



Adult Training Scenario - William

William is a 52-year-old man who has a diagnosis of schizophrenia and has presented to the GP requesting anti-depressants.

Domain 1 – Symptom severity and distress

William tells you that there is no point to anything, and he feels hopeless. He has felt “really down” lately and has been thinking about suicide. The GP included the K10 score in the referral paperwork, noting a score of 34 [self-report measure of psychological distress in the very high range].

Domain 2 – Harm

Documentation of a risk assessment is available, and we have the following information about William.

- **Duration:** 4 months
- **Frequency:** The suicidal thoughts occur daily.
- **Plan:** No clear plan.
- **Lethal means:** No.
- **Previous attempts:** Nil attempts. Risk-taking behaviour.
- **Contributing factors:** Hopelessness.

William tells you he does not want to die. But if he ‘keeps feeling so bad,’ he does not want to live either.

Domain 3 – Functioning

When asked, William tells you that the house is messier, and he does not care about his looks. He cannot remember the last time he showered and sometimes goes days without eating.

William says this is “definitely not” normal for him.

Domain 4 – Impact of co-existing conditions

William previously smoked marijuana but denies current or recent use. William is overweight and has ongoing dental problems. He cannot find a dentist that is affordable and reports pain. It is noted that a complete physical health check needs to be arranged due to William’s elevated risk of metabolic syndrome.

Domain 5 – Service use and response history

William was previously supported through the Community Mental Health Team and the housing accommodation provider. William has been stable on clozapine and has not accessed any other services other than regular medication reviews for the past 13 years. William has 6-monthly medication reviews with a public psychiatrist and reports being happy taking the medication prescribed. William tells you that he has always thought the Community Mental Health team were helpful and he likes his psychiatrist.

Domain 6 – Social and environmental stresses

William reports feeling lonely. He lives by himself in an apartment complex but rarely talks to his neighbors, who he reports are not friendly.

William was engaged in part-time employment as a tech assistant at a local electronics store, but the business downsized and he was let go 8 months ago, however, he says he was about to quit anyway.

Although he's not working right now, he tells you he would like to open his own business offering computer repairs one day.

Domain 7 – Family and other supports

William's mother died two years ago, and William misses her deeply. William has a brother, but they have no contact.

Domain 8 – Engagement and motivation

William has shown a commitment to treatment in the past and has a good understanding of his condition. William has been proactive about managing his condition in the past. William is 'open to any ideas.