

This is a case of a patient who has depression and is experiencing delusions of guilt. In 250 words or less, please describe a typical course of treatment for this patient in your hospital. You must address at least the following elements of the case:

- 1) Care setting (e.g., hospitalization or outpatient treatment, intensive or not)
- 2) Psychotherapy
- 3) Medication

【CASE】

A 53-year-old male

Past medical or psychiatric history: none

Family history: none

Socioeconomic status: middle-class family

Family structure: Patient lives with his wife and two children, who are all healthy.

Social history: The patient was born and raised in a major city. He completed university and worked at the same firm for more than 20 years. He had been in good health until one month ago, when he was fired from his job. Since then, he reports a decrease in his energy level and appetite, an inability to concentrate, and difficulty sleeping. He has been spending all of his time inside the house, not wanting to go out.

Present history: The patient describes his mood as sad. He reports being filled with thoughts that he had used a company envelope for personal reasons years ago, and that the police are going to arrest him because of this matter. He repeatedly says that he feels sorry for what he did. He also states that he has no right to live after what he has done, and would feel better if he could vanish.