

Appendix I: 4

Vignette four: Belinda

Personal details have been altered to protect the client's anonymity.

Belinda is 29 years old, recently married with no children. She works as a nurse in a psychiatric department. Belinda has recently experienced a return of symptoms of depression and has recommenced medication.

She identified her thought patterns as her major problem. She continually thought about how she measured up to others and felt jealous and inferior as a result. This made her angry and withdrawn. She resented others getting attention and when this happened had the thought "I'm not special or important". She worried about the fact that she did not see herself as exceptional in any field of endeavour.

She became depressed in 2000 after a break up with her "boyfriend" who has subsequently become her husband. The depression went untreated for a year. After being prescribed anti depressants in 2001 she partially recovered. Her psychiatrist referred her for Cognitive Therapy. She has had a small amount of psychotherapy a year ago, but did not find this helpful.

She was raised in a middle class very well educated family. She is the eldest of 4 siblings. Her father and one of her brothers both suffer from periods of depression. She described her childhood as "good" and "normal", stating that she gets along with her parents and siblings. Her father is a retired judge who has always set, and achieved very high standards for himself. She insisted that he did not impose these high standards on his children. He is a worrier. Belinda felt loved by her parents,

although she has always compared herself to her siblings and even as an adult becomes angry if her parents talk about the achievements of their other children. She described her mother as an outgoing, mentally happy person. Her mother continues to work as a teacher at the age of 60.

Belinda did well at school and was above average in sports. She says she has always been a worrier, preoccupied with; not measuring up to the expectations of others, making people angry or the disapproval of others. She tries very hard at everything she undertakes becoming very anxious even if she makes a small mistake. She often pushes herself to do challenging physical activities, for example at the time of the assessment she was doing a deep sea diving course and playing in a soft-ball team despite experiencing low motivation , lethargy and feelings of exhaustion.

Her husband is a university lecturer and he too, sets high standards for himself. He is described as quiet, but not shy.

Belinda presented as an intense young woman dressed in track-suit and trainers without make up. She was very serious during the first interview often becoming tearful. At times she seemed nervous. She was insightful about the consequences her thinking patterns were having on her mood. However she was sceptical about the benefits of cognitive therapy and was very reluctant to challenge her thinking saying "isn't that just looking on the bright side?" At the end of the session she became very distressed and expressed concern that she would be thought "crazy or personality disordered".