

Generalized Anxiety Disorder

Name

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The case shows that the Middle-Eastern man might be suffering from Generalized Anxiety Disorder (GAD). Generalized Anxiety Disorder features emotions that are caused by consistent present of misfortune or danger in life of the people (Farkas & Anthony, 2016). The disorder goes along with excessive tension and nervousness. Patients with this kind of disorder expect the worse to happen, even though there might be no apparent reason to be worried or concerned. The man appears to have a non-objective fear of terrorism since he also exaggerates the intel he gives to the correction officers. In any case, the correction officers are yet to identify signs that may raise the alarm to possible panic attack.

There are several types of treatment for such an inmate undergoing the mental disorder, as it has been established that his mental state is deteriorating. However, the resources for the treatment might be limited in prison set up since they are expensive. The inmate can attend a psychiatric ward, either established in jail or a health department outside the prison (Farkas & Anthony, 2016). He can attend group and individual therapy sessions that are available in prison. He can be transferred to a mental health facility to receive a proper treatment and care.

The correction officers should document the information since he has been an informant for a long time. The officers should leave nothing at the chance as the credibility of the intel is not yet established to be true or false. The employees in prison can be questioned if they gave inmates weapons of any sort. The man needs to be handled with care to reduce discrimination and stigma, as he may feel isolated in prison (Farkas & Anthony, 2016).

Reference

Farkas, M. D., & Anthony, W. A. (2016). *Psychiatric rehabilitation programs: Putting theory into practice*. Baltimore: Johns Hopkins University Press.

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