



# Case Studies Workshop

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Presented by  
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# Case Study

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- Female
- 83 years old
- Widowed 5 years
- Referral through Age Concern
- Bedside masker broken



# Assessment

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- Bilateral tinnitus
- 10 years +
- No significant hearing loss – no hearing aid(s)
- Low mood
- Highly anxious



# Assessment

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- IBS symptoms
- Problems with youths outside her house
- Feelings of guilt
- 2 marriages – divorced 1<sup>st</sup> husband; second husband died
- Both over-bearing husbands (verbal abuse)



# Assessment

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- Rarely goes out
- Rarely mixes with anyone other than two sons and their families
- Christmas looming and being “farmed out” to sons’ family
- Discussed CBT/NATs
- Goal: To feel less anxious and more independent



# Information given

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- Mechanism of tinnitus
- Instructions for mind-calming breathing exercise



# Measures

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- Tinnitus questionnaire 31/50
- HAD Scale:
  - Anxiety score 15/21
  - Depression score 9/21



# Tinnitus questionnaire

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- Often notices T when awake
- Often impairs concentration
- Moderate discomfort in quiet
- Disturbed sleep every night (with meds)
- Can forget T fairly easily when occupied
- Other sounds reduce T with moderate difficulty
- Often feels anxious or worried
- Often feels tense or irritable
- Often feels depressed or miserable
- T reduces QoL moderately



# HAD Scale

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- Tense & wound up a lot of the time 2
- Enjoys things hardly at all 3
- Frightened feelings definitely 3
- Sees funny side of things not quite so much now 2
- Worrying thoughts a lot of the time 2
- Sometimes feels cheerful 1
- Doesn't often feel relaxed 2
- Feels slowed down all the time 3
- Quite often has butterflies in tummy 2



# HAD Scale

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- Takes as much care of appearance 0
- Feels restless quite a lot 2
- Looks forward with enjoyment rather less than used to 1
- Gets sudden feelings of panic quite often 2
- Can often enjoy a book or TV programme 0
- Total score = 24
  - Anxiety = 15
  - Depression = 9



# Appointment 2

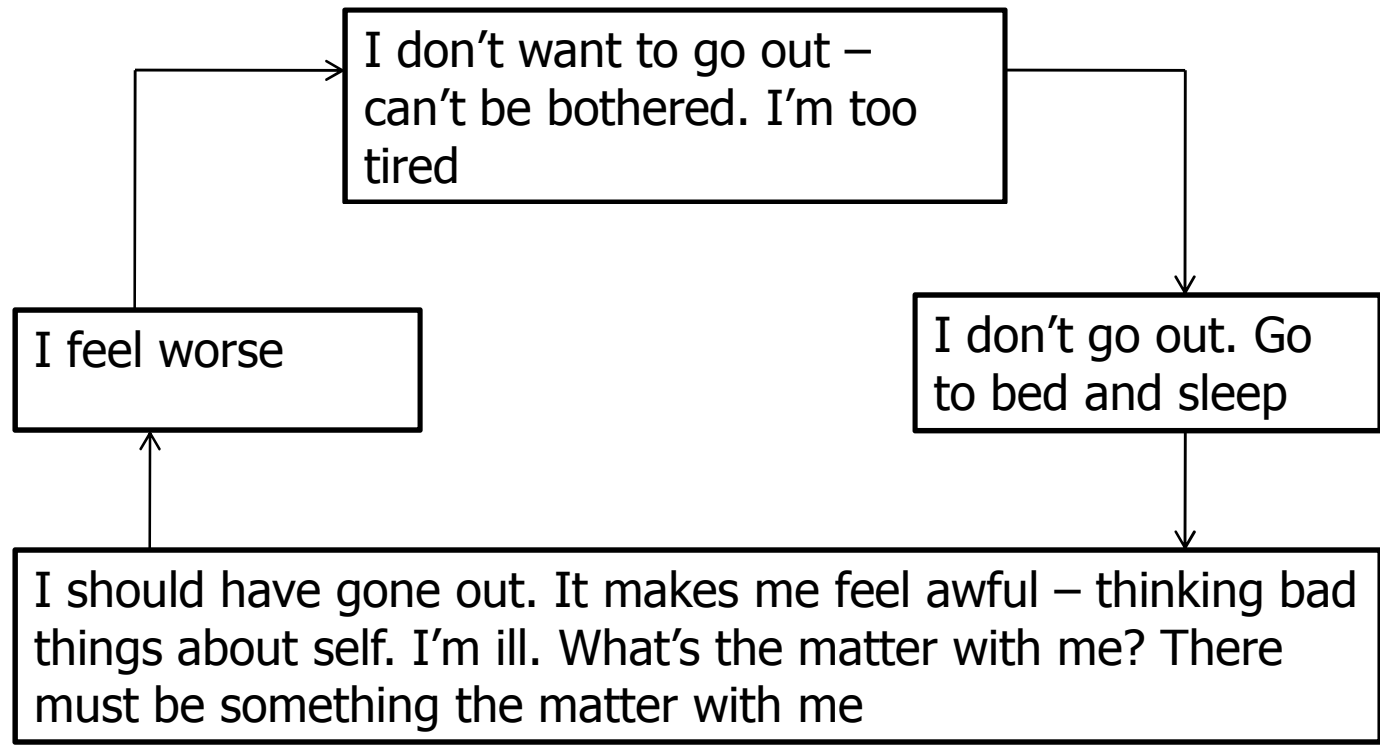
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- Human Function Curve
- Effects of stress
- Maintenance Cycles
- NATs identification



