[2] Case Vignette

Case: 31-year-old woman
Chief complaint: Unable to go to work, Insomnia

Personal History:
She was the second of two siblings. There were no notable complications during pregnancy, delivery, or early development. She had a conscientious personality and was academically successful during her school years, often being relied upon by others. After graduating from university, she obtained employment. At the age of 28, she married and changed jobs following relocation. She has no children and currently lives with her husband.

History of Present illness:
Following her job change, she initially adjusted well to her new workplace. Approximately one year later, she was promoted and became responsible for managing subordinate staff. She increasingly struggled with the demands of being caught between the expectations of her supervisors and those of her subordinates, and gradually developed depressive mood and insomnia. She visited a psychiatric clinic and took a leave of absence from work for about one month, after which her symptoms improved. She returned to full-time work and was able to continue working for approximately three months; however, one month ago, she again developed depressive mood, insomnia, morning palpitations, and tearfulness when thinking about work. Two weeks ago, she attempted to leave home for work in the morning but was unable to do so and took the day off. Since then, she has been unable to return to work. Although the morning palpitations have lessened, her other symptoms have persisted.

Mental Status Examination:
She visits the clinic accompanied by her husband. She is a thin woman of appropriate appearance for her age. Although she appears fatigued, her grooming and hygiene are well maintained. There is no prolongation of response latency, and communication is smooth. However, when discussing work, she becomes tearful and makes self-reproachful statements such as, “Other people are working much harder,” and “My husband is busy too, and I am causing trouble for him.”

Please answer the following questions. In addition, describe any systems, initiatives, or research projects included in your abstract in which you have been actively involved.

Q1. What assessments would you perform for this patient? What differential diagnoses and final diagnosis would you consider, and what treatment plan would you propose?

Q2. What are the characteristics and challenges of mental disorders related to workplace stress in your country or region?

Q3. What medical and social welfare systems are available in your country or region to support patients like this in returning to work?