



Barriers to Mason's capacity assessment

<offscreen> Okay sorry, I'll talk to you later. Okay, bye.

Doctor:

Hi Mason.

Hi.

Sorry I'm late, it's been a busy day. Ah, I'll get straight to it. Um, your aunt and uncle have let me know that you've stopped going to school, and you've been doing drugs and stuff. What's been happening?

Mason: <silent>

Doctor:

You look tired.

Not a morning person, huh?

Mason:

Dunno.

Doctor:

So your aunt and uncle told me you've stopped spending time with your friends and going out and you've started doing drugs and stuff? What's, what's happening?

Mason: <shrugs>

Doctor:

What happens when you go to school?

Mason:

I dunno... I don't like to - because - ah, I just don't like people.

Doctor:

So did you go to school yesterday?

Mason: <shakes head, no>

Doctor:

So what happened? Why didn't you go to school?

Mason:

I dunno... I didn't go... I watched TV... I got up late.

Doctor:

Do you feel stressed or anxious about going to school or about seeing other people?

Mason:

Mmm...this sucks.

Doctor:

Um... How do you feel in your body when you feel anxious or stressed?

Mason: <silent>

Doctor:

Okay.

So, look - um, anxiety means feeling afraid or scared. So, social anxiety means you feel afraid in situations with other people - social situations, like maybe at school, or when you're hanging out with a group of friends. Sometimes you might feel anxious before you're going to go to school or hanging out with friends, so you might not go at all - does that sound like you?

Mason:

I do have friends.

Doctor: <silences ringing mobile phone>

Doctor:

Um... okay – ah - so... so you get anxious when you have to be with other people? Um, like at school, or with friends, or strangers?

Mason:

I do have friends - I just told you!

Doctor:

Okay. Um... but your anxiety is making it hard for you to get to school?

Mason:

I go to school.

Doctor:

But it's hard sometimes to get to school because you feel worried or stressed, right?

Mason:

Yeah - I guess...

Doctor:

Um, so, look to cut a long story short, the evidence-based practise, um, for social anxiety is what we call exposure therapy.

Mason:

What?

Doctor:

Exposure therapy – so, it's a way of exposing you to the things that scare you <phone rings> So it's a way of exposing you to things that scare you a little bit at a time so eventually you won't be afraid of those things anymore. That wouldn't be a bad thing, would it? Sounds good?

Mason:

Yeah.

Doctor:

So what do you think? Do you want to sink your teeth in? Ready to start this treatment?

Mason: <leaves the room>