Willoughby Case Study – Class Discussion Questions

Directions

Based on Willoughby's case study and assessment findings, support your responses with specific details. Distinguish what the findings suggest from what they do not establish. Consider the contextual information without making assumptions.

1. Overall presentation and assessment priorities

Which concerns stand out most in Willoughby's presentation? Identify evidence from the case and assessment findings that supports your priorities. What important information would you still want about the onset, context, and impact of his symptoms before forming a fuller clinical picture?

2. Generalized anxiety and chronic worry

What patterns converge across the GAD-7 and PSWQ, and what does each assessment add? How do Willoughby's pervasive worries differ from anxiety tied to specific social or driving situations? What further evidence would you want before concluding that he meets criteria for generalized anxiety disorder?

3. Social anxiety and avoidance

How do the LSAS fear and avoidance scores relate to Willoughby's experiences at work and in social settings? Which concerns appear to involve fear of negative evaluation rather than generalized worry? How would you assess the functional impact of his avoidance, anticipatory anxiety, and post-event rumination?

4. Panic-like symptoms and the PDSS

How would you interpret Willoughby's physical anxiety episodes alongside his low PDSS score? What distinguishes panic-like symptoms from a full panic attack and from panic disorder? What would you ask about the onset, intensity, triggers, and consequences of these episodes before drawing conclusions?

5. Trauma-related and depressive symptoms

Willoughby experienced a serious accident but has a below-cutoff PCL-5 score. What findings might be related to the accident, and what could reflect longstanding anxiety? Why does exposure to a potentially traumatic event not, by itself, establish PTSD? How would you interpret his mild PHQ-9 score alongside sleep difficulties, fatigue, concentration problems, and occasional discouragement? What would warrant further assessment or monitoring?

6. Bringing the findings together

If you were summarizing the assessment to Willoughby, what would you say about the pattern across measures? Identify: (a) one conclusion reasonably supported by the findings, (b) one conclusion that would be premature, (c) one area of uncertainty, and (d) one next step you would prioritize. Which symptoms, measures, or areas of functioning would be most useful to revisit, and why?