Overview: The purpose of this paper is to demonstrate a solid comprehension of concepts described in the text and discussed in class, as well as the ability to integrate the concepts into your own ideas. The paper is research oriented and will be written on a specific mental health disorder you choose form the DSM-5. Be sure to utilize proper terminology and diagnosis name. For example do not use “Anxiety” it would be “Generalized Anxiety Disorder”. The paper should be an overview of relevant information regarding your specific topic of choice including information taken from the DSM-5, an overview of a specific perspective relevant to this disorder (e.g. cognitive, behavioral, humanistic, etc.), any multicultural issues, best evidence-based practices when working with this population and case examples. Include as much information we have covered in this class as possible.

Format: The paper must be APA format (double spaced, 12 Times New Roman, title page, reference page, in-text citations, etc). It is research oriented, not reflective or personal in nature. Those not completed with proper APA format will lose substantial points. The paper must be at least 5 pages (not including the title page and reference page). The paper must utilize at least 4 professional sources (books, peer-reviewed journal articles, etc) other than the course book & DSM-5. It is recommended to utilize the MVCC library database or the librarians on campus to find sources. Do not use more than one website and only reliable websites such as.edu, or.gov websites will be accepted (no .com or .org).

- **Section 1: Relevant Overview.** Include information regarding the population you chose. For instance if you chose “Persistent Depressive Disorder”, give an overview of the diagnosis, how it impairs someone and what its symptoms look like (At least 1 pages).
- **Section 2: Multicultural Considerations.** Explain any discrepancies or differences within different cultures. Using the “Persistent Depressive Disorder” example, are there any cultures that are more prone to this disorder than others? Or do we see certain ethnicities
not obtaining help for persistent depressive disorder? Explain barriers to obtaining services. Possibly find a study that proves this or explains why (At least 1 page)

• **Section 3: Best Practices.** Find information regarding how to work best with this population in the human services field. For example, you might explain that persistent depressive disorder is best treated with medications (anti-depressants), psychotherapies with a mental health professional, or perhaps mindfulness and meditation. (At least 1 page)

• **Section 4: Case example.** Choose a famous person or character from a television show, movie, book, or a historical figure whom you believe might have this specific mental health diagnosis. There does not need to be an actual diagnosis of this person, but you must provide a strong case for your reasoning as to the existence of one. It is encouraged that you choose someone that is personally interesting to you and has a good amount of documentation behind it to make your analysis easier and your paper more in depth. This section is **NOT** meant to cover the plot of the movie or be a summary of the person. It is to be a critical analysis, proving a diagnosis in the person of choice (At least 2 pages).

  **Sample Cases**
  
  Jessica Jones  
  Sheldon Cooper  
  Ian Gallagher  
  SpongeBob Square Pants  
  Abraham Lincoln  
  Monk  
  Marilyn Monroe  
  Vincent Van Gogh  
  Tyler Durden (Fight Club)  
  Winston Churchill

**Due Dates:**

- Submit your topic, your case and your name via e-mail: February 15th, Friday
- Submit your APA style cover page: March 1st, Friday
- Submit your APA style reference page: April 8th, Sunday
- Submit your paper: April 26th, Friday