

Case Study

## Dual Diagnosis and Sexual Dysfunction: Integrated Treatments for Schizophrenia and Substance Abuse: A Case-Based Exploration

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### ABSTRACT

Psychologists evaluate the Mental Health of an individual and group behavior in correlation with social and environmental factors which influence human behavior. Mental wellness is considered as overall wellness of the individual (emotional, psychological, social). Daily stressors such as work life, relationships, quality of life may affect a person's life and when it's ignored it may lead to much bigger concerns in future that may or may not lead to mental disorders. Controlling stress, acceptance about oneself and getting professional help all comes under maintaining Mental Health. Getting proper care, support, and love will lead to a better life but mental health care such as counseling, medications and therapies are also very important aspects of the treatment. This case study shows profiles of an individuals with Mental illness such as sexual dysfunction, substance abuse and schizophrenia. The individual was treated using Rehabilitation, medication and Cognitive Behavioral therapy which help them with emotional control, anxiety, anger, coping and mental reorganization.

**Keywords:** *Dual Diagnosis, Sexual Dysfunction, Integrated Treatments, Schizophrenia, Substance Abuse*

**A**im to understand the individual's treatment process who suffered from schizophrenia with substance abuse and sexual dysfunction. CBT is one of the techniques that assist patients in observing patterns, creating coping mechanisms, learning how to regulate their symptoms which also helps to manage their delusions and dependence on drugs by cognitive distortions. Schizophrenia is a long-term mental illness that disturbs a person's thoughts, feelings and behavior. It also decreases the whole quality of life of an individual. Patients with this disorder are most likely to have substance dependence which is used as a coping strategy but misuse leads to worsening of mental symptoms.

Additionally, many people suffering from schizophrenia also experiences sexual dysfunction, which is one of the side effects of antipsychotic drugs.

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## **METHODOLOGY**

The case study focuses on an individual patient with a qualitative approach. Sessions, clinical observations and patient interactions were used to collect the data. Therapist observations were used to analyze substance abuse and sexual functioning. Panss which is the positive and negative syndrome scale is used to demonstrate schizophrenia.

### *For treatment process:*

- CBT is used to treat symptoms of schizophrenia and substance abuse.
- Medications used to treat sexual functioning and other symptoms such as anxiety.
- Rehabilitation to reduce isolation and increase social activity.

## **CASE STUDY**

### *Patient Information*

- Name- Mr. X
- Age- 42
- Occupation- Currently unemployed
- Marital Status- Married
- Referral Source- Self-referred

### *Presenting Issues*

Mr. X showed symptoms such as anger, anxiety, mood swings from the past three-four months. The chief complaint includes a case of substance abuse and smoking. At very suddenly he started showing aggressive behavior that dropped his quality of life. He was taking some medications to increase his sexual activity with his partner, which was overdosed.

### *History taking*

#### **Psychiatric History**

- Onset- The symptoms began almost two years ago and has been more severe from 4 months.
- Previous Treatment - He was taking medication previously but stopped which resulted in more severe symptoms.
- Current symptoms – Anger, Mood swings, anxiety, isolation, hallucinations, negative thoughts, erectile dysfunction
- Impact on functioning – trouble in managing both personal and professional life, also anxiety level, avoidance social interaction

#### **Medical History**

- Medication – Taking some for sexual activity on regular basis
- Allergies – No known

#### **Family History**

- Mental Health – No known
- Medical conditions – No Medical conditions of Family

#### **Personal and Social History**

- Childhood – Raised in a supportive Environment but was bullied in high school.

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### Mental Status Examination

- Appearance – Clean but visibly anxious
- Behavior – Pacing and confused
- Speech – Rapid, difficult to follow up sometimes
- Mood – Anxious
- Perception – hallucination, voices of his sister asking him to leave
- Cognition – low concentration and mild memory
- Insight – little insight that some is wrong with him but not want to control the substance
- Judgment – Low, not able to make any decisions, gives two ways answers every time something is asked

### Diagnosis

- On the basis of intervention, history, and MSE. Mr. X is diagnosed with Substance Abuse with psychotic symptoms, sexual dysfunction

## TREATMENT PLAN

### Medication Management

Use of any medication with lower risk of sexual dysfunction while also managing other symptoms such as hallucinations. Making a specific timeline for certain medication to avoid any risk for substance abuse in future.

