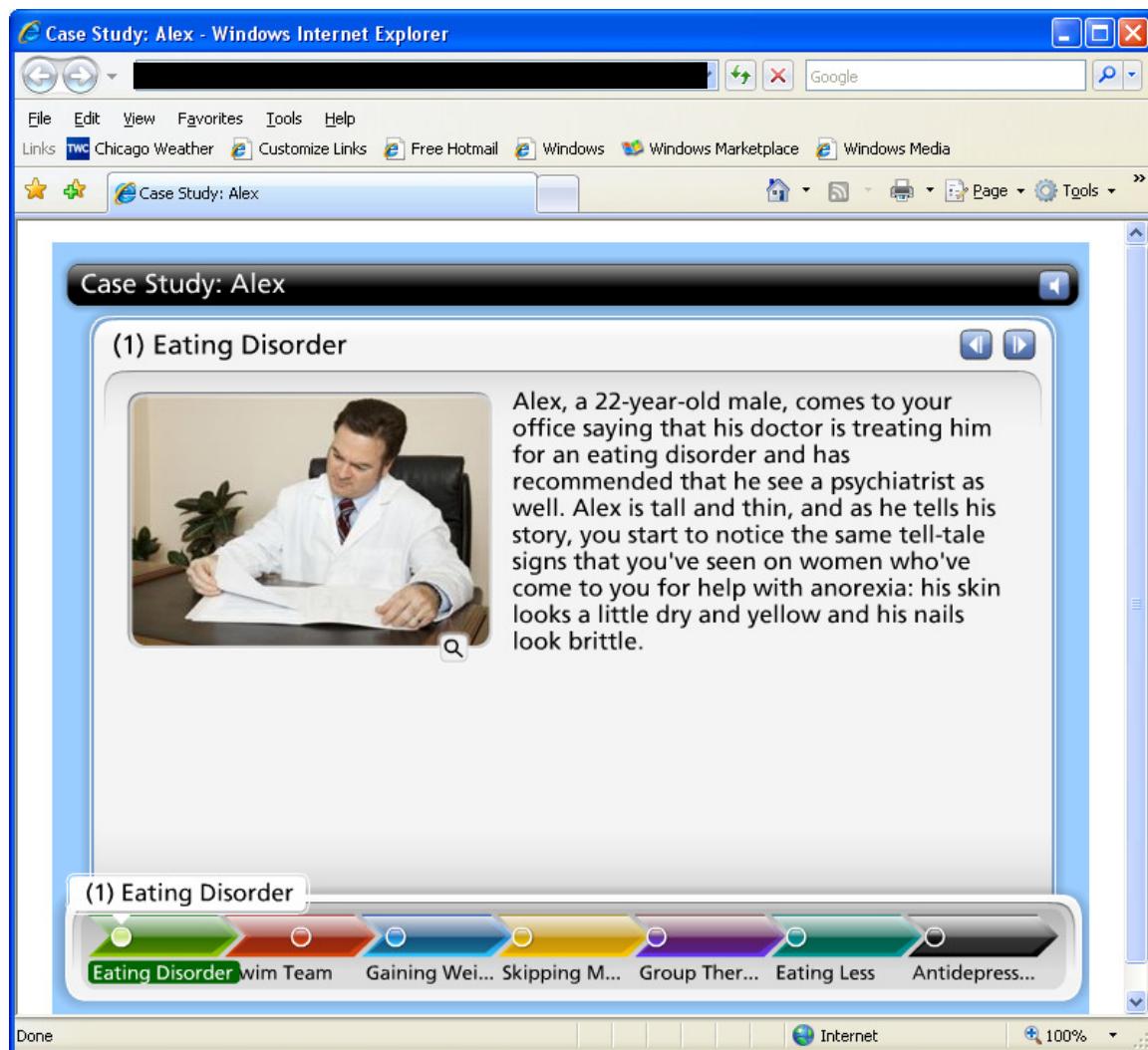


Sarah Roggio

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



The screenshot shows a Windows Internet Explorer window with the title "Case Study: Alex - Windows Internet Explorer". The main content area displays a case study titled "(1) Eating Disorder". On the left, there is a photograph of a man in a white lab coat sitting at a desk, looking down at some papers. To the right of the photo is a text block describing a 22-year-old male named Alex, who is being treated for an eating disorder and is recommended to see a psychiatrist. The text notes that Alex is tall and thin, and describes physical signs of anorexia such as dry and yellow skin and brittle nails. Below this section is another title "(1) Eating Disorder" and a horizontal navigation bar with several colored arrows and text labels: "Eating Disorder", "Swim Team", "Gaining Wei...", "Skipping M...", "Group Ther...", "Eating Less", and "Antidepress...". The status bar at the bottom of the browser window shows "Done", "Internet", and "100%".

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

Eating Disor... **Swim Team** Gaining Wei... Skipping M... Group Ther... Eating Less Antidepress...

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Case Study: Alex - Windows Internet Explorer

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Case Study: Alex

Case Study: Alex

(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

Eating Disor... Swim Team Gaining Weight skipping M... Group Ther... Eating Less Antidepress...

Done Internet 100%

Case Study: Alex - Windows Internet Explorer

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Case Study: Alex

Case Study: Alex

(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

Eating Disor... Swim Team Gaining Wei... Skipping Meals Group Ther... Eating Less Antidepress...

Done Internet 100%

Case Study: Alex - Windows Internet Explorer

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Case Study: Alex

Case Study: Alex

(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

Eating Disor... Swim Team Gaining Wei... Skipping M... Group Therapy Eating Less Antidepress...

Done Internet 100%

Case Study: Alex - Windows Internet Explorer

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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

Eating Disor... Swim Team Gaining Wei... Skipping M... Group Ther... Eating Less Antidepress...

Done Internet 100%

Case Study: Alex - Windows Internet Explorer

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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

Eating Disor... Swim Team Gaining Wei... Skipping M... Group Ther... Eating Less Antidepressants

Done Internet 100%