

Case Study: “Mr. Li’s” Explanatory Model of Illness Interview

Background

41 year-old married man with two children, immigrated to U.S. at age 29, has high school education from Singapore, spoken English level is ‘okay’, works at a warehouse doing shipping and checking inventory, annual income \$45K.

(#1) Can you describe me the problems that you have or if you know the name of them?

My two sons’ physical disabilities have bothered me and my life a lot. Their health conditions cause a lot of stress and pressure in our lives, which may lead to some of our psychological problems. I had a good career in Singapore. I was a journalist . However, after I came here, I was unable to continue my career because my English was not too good. All these stressors impacted my psychological health. Sometimes, I would argue with my wife because of our children’s problems.

(#2) What do you think cause the problems that you just described to me?

My language problem and my work stress.

(#3) How does these problems impact you?

For example in my work: Now I work at a warehouse. My job in Singapore had a lot of flexibility and I had lots of freedom to carry my responsibilities. However, my current job doesn’t have much flexibility and I have to take in people’s attitudes sometimes. However, I am not used to take in people’s attitudes because I used to work on my own schedule and on my own. I also hate flattering my boss. I just can’t do that, but there are many people who do that in my company. I just feel like even I don’t bother others, others will still come to bother me. However, my personality is quite easy going. For example, if I am upset, I can forget about it by doing something I enjoy like hiking and taking photos. My wife has a lot of pressures from taking care of the children. Sometimes, when I come home with my stress from work and with her stress at home, we just argue. However, after we finish arguing and expressing our anger, we will be fine. There was a moment before that I suspected I might have “depression”

(#10) What kind(s) of treatment do you think you should obtain?

I haven't tried any yet. If I can, I will try individual psychotherapy that helps on my concentration. I can't concentrate very well now.

(#11) What is the most important outcome you hope the treatment will result in?

Help me get back to my normal life. Help my concentration.

Treatment Background Information

1. FOR HOW LONG DO YOU BELIEVE YOU HAVE HAD THE SYMPTOMS/CONDITION?

Problems at home – about 5 to 6 years. However, I have problems at my work for about 9 years. I used to work at my brother-in-law's office. I was tired physically and mentally. Now, I didn't have to face and work for my relatives, I felt more relieved.

2. ALL TYPES OF TREATMENT USED AND WHICH HAVE BEEN MOST HELPFUL & LEAST HELPFUL. Ask specifically ab 470 0 470M 470 0 (p)2 () 8(i) 9(h) 2 (E) 8(b 470n) 3 (p) 2 (.) 1 ()]T

Chinese American Depression Scale 58 Items

Ordered from Highest Severity to Lowest Severity

Symptom Dimension: PSY = Psychological; SOMA = Somatic; SOC = Social.

====	VERY	SEVERE	=====
58. PSY	Suicidal	You think about killing yourself.	< •4#+¬ ...
57. PSY	HurtSelf	You have thoughts about hurting yourself.	< •4# / +¬ k .
56. PSY	Psychotic	You have auditory or visual hallucinations.	< w Á*î ô Á0€ .
55. SOMA	Nausea	Have you experienced: Nausea or throwing up?	< Ý ° w è W ¢0€>8 8 î u ° H î ¢
54. SOMA	Hiccups	Have you experienced: Hiccups?	< Ý ° w è W ¢0€>8 t µ
53. SOMA	ColdSweat	Have you experienced: Cold sweat (due to fear)?	< Ý ° w è W ¢0€>8 í Ý>& l æ>'
52. SOMA	Vision	Have you experienced: Temporary unclear vision?	< Ý ° w è W ¢0€>8 ; ì öi0€ •(¶
51. PSY	Crying	You cry.	< 0 .
50. SOMA	Throat	Have you experienced: Throat discomfort or soreness?	< Ý ° w è W ¢0€>8 f " Y4: H\$J\$b
49. SOMA	Tinnitus	Have you experienced: Tinnitus (ringing sound in ears)?	< Ý ° w è W ¢0€>8 *¥;
48. SOMA	Stomach	You have stomach pains or discomfort?	< ¢ ?*ö\$b H*ö Y+î y .
47. SOMA	Light	Have you experienced: Sensitivity to light?	< Ý ° w è W ¢0€>8 ^ œ D ¢
46. SOMA			