Using Nicotine Replacement Therapy such as gums to fulfill any such cravings.

### CBT (Cognitive Behavioral Therapy)

It will help in hallucinations with reality testing methods. Also helps with reducing distress. For substance abuse it will help to identify triggers for high usage and replacing them with healthier options. Lastly for sexual dysfunction, it helps to identify relationships issues and promote self-esteem which lead to stress about their overall skills.

### Psychoeducation

It is the most important element for any mental illness, one must understand and accept their conditions so that growth can be promoted. Understanding the risk of substance abuse and create a clear point to manage all the symptoms together. Include the family or partner in sessions, if possible, to address family or personal issues.

### Group Therapy

Helps to reduce both substance abuse and psychotic symptoms

### Social Skills Training

Improving social interaction and functioning, it also reduces isolation.

### Rehabilitation

Create a strong and structured environment that gives a control setting. It helps in detoxification of an individual from all types of drugs and alcohol

**Follow up and regular check up:** Taking checkup once in a while to observe the growth and current situation in treatment plan. Balancing Diet and physical exercise for better result, checking up on medications to limit the symptoms and avoid any risk for future reference.

## CONCLUSION AND DISCUSSION

In order to reduce these interrelated symptoms and avoid any side effects only specific medication should be followed in the treatment plan for Schizophrenia with hallucinations, substance abuse of alcohol, medications and smoking, Medication induced Sexual Dysfunction. Both aspects of substance abuse and sexual dysfunction are addressed by psychotherapeutic therapies such as CBT and psychoeducation which gives long term benefits and also to reconnect with the society, also with peers to re-welcome so that one can live a better life and start over again after learning from their past mistakes. Rehabilitation programs such as patient rehab, social skills training and vocational programs are also acquired by people after their recovery process.

At last treating Schizophrenia with hallucinations, substance abuse of alcohol, medications and smoking, Medication induced Sexual Dysfunction individuals can reconnect again and also greatly enhance basic quality of their life.

As per the clinical analysis of this case study report I have seen patients can be very stubborn, curious to know things, their symptoms of hallucinations and delusions can lead danger to others and their own self. It is necessary people should consult mental health professional as soon as possible in the beginning of the problem. Sequence of the treatment plan must be followed very seriously which include: therapies, medication, weekly checkups, balance meal, exercise and most importantly, one must be psycho educated enough so that they can accept what they are and also work on themselves to be a better human being. Psychoeducation is not only for patients but also for loved ones too.

As per the conclusion of my report, it's important to have clinical skills and abilities to become a psychologist and also how to develop our own personalities to fit in. Skills such as communication skills, good listening, patience observation, mindfulness and a lot more are needed to be an effective mental health professional.

Also depending on the biological, psychological and social facts of mental health demonstrates on overall treatment which promotes long run recovery. The insights received from this is highly recommended and can be used to treat the individuals with multiple disorders.

## RESULT TABLE

<b>Diagnosis</b>	<b>Therapy Used</b>	<b>Outcome</b>	<b>Duration of Therapy</b>
<b>Schizophrenia (Hallucination)</b>	CBT, Atypical Antipsychotics	Reduced hallucinations and improved reality testing	6 months
<b>Substance Abuse (Alcohol, Drugs, Medication)</b>	Nicotine Replacement Therapy and CBT	Reduced cravings and took a break in between these habits	3 months followed by weekly check ups
<b>Sexual Dysfunction (Medication induced)</b>	Sexual Counseling, Couple Therapy and CBT	Increase sexual performance and reduced anxiety	3 months followed by weekly sessions

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### Key Learnings

- **Holistic Approach, the most effective approach-** Combining several therapies to treat patients with multiple disorders.
- **Drugs must be balanced and also be observed** – taking required amounts of medication to reduce all sorts of risk.
- **Therapy is valuable** – helps with symptoms, manage and regulate emotional difficulties
- **Need a long-lasting solution opt for Rehab** – individuals can go for rehab plans such as skills improvements or Group sessions
- **Be consistent on checkup and follow up** – to avoid any mistakes or setbacks monitor the progress and analyze the symptoms.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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