# Maintenance Cycle

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# Appointment 3

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- First half of session spent discussing worsening of IBS symptoms (pain)
- GP had instructed changing breakfast from cornflakes to bran
- Recommended mix of bran and cornflakes
- Gave physiological exercises



## Appointment 3 (Part 2)

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- Socratic questioning to change NATs about feelings of guilt
- Worked through alternative thoughts and images
- Much of the “guilt” emanates from her first marriage – left abusive husband and still believes her sons blame her



# Appointment 4

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- Reports less feelings of guilt over past week
- No IBS symptoms (pain) since mixing bran with cornflakes
- Continues to use physiological as well as mind-calming breathing exercise
- Decided NOT to go ahead with use of paper based thought record



# Appointment 5

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- Reports further improvement
- No more IBS pain
- Continues to use exercises
- Not sleeping as much during the day
- “Wants” to get up in the mornings
- Repeat Tinnitus questionnaire and HAD Scale



# Tinnitus questionnaire

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- Sometimes notices tinnitus when awake -1
- Never impairs concentration -2
- Slight discomfort in quiet -1
- Less than 1 x per month disturbed sleep -4
- Can forget T very easily when occupied -1
- Often notices T when awake
- Often impairs concentration
- Moderate discomfort in quiet
- Disturbed sleep every night (with meds)
- Can forget T fairly easily when occupied



# Tinnitus questionnaire cont'd

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- Other sounds reduce T with mod difficulty - =
- Never feels anxious or worried -2
- Never feels tense or irritable -2
- Never feels depressed or miserable -2
- T reduces QoL not at all -2
- Other sounds reduce T with moderate difficulty
- Often feels anxious or worried
- Often feels tense or irritable
- Often feels depressed or miserable
- T reduces QoL moderately



# HAD Scale 1 - 4

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- Time to time, occasionally 1 (-1)
- Enjoys things only a little 2 (-1)
- A little but it doesn't worry me 1 (-2)
- As much as I always could 0 (-1)
- Tense & wound up a lot of the time 2
- Enjoys things hardly at all 3
- Frightened feelings definitely 3
- Sees funny side of things not quite so much now 1