'ä á*† q\$- ã ! œ = ç Ç!
Chinese American Depression Scale (CADS-9)

“, NAME: _____

ã ¼ DATE: _____

÷1Š ð L ¼ ¢ â 8-M• P ±² Î S! d ¢
-MÎ S Ê \$! .§ †D/ , 5ô Þ " '1j">%u z •

Over the last _____ months, I have felt _____

- ("&
û " (4F
\$

A little bit/
A few days

Quite a bit/
Several days

How to use CADS -9

Chinese American Depression Scale

- ! Eligibility: CADS-9 is for adults, ages 21-60, who consider Chinese as their primary culture, or consider themselves as bicultural, and speak and understand Chinese fluently. It is intended for the screening of symptoms associated with depression in medical clinics and social services agencies.
- ! Instructions: CADS-9 is a self-report instrument that may be administered by a health or social services provider, or self-administered by the patient or client. Read each item as written. For example, do not change "Very worried" to 0.24 0 0 0.5 0 0 0.5 0 0 0.5 0 0 0.5 0

Patient Health Questionnaire Depression Module (PHQ9)

(Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. Copyright © 1999 Pfizer, Inc.)

Over the last two weeks, how often have you been bothered by any of the following problems?

&D_ö#c! 5Ç6Ç Ö! ³F,0m<iA 4! 6±(Â+¹pÎ

Not at all Several days More than half the time Nearly every day

+4! !!! 6±F,5ê Á!""ò • ² F,5êe;!! !& ö !
!!!!!! <:6±!!!!) 24(Ñ !*!!!!)!Ñ! • ² *!!!! ;w(Ñ !

1. Little interest or pleasure in doing things

!!!(Ü#tQ¶K! 3 Dm!!! ! ! ! !! !1! !!!2!!! !!!3!!!!!! 4!!!!

2. Feeling down, depressed, or hopeless

!! !0Ç!!Ø DmMz!ö Sâp» DÇkã k: 6±!´ 6Ã! !! !1! !!!2!!! !!!3!!!!!! 4!!!!

3. Trouble falling or staying asleep, or sleeping too much

!! !f! !! G p»1¾5» a: !-1¾G /? _ö (Â ! ! !! !1! !!!2!!! !!!3!!!!!! 4!!!!

4. Feeling tired or having little energy

!! !0Ç!!Ø !0 EZ!Î !¾k: 6± Lf !'C ! !!! !! !! !1! !!!2!!! !!!3!!!!!! 4!!!!

5. Poor appetite or overeating

It is very common for teens to experience the emotional and physical symptoms listed on the other side.

3 5 1p+i ¥5 O±/ 1ª&(:.2.)ç56.{>., •5Á)ö2x#U&(£

Teens face many stressors that can lead to depression.

3 5 1p0@ p)ö' -™;¼ q>ª iT'>.,&(J.ò £

t 3RRU SHUIRUPDQFH LQ VFKRRO
=@ ": #Y u\$

t %UHDNXS RU FRQ5LFW ZLWK JLUOIULHQG RU
ER\IULHQG
)ç1ò27<y 1V27<y<x 0 ž*Ê'¶5Đ

t :LWQHVVVLQJ 4JKWLQJ LQ IDPLO\
1E ð+h7Ù\$± «>•Ld&(0\$) %~+r

t /RVV RU GHDWK RI D IULHQG RU IDPLO\
PHPEHU
5j4#;¥ P>°;"&(27<y*Ê+h7Ù\$± «

t %HLQJ EXOOLHG RU SUHVXUHG WR EXOO\
5j4#;¥ P>°;"&(27<y*Ê+h7Ù\$± «

Physical & Mental Health Are Linked

56.{)ç:2.{+õ-...5Á9•M DÓ&(

Know When You Need to Regain Your Health

>CE&\$1i=@)è ë:V;">°:0=ö**°+õ-...

