

Mental State Examination eLearning Resource

Background information for Jess

Jess is a 57 year old Aboriginal woman who is being assessed by a mental health clinician following a referral from her GP. Recently Jess attended her GP and was diagnosed with Type 2 Diabetes Mellitus.

During discussions with her GP, Jess reported that she has been feeling confused and has not been sleeping properly over the past 6 months She stated that she has no energy and has not been able to “get on with life” since the death of her son.

Jess’s daughter Mary attended the GP appointment with her and reported that Jess has become more and more withdrawn from her family. Mary stated that Jess has stopped going to work and often didn’t answer the phone when it rings. Mary has observed that Jess’s usually neat and tidy home has become more disorderly and Mary thinks that Jess has started drinking again after 20 years of abstinence from alcohol.

Mary reports that Jess’s husband has become frustrated with Jess and with what he perceives as her lack of attention to her “wifely duties”. Mary mentioned that Jess’s husband often says that he thinks she should “just get over it”.

The mental health assessment is taking place at Jess’s home on Tuesday the 9th of June.