

Depression case - TRANSCRIPT

The patient (P) is Chris Lucas, a 26-year-old accountant who has come to a 24-hour clinic because he wonders whether he might need vitamins to get more motivated. The doctor (D) is taking a focused history and making an initial diagnosis.

- 1 D Ah, well, good evening Chris
- 2 P Hey, how are you doctor?
- 3 D I'm alright, I'm alright. Look, I'm Dr Sachin Jindal, one of the GPs at the clinic.
- 4 P Yep
- 5 D Yeah, I'm not sure, have we met before?
- 6 P No, no, this is my first time here
- 7 D OK. So, how can I help you Chris today?
- 8 P I just came to see, I've just had a lack of energy, motivation lately. I'm currently working full time and I'm studying also for the CPA, and um yeah, I just came to see if I can get some, I dunno, vitamins or something like that just to get my energy levels up.
- 9 D OK, yeah, right. And how long have you been feeling like this?
- 10 P Um, I dunno, about, just over a month or so
- 11 D Right, hmm. So you told me about lack of energy, no motivation, what else have you been noticing?
- 12 P Um, I guess I haven't been going out as much, and um, yeah, I usually go out, go out with my friends a bit
- 13 D Anything happen in your life about a month ago?
- 14 P Um, ah, I guess my girlfriend went away, she went away a couple of weeks, um, she's been away for about six weeks now, sorry, a couple of weeks before a month ago.
- 15 D OK, OK, and are you two together or?
- 16 P Yeah, yeah, we're still together
- 17 D OK. And this all started after your girlfriend went away?
- 18 P Um, well she, the reason why I came to see you today is to see if I can get some more vitamins and she was actually saying before she went away that you know I haven't been as fun to be around so I thought, she comes back in about two weeks time, so I thought maybe you can give me something now and you know I get my energies up and, you know, she'll be happy when I come back, when she comes back sorry.

- 19 D So it all started even before she went away
- 20 P Yeah I guess so
- 21 D Understood. Let me ask you something else as well, you told me about your motivation, your concentration, your energy, you're not sleeping too well as also, how has been your mood?
- 22 P Ah, um, I guess it's been low, yeah
- 23 D And your appetite?
- 24 P I guess I've been, I haven't been eating as much. Probably um more take away than anything else. I just don't have any motivation to cook yeah
- 25 D And you've lost some weight?
- 26 P Um, yeah, I have lost a little bit of weight yeah
- 27 D Aha, OK
- 28 D Look Chris, you've told me a lot of things about it, and there's something else I want to ask which is a bit sensitive. Look, when people feel like that for a little while, sometimes they have thoughts about 'I don't want to live any more' or 'Is it worth living any more?' Have you been having thoughts like that (again)?
- 29 P Yeah, sometimes I guess I have thoughts yeah
- 30 D Yeah, right. And what sort of thoughts do you have?
- 31 P I guess when, um, I've had you know stressful days, or you know, um, you know, not good days, I guess at the end I sometimes think about giving up
- 32 D And let me ask you straight, have you thought of actually doing something to yourself?
- 33 P Not really, it's just been a thought
- 34 D It's just been a thought
- 35 P Yeah
- 36 D So you've thought about it but not acted on it
- 37 P Yeah, exactly
- 38 D OK um, do you find yourself doing that or, in the future?
- 39 P Um, no I don't, I don't think so, I think I'm just tired and run down and, you know, it's, it's just a thought
- 40 D OK. How have you been coping with all this?
- 41 P I guess um, I guess I've been coping by myself really
- 42 D Do you have any friends whom you can talk to?

- 43 P No not really
- 44 D Not really, yeah. Is your girlfriend somebody whom you can talk to?
- 45 P Um, yeah I could probably talk to her if I tried
- 46 D Yeah? About these kind of things as well?
- 47 P I've never really talked to her about any of that sort of stuff so um it would be new, you know, so I could try but yeah
- 48 D And family, like mum, dad, or ...
- 49 P Well, I don't, yeah, I don't really want to talk about it with my mum or my dad. I guess I've got two brothers but, I dunno, at the same time I don't think I would feel comfortable talking to them about, you know, my emotions
- 50 D Right
- 51 D In this past one month, you know, you've been, you cannot talk to anybody and feeling like this, so, some people tell me when they feel like this they takes alcohol or drugs to cope with things. Have you done anything like that?
- 52 P Um, yeah, I drink
- 53 D OK. How much?
- 54 P Um, I guess mainly weekends
- 55 D So is it recent or you're drinking for a little while?
- 56 P I guess since the girlfriend's gone way I've probably been, um, you know, usually I'm drinking at home with her and I guess now I'm more like getting some take away and you know, drinking by myself
- 57 D Has your drinking increased recently, would you say?
- 58 P Probably a little bit, but um I don't know I haven't really been keeping count
- 59 D Right, and let me ask you something else, have you ever felt like this before ever in your life?
- 60 P Um, not really I mean I got a little bit of anxiety at the end of year 12, but um, nothing really like this
- 61 D Anybody in your family had any emotional psychological problems?
- 62 P Um, no not really, um, my mum was going on the other day about um my grandfather, but I dunno, it's really, not really many people in the family talk about it so
- 63 D And physically are you healthy?
- 64 P Yeah I guess I'm alright. Besides from eating, not eating well
- 65 D OK. No, you're not on any medication?

- 66 P No
- 67 D Look, Chris from whatever you tell me it seems like depression to me, Now it's a common medical condition, it is treatable and we will talk about further and we will discuss all the treatment options together yeah? Now I know you came here for vitamins, vitamins are good for general physical health, you can take them however they're not for depression, yeah? So is it ok if we talk about it further and discuss all the treatment options?
- 68 P Um, yeah, if you, yeah whatever you think's good
- 69 D OK thanks



doctors
speak up