Management Plan: Write a final management plan for the client you presented in the Week 2 Mental Health Case Study Discussion. Include the following components in the management plan:

**Primary diagnosis: Social anxiety disorder**

Recommended diagnostic testing based on clinical practice guidelines: Social Phobia Inventory, Liebowitz Social Anxiety Scale, Disability Profile, Brief Social Phobia Scale are all useful in helping to identifying social anxiety disorder (Rose & Tadi, 2022). If pressed for time there is evidence that the Social Phobia Inventory is able to help identify multiple symptoms of social anxiety disorder (Rose & Tadi, 2022).

Medications: Selective Serotonin Reuptake Inhibitors(SSRI) and Selective Serotonin-Norepinephrine Reuptake Inhibitors(SNRI) are the first like drug classes of choice for social anxiety disorder (Anxiety and Depression Association of America, 2021). Example of SSRIs include: fluoxetine, sertraline, paroxetine, escitalopram, citalopram. Examples of SNRIs include: duloxetine, venlafaxine, desvelafaxine.

**For this patient: Start Sertraline 25mg tablet, 1 tablet by mouth daily. 30, Refill 0.**

Nonpharmacologic interventions: Cognitive behavioral therapy is shown to be effective in treatment of social anxiety disorder (Anxiety and Depression Association of America, 2021). Exposure therapy is also considered to be an effective part of psychotherapy treatment of social anxiety disorder (Chowdhury & Khandoker, 2023).

Recommended follow-up schedule and referrals with rationale: Follow up with provider in 1 month after starting treatment with medications to evaluate and titrate medication (Anxiety and Depression Association of America, 2021). Referral to behavioral health specialist for cognitive behavioral therapy and exposure therapy is highly recommended (Anxiety and Depression Association of America, 2021).

**Analysis: Complete an analysis of the case and management plan:**

**Pathophysiology: Write a summary of the underlying pathophysiology of the diagnosis.**

There is evidence that suggests that patients with social anxiety disorder may have increased activity in the limbic and paralimbic systems in the brain (Rose & Tadi, 2022). A greater autonomic response may also be present in patients with social anxiety disorder. This can include a higher heart rate, blood pressure, respiration and digestion (Rose & Tadi, 2022). Neurotransmitter systems for serotonin, dopamine and glutamate can play a role in the development of patients with social anxiety disorder (Rose & Tadi, 2022).

**Pharmacology: Write a summary of how the pharmacological agent chosen acts to reverse or control disease pathology.**

Sertraline works by selectively inhibiting the reuptake of presynaptic serotonin. It has minimal effect on the reuptake of norepinephrine and dopamine in the brain (AccessMedicine, 2024). This helps the symptoms of social anxiety by increasing the amount of free serotonin in the