Case 1

Mr W is 32, single and unemployed. He is introverted and socially isolated.

Presenting complaint	Insomnia and depression
Physical history	Myalgia and arthralgia
Psychiatric history	● Depression at age 16 and 28 ● Difficult relationships with family and friends ● Violence (physical and verbal) since age 15 ● Suicide attempts (i.e. jumping in front of a train and from a three-storey building)
Medication	Citalopram 20 mg for 5 months. (Before then he was on venlafaxine 150 mg with little/no benefit for 3 years)