

**10881NAT Course in Observing and Documenting  
the Mental State Examination**

<b>Assessment: Sue scenario</b>	
<b>Vimeo link:</b> <a href="https://vimeo.com/430238658/6b102105cb">https://vimeo.com/430238658/6b102105cb</a>	
Clinician:	So what brings you here to see me today, Sue?
Sue:	My daughter said I had to come and see somebody.
Clinician:	And why did she want you to come see somebody?
Sue:	She said now I wouldn't be able to see my grandkids, because I've been acting funny.
Clinician:	What does she mean by funny?
Sue:	I don't know. No, I don't know.
Clinician:	So do you agree that there's something wrong?
Sue:	No. I feel tired, tired all the time.
Clinician:	So do you mind if I asked you some questions about your health and your mental state?
Sue:	You can do that.
Clinician:	So I'd like to ask you about your mood, Sue. What's your mood like most days?
Sue:	Oh, I don't know. I'm tired. I'm just tired a lot.
Clinician:	So what about a mood like angry, or sad, or irritable? Do any of those ring a bell for you?
Sue:	No. No, I'm just tired, tired all the time.
Clinician:	OK, so you're tired all the time. Your sleep, how much have you-- how well have you been sleeping lately?
Sue:	Hmm, I sleep lots, yeah.
Clinician:	So how much is lots?
Sue:	It's hard to tell, really. Some days I just don't get out of bed at all, no.
Clinician:	So you'll be in bed for 24 hours?
Sue:	Yeah. Yes. Sometimes, I'll get out of bed. I'll get something to eat, and then I go back-- I go back to bed, because that's where I'm safe.
Clinician:	So how many days a week would you do that now?
Sue:	Oh, how many? Every day, I think.

Clinician:	And have you been doing that for a long time? Do you remember when you started doing that?
Sue:	It's a long time, I think.
Clinician:	OK, so like months, years, days?
Sue:	Oh, probably, hm, maybe it was after-- oh, let me think. Maybe it's about three or four months. Yeah, four months.
Clinician:	Four months, and you've been sleeping most of those days?
Sue:	Yeah. Yeah.
Clinician:	Do you think there's something strange about that?
Sue:	I don't know. I feel safe when I'm in the bed, when I'm sleeping.
Clinician:	Safe from what, Sue?
Sue:	I just feel safe. The best place to feel safe is in bed. That's where I feel safe.
Clinician:	OK, and so do you think that some harm might come to you if you get out of bed?
Sue:	No. I don't think I could be hurt, but I might hurt somebody.
Clinician:	Is there anyone specifically that you think might get hurt?
Sue:	Sometimes, I think I might hurt my grandkids.
Clinician:	How strong is that feeling?
Sue:	I think it's in my head all the time. It's in my head a lot of the time.
Clinician:	Do you see pictures?
Sue:	Yeah.
Clinician:	And in what way are you hurting them?
Sue:	I want to grab them. The voice is in my head telling me to hurt them.
Clinician:	Tell me a bit more about that?
Sue:	Oh, the voice is, it's there all the time telling me to hurt them.
Clinician:	What do they say about the grandkids?
Sue:	It says that they're bad, that they need not to be here.
Clinician:	And is the voice, Sue, is the voice your own, going through your head?
Sue:	Sometimes, it feels like that. Sometimes it feels like somebody is telling me to hurt them.
Clinician:	So if somebody is telling you, do you recognise the voice?
Sue:	No.
Clinician:	And how strong do you feel like you need to react to what the voices are telling you?

Sue:	That's when I go back to bed, because that's when I feel safe. And I don't want to hurt them.
Clinician:	So let's just backtrack a little bit, Sue. Can you tell me about your appetite?
Sue:	Well, it's been a while since I cooked. I eat a lot of things, but I just take some things into the bed with me, things like chips, things like that.
Clinician:	So have you lost or put on weight at all, Sue?
Sue:	Maybe I've, maybe I've put a bit of weight on. Must be the chips.
Clinician:	OK, so you say you don't have much energy. How much energy do you have?
Sue:	I'm just tired. I'm just tired all the time.
Clinician:	So before you started staying in bed all day, what sort of activities did you do?
Sue:	That's a long time ago. I used to walk a lot, and I went to work.
Clinician:	And what did you do back then?
Sue:	Worked in a shop. I looked after the grandkids.
Clinician:	And was it pleasurable then?
Sue:	Um. It was all right. I didn't feel as if I had to hurt them.
Clinician:	So when did these voices begin, telling you to hurt your grandchildren?
Sue:	It's a long time, I think.
Clinician:	And did it come on suddenly, or slowly over time?
Sue:	Slowly, I think. Yeah, slowly.
Clinician:	Let me ask you some other questions, Sue. Do you have any fears, like excessive fears, anything you dread, like the fear of high places, lifts or planes?
Sue:	I don't like going outside anymore. I don't go outside anymore.
Clinician:	And why is that?
Sue:	It's very scary out there. Too many things can happen.
Clinician:	What are you afraid will happen if you go outside?
Sue:	I might get hurt.
Clinician:	Can you imagine why or what or who is going to hurt you?
Sue:	No, but lots of things happen. It's a big world out there. There's a lot of things that can happen. It's very scary out there.
Clinician:	So aside from the thoughts and the voices about hurting the grandchildren, do you have any other thoughts that keep intruding into your head that you can't get control of?
Sue:	Yeah. Yeah, there's a voice that, that tells me to hurt my husband.
Clinician:	And what is the voice telling you to do to your husband?

Sue:	To kill him.
Clinician:	Sue, can you tell me more about that? It sounds like it's pretty frightening.
Sue:	Mm-hmm. Yeah, the voice, it's there in my head all the time. And it says that I have to hurt him, and it tells me how to do it.
Clinician:	And how do they tell you to do it?
Sue:	It says to wait until he's asleep. And there's a very heavy lamp next to the bed, and I can hit him on the head.
Clinician:	Sue, how strong, and how often do you have that kind of thought?
Sue:	It's in my head all the time, a lot of the time.
Clinician:	Are you afraid that you might do it?
Sue:	Well, it says that I've got to do it, so I could do it.
Clinician:	Is there anything that you can think of that we could help you with?
Sue:	I'd like not to feel so tired all the time. I just feel tired, tired all the time.
Clinician:	Do you think the thoughts about hurting your grandchildren and killing your husband are unnatural? Do you want some help?
Sue:	It would help not to feel so tired all the time. Cause I probably think that's what causes it. I'm just so tired all the time.
<b>Time stamp 00:15:26</b>	