## Case Study #1

Young man, recently diagnosed, struggling with motivation



## Nicholas: 20-Year-Old Man

- Diagnosed with schizophrenia2 years ago at age 18
- Showed signs of cognitive impairment in high school
- Treated with 2nd-generation antipsychotic
  - Positive symptoms reduced
  - But, experienced weight gain and metabolic effects
  - Switched to weight-neutral antipsychotic



- Still experiences cognitive impairment and negative symptoms
  - Struggles with lack of motivation
  - Indecisive about whether to go to college, trade school, join the military, or try to get a job
    - But no track record of holding down a job for >6 months.