# HAD Scale 5 - 9

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- From time to time but not too often 1 (-1)
- Feels cheerful most of the time 0 (-1)
- Definitely feels relaxed 0 (-2)
- Feels slowed down very often 2 (-1)
- Not at all 0 (-2)
- Worrying thoughts a lot of the time 2
- Sometimes feels cheerful 1
- Doesn't often feel relaxed 2
- Feels slowed down all the time 3
- Quite often has butterflies in tummy 2



# HAD Scale 10 - 14

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- Takes as much care of appearance 0 (=)
- Feels restless quite a lot 2 (=)
- Looks forward with enjoyment rather less than used to 1 (=)
- Feelings of panic not very often 1 (-1)
- Sometimes 1 (+1)
- Takes as much care of appearance 0
- Feels restless quite a lot 2
- Looks forward with enjoyment rather less than used to 1
- Gets sudden feelings of panic quite often 2
- Can often enjoy a book or TV programme 0



# Outcome Scores

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Before:

Tinnitus Q : 31

HAD Scale

- Total : 24
  - Anxiety : 15
  - Depression : 9

After:

Tinnitus Q : 14

HAD Scale

- Total : 12
  - Anxiety : 6 (-9)
  - Depression : 6 (-3)



## 2 weeks later

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- 2 weeks before Christmas
- All well
- GP has now reduced Prozac prescription



# 9 January

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- Post Christmas blues? Patient thinks it's winter blues
- Doesn't want to do anything – unable to say why
- ? Caused by reduction in Prozac prescription
- ? Effect of being pushed pillar to post over Christmas and New Year
- Suggested “getting out” – arranged with Age Concern befriender



## 4 weeks later

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- Feeling very tense
- Pain in left knee & lower back
- Pins and needles left arm and hand
- Right hand painful
  
- Not been doing relaxation - reinstructed
- Attended day centre and hated it!



# Repeat HAD Scale

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Total 19

- Anxiety 13 (+7)
  - Depression 6 (=)
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- Letter to GP
  - “Reminder” about tool box (how to question her NATs)



## 4 weeks later

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- Feeling improved
- Had x-ray on left knee and awaiting surgery
- Achieved goal: "To feel less anxious and more independent"
- Repeat HAD Scale:
  - Total : 9 (-10) (-3) (-14)
  - Anxiety : 7 (-6) (+1) (-8)
  - Depression : 2 (-4) (-4) (-7)



# Overview

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- Appointment 1
  - Assessment / Information / OMs
- Appointment 2
  - Psychoeducation: effects of stress
  - Identification of NATs / maintenance cycles
- Appointment 3
  - CT / challenge irrational thoughts (NATs)
  - Address physical stress symptoms



# Overview

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- Session 4
  - Continue work from session 3
- Session 5
  - Review / repeat OMs
- Session 6
  - Consolidation



# Overview

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- Session 7
  - Was to have been relapse prevention
  - Relapse already taken place / OMs
  - Further CT / identification of irrational thoughts (NATs) / reinforce need to use “tool box”



# Overview

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- Session 8
  - Further CT
  - Address physical symptoms (write to GP)
  - Reinstuctured relaxation
- Session 9
  - Relapse prevention
  - Repeat OMs
  - Discharge



# Identifying NATs

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- Is there anything that might suggest the thought could be wrong?
- What would my family or friends say if I talked to them about the thought? (It would actually be a good idea to ask them!)
- What would I say to a friend who came to me with a similar problem?
- What good things have happened to me that contradict the thought?



# Identifying NATs

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- Are there any alternative explanations for what seems to have happened?
- Are my thoughts based more on the way I feel than on solid evidence?
- Have I been jumping to conclusions?
- Am I exaggerating the chances of anything bad happening to me?
- Am I being over-sensitive?
- Am I misinterpreting things because I'm feeling anxious or down?



# Identifying NATs

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- If I were feeling happier would I still think of things in the same way?
- Are my past experiences getting in the way of me seeing the present situation clearly?
- Ref: Freeman D, Freeman J, Garety P (2006)  
*Overcoming Paranoid & Suspicious Thoughts*  
Robinson pp121-122