Help Yourself and Friends Find Hope

>Ü?t+P*Ê1i&(27<y>°5ª9S8/

1i?Ž,P p:52Ü5Á'Ñ(n&!DÑ ... {

)HHOLQJ WKDW \RX GRQ W FDUH DERXW
DQ\WKLQJ
< &'1i p4L)è5¼3©=?;œ#â<3Cs

)UXVWUDWHG WKDW \RXU SDUHQWV GRQ W
XQGHUVWDQG \RX
;Ü(V1>#â0¿"...1i' < &',i

Physical & Mental Health Are Linked

56.{}ç:2.{+õ-...5Á9•M DÓ&{(

Stress Can Make Us Sick!

J.ò-™;¼ q>¤+H#Ë

Know When You Need to Regain Your Health

>CE&\$1i=@)è ë:V;”>°:0=ö*°+õ-...

Help Yourself or Friends Restore Hope

>Ü?t+P*Ê1i&(27<y>°5ª9S8/

1. Physically tired or no energy
5)Sà2¥,ý*Ê2¥† T.ò
2. Unable to sleep well
6g&#â)Ý
3. Unable to concentrate well
Mò;¼+E>²,½5-
4. Memory is worse than before
<C .ò#4;¼3p\$)ö'
5. Bodily aches and pains
05)7Q7è
6. Heart palpitations or chest discomfort
:27n+i6*Ê:F`
7. Mind is unclear or confused
P 0ß#â3¥:?
8. No appetite
J<x8ªª
9. Stomach bloating or discomfort from digestion problems
8ª 0c 9«*‡#â/ =R\$±&(#âDp
10. Headaches
P 7è
11. Feeling dizzy
P 1E:ï
12. Nausea or vomiting
?— ^ |:2*Ê ^7ö
13. Feeling worried about many things
)ö' 5¼3©?,1i(n&!)ö ö:2
14. Feeling lonely
(n&!)ö+[15
- 15.

Physical & Mental Health Are Linked

56.{}ç:2.{+õ-...5Á9•M DÓ&{(

Stress Can Make Us Sick!

J.ò-™;¾ q>¤+H#Ë

Know When You Need to Regain Your Health

>CE&\$1i=@)è ë:V;”>°:0=ö*°+õ-...

Help Yourself or Friends Restore Hope

>Ü?t+P*Ê1i&(27<y>°5ª9S8/

1. Physically tired or no energy
5)Sà2¥,ý*Ê2¥† T.ò
2. Unable to sleep well
6g&#â)Ý
3. Unable to concentrate well
Mò;¾+E>²,½5-
4. Memory is worse than before
<C .ò#4;¾3p\$)ö'
5. Bodily aches and pains
05)7Q7è
6. Heart palpitations or chest discomfort
:27n+i6*Ê:F`
7. Mind is unclear or confused
P 0ß#â3¥:?
8. No appetite
J<x8ªª
9. Stomach bloating or discomfort from digestion problems
8ª 0c 9«*‡#â/ =R\$±&(#âDp
10. Feeling of heaviness in head
P >°
11. Feeling dizzy
P 1E:ì
12. Nausea or vomiting
?— ^|:2*Ê ^7ö
13. Worry about many things
)ö' 5¼3©?,1i(n&!)ö ö:2
14. Feeling lonely
(n&!)ö+[15
15. Very afraid of having health problems
'§\$)Á2 +õ-...<x ì P0
16. Feeling very unhappy
(n&! '\$\$#âL:2
17. Loss of interest in many things
p)ö' 5¼3©5;4#1©4"
18. Feeling irritated
(n&! :2 • =U
19. Feeling hopeless about the future
(n&! 3p7ò J<x9S8/
20. Feeling that life is meaningless
(n&! ?-4l J<x;ì6t
21. Not wanting to have contact with people, socialize or go out at all
8 4)#â9)ç @4l,'<% , 8- *Ê8 \$P

