

# CASE STUDY OF MAJOR DEPRESSIVE DISORDER

David, a 26-year-old electrician, suffered from his first episode of major depression while still at school in the months leading up to his final Year 12 exams. At that time, David stated that:

*I couldn't get out of bed in the morning and I found myself getting upset with Mum and Dad for no reason at all. I even got upset talking to my friends. I remember spending heaps of time in my room lying on my bed just stewing about things. Sometimes, when I had a bit more energy, I would play computer games. If Mum or Dad came up to my room to call me downstairs for dinner I would bite their head off! I couldn't concentrate on my school work and I think that's why I did so badly at school.*

David's most recent episode of depression occurred four years after leaving school, at the age of 21, during his apprenticeship as an electrician. This second episode was characterised by persistent thoughts of suicide. As David describes his suicidal thoughts at that time: "I remember that all I thought about was ending everything. I couldn't see the point of going on. It was just like when I was back at school but much worse."

David eventually quit his apprenticeship, stopped seeing his friends, and spent increasing amounts of time on his own in his flat where he would ruminate about his faults and berate himself for his lack of accomplishments. Eventually, his parents took him to see their general practitioner who diagnosed major depressive disorder. Following a treatment plan comprising antidepressant medication and psychological treatment, David recovered to the point where he could return to his previous lifestyle and complete his apprenticeship.