

1. That they have an illness or symptoms of an illness that affects their mental health and wellbeing

Does Imogen meet this criterion?

Doctor:

Hi Imogen, how are you going? It's really good to see you again.

Imogen:

I'm okay. I'm, I'm ready to go home though.

Doctor:

I understand. You've been working really really really hard these three weeks while you've been in treatment in hospital. Well done. So today I was wanting to talk to you a little bit about treatment options going forward, um, into the future. But let me wind back a little, before we touch on that. Anorexia brought you in here because you were really really really unwell, and treatment for that can take some time. And I was just wondering if you understood and you could tell me about your symptoms, three weeks ago, when you came into hospital.

Imogen:

So I guess, I got admitted 'cause I fainted at school to start...like...that's what brought me here to begin with, um. It was just because I hadn't really eaten anything, you know, for a while, and I was just really obsessed about my weight, and feeling fat - sort of.

Doctor:

Yeah, yeah. What other symptoms do you remember from that time?

Imogen:

Um, I think you guys said my heart was really weak and, like, you were worried I was going to have a heart attack, so...

Doctor:

Absolutely, absolutely. So, um, how was your experience with the treatment in hospital?

Imogen:

Um, it was really hard to start with especially, um, you know, just having the tube in my nose, and you know, having to eat food again. That really sucked. Just was really tricky, um. Yeah, I was just really angry as well at everybody, I just sort of wanted to be left alone, but...I don't know...its, its, better now but I'm still not totally comfortable, you know, eating certain kinds of food.

Doctor:

Yeah, I understand that. Recovery from anorexia can take a long time. You know, hmm, how does that compare to how you feel now?

Imogen:

Um, I definitely feel better, yeah. Just way more energy, and you know... less tired all the time.

Doctor:

That's good. That's good.

Imogen was able to demonstrate an understanding of her illness in the following ways.

She was able to identify that she had symptoms of anorexia including:

- fainting
- not wanting to eat
- discomfort about eating certain foods
- being obsessed about her weight
- being at risk of a heart attack
- being tired and not having energy.

Imogen is capable of understanding in general terms:

1. That she has an illness or symptoms of an illness that affects her mental health and wellbeing.