

Clinical Case Study and Diagnosis for Fictionalized Client- 7820

Anthony Kamalo is a 20-year-old Caucasian, heterosexual man who lives in Columbia, MO. Anthony has been referred to this social worker as court-mandated after he was arrested for assault and destruction of property. Anthony got mad at his mother for asking him to take the trash out and threatened to harm her. He then threw her phone across the room and broke it. This was not the first incident of this kind.

His mother said that Anthony had gotten angry at her many times for seemingly no reason, and that the anger escalates rapidly. She said that he has broken many items and appliances around the house over the years. It has escalated over the last year. She stated that the tantrums do not last long, but they are very scary to her. She reported that he has never hurt her, but she is not sure that he never will. She reported that a couple of months ago, Anthony got mad at her boyfriend for taking over the tv when he was watching it and slashed his tires. His mother said that this most recent incident was the last straw and that she didn't want to press charges, but that she didn't know what to do anymore.

Anthony reported that his anger has always been a barrier to making friends. He said that kids always thought that he was "annoying" and "weird". He said that he also got annoyed with people often. He also reports that his relationship with his family used to be very good, but that deteriorated after he lost his father to cancer. Anthony shared that he lost his father at age 11, and that his relationships with his mother and sister have been difficult to sustain since this event, which resulted in their move to Columbia to be near his grandparents.

Anthony reported that when he was younger, he went to talk to someone after his dad died and they talked about his anger too, but it didn't help and didn't stop him from getting angry.

Anthony said that lots of things make him angry. He said that he is often feeling fine, but when something makes him mad, he just can't control himself. Anthony stated that he doesn't mean to get angry, it just overtakes him.

Anthony reported that he moved out of his house last year and got a job working construction. He said that he enjoyed the job because he was able to use up a lot of the energy he had. He was living on his own at that time, in an apartment. He was able to hold this job for a few months but said that he was fired after one of his co-workers criticized the way he was moving equipment, and he got angry and hit him. His supervisor then terminated him.

Anthony stated that he really wants to be able to live on his own and have a job. He wants to be able to control his anger and behavior, but that doesn't feel possible for him right now. Anthony feels badly about what happened to his mom and hopes she doesn't kick him out of the house.

Social History: Anthony was born in St. Louis, MO. He is one of two children in his family, being younger to his older sister, Maria. He moved to Columbia at the age of 11 after the death of his father. He has had difficulty forming relationships since his move and stays in touch with very few people from St. Louis. He is not close with his mother or his sister. He prefers to be alone and likes to spend his time working out, playing video games, and sometimes reading. The client reports that he does not drink often and has never abused alcohol. He has never smoked cigarettes. He reported that he occasionally uses marijuana to "slow his mind down", but

hasn't since he moved back into his mother's house. He drinks energy drinks and coffee a few times a week. He denies history with any other drugs.

Family History: Anthony's family has a history of heart disease and cancer. It is notable that his father passed away from cancer in his childhood. Anthony denies any physical or substance abuse at any point in his life. He reported that he was close with his mother when he was a child, and that he knew his father loved him, but they were not as close. His relationship with his sister has always been tenuous and worsened after the death of his father.

Medical History: The client has claimed he is in good health and is very active. He has broken a few bones and had a hand injury after the altercation with his coworker. He has no other significant medical history.

Psychological History: The client has denied being diagnosed with any disorder previously. His mother reported that she had not ever taken him to be formally evaluated, but that it was suggested to her by the counselor he saw after his father passed away.

Diagnostic Assessment and Case Formulation

DSM-V

312.34 Intermittent Explosive Disorder

According to the DSM-5, the diagnosis of intermittent explosive disorder can be made without a severity specifier; thus, no severity specifier was given at this time.

The following criteria from the DSM-5 for this diagnosis are met:

- A. Recurrent behavioral outbursts representing a failure to control aggressive impulses as manifested by either of the following:
 2. Three behavioral outbursts involving damage or destruction of property and/or physical assault involving physical injury against animals or other individuals occurring within a 12-month period.
 - *Explanation:* Anthony is seeking services because he was arrested for destruction of property and assault. He has damaged property on multiple occasions. Within his index offense, and at his construction job after he was fired. The fight he got into with his co-worker would also fall under this. All these incidences have occurred over the past 8 months, meeting criterion A.
- B. The magnitude of aggressiveness expressed during recurrent outbursts is grossly out of proportion to the provocation of precipitating psychosocial stressors.
 - *Explanation:* Anthony's reactions to events like being asked to take out the trash, the incident with his co-worker, and his reaction to his mother's boyfriend taking over the tv are examples of outbursts that were grossly out of proportion.

- C. The recurrent aggressive outbursts are not premeditated (i.e., they are impulsive and/or anger-based) and are not committed to achieving some tangible objective (e.g., money, power, intimidation.)
- *Explanation:* Anthony stated that he does not plan to react to events with anger, but that it overtakes him. His mother also reported that his demeanor can change in an instant and that his anger is escalates rapidly.
- D. The recurrent aggressive outbursts cause either marked distress in the individual or impairment in occupational or interpersonal functioning, or are associated with financial or legal consequences.
- *Explanation:* Anthony has lost his job due to his aggressive outbursts. His relationship with his family is also damaged as a result of these outbursts. He has also experienced legal consequences, as this is the reason, he is receiving services.
- E. Chronological age is at least 6 years (or equivalent development level).
- *Explanation:* Anthony meets this criterion, as he is 20 years old.
- F. The recurrent aggressive outbursts are not better explained by another mental disorder, and are not attributable to another medical condition or to the physiological effects of a substance.
- *Explanation:* Anthony does not meet criteria for another diagnosis based on the information given. The client states that he is generally healthy and does not abuse drugs or alcohol. He could have a co-occurring diagnosis of ADHD or ASD, however, there is not enough information given to make a diagnosis.