

Assessment 03: Mental Health Diagnosis Concept Map

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Concept Map: The 3Ps and Mental Health Management

Major Depressive Disorder (MDD) is a prevalent psychological illness that disturbs a person's routine work and health. It is linked with numerous physical health complications like cardiovascular diseases (Cui et al., 2024). It contributes to mortality related to chronic conditions. The inclusive approach to treating MDD covers three essential dimensions: mental, physical, and medicinal. It is collectively referred to as the 3Ps. This concept map is designed to apply the 3Ps agenda within a case study context. It offers deeper insights into MDD and supports informed, complete treatment planning.

Case Study

The case centers on Ivy Jackson, a 63-year-old woman exhibiting hallmark indicators of MDD. Following a recent divorce three weeks ago, Ivy has been experiencing profound fatigue, disrupted sleep patterns, intense emotional distress, and weight loss. Although she denies any suicidal ideation, her poor nutritional habits and heightened anxiety have impaired her ability to carry out daily activities. She is currently undergoing treatment for hypertension and has a strong familial predisposition to both depression and high blood pressure, as seen in her mother, father, brother, and sister. Based on her reported symptoms and medical background, a provisional diagnosis of MDD has been made. It recognizes its impact on both her psychological state and physical health. A complete case analysis from Sentinel-U is included in the Appendix.