-are-eating-disorders.shtml>).

(5) Group Therapy

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Case Study: Alex

Case Study: Alex

(6) Eating Less



Alex tells you that his girlfriend was upset that he didn't seem to be trying to change, and after a number of fights, she walked out on him. Alex started eating even less, and is now down to coffee for breakfast and lunch and a small dinner. It's been three months since his girlfriend left, and Alex has been going in late to work and has started calling in sick on days when he just can't face getting out of bed. His boss has given him one warning already. He doesn't want to lose his job, so he's decided to go back to the doctor and try again.

(6) Eating Less

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Case Study: Alex

Case Study: Alex

(7) Antidepressants

Alex says the doctor has suggested that antidepressants might be a good idea, but he wanted Alex to discuss it with a psychiatrist first. Alex likes the sound of taking an antidepressant, as he feels hopeless that he can change his habits on his own. You know from recent studies, however, that antidepressants may not help prevent Alex from relapsing. You also know that no medication has been shown to help people with anorexia get back up to a healthy weight (<http://www.nimh.nih.gov/health/publications/eating-disorders/anorexia-nervosa.shtml>). Some newer studies are suggesting that anorexia may even have a specific biological origin (<http://www.apa.org/monitor/mar02/genet>)



(7) Antidepressants

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