Suffering in silence: studies on screening for major depressive disorder in primary care
Wittkampf, K.A.

Citation for published version (APA):
Casus 2

The second patient, male, 39 years was born in India and married for 10 years to a Dutch woman. They have two children (8 and 10 years). He told me that he was highly educated and had worked for many years as a financial manager at a large company in India. He emigrated because his wife could not get used to the Indian life and climate and their children have better educational opportunities in the Netherlands. Unfortunately his Indian certificates were not valid in the Netherlands. Since his immigration he worked in cleaning business during the day and at night as a postman. Besides his work he takes care of his children. His wife is working fulltime in a large company and is making career. He has no family, nor friends in the Netherlands. He experiences that the communication between him and his wife is not optimal. They both have difficulties talking about their emotions and their relationship. The last three years he has become more lonely and sad. He is tired from working below his education level.

He has contacted his general practitioner a few times because of sleeping problems related to irregular working hours. In addition, he suffers from sadness, concentration problems, agitation, feelings of guilt and hopelessness.

Results of SCID-I interview: major depressive disorder

Reaction to results of screening:
’I read about depression on the Internet and it all seemed familiar to me. Symptoms like sleeplessness, agitation, concentration problems and loss of interest I’m experiencing all this. I don’t know what to do now. Should I get treatment? I am afraid to get addicted to pills and I don’t know about psychotherapy, I have doubts about it. I regret my emigration, but now I can’t go back because of my children and wife. I don’t know how to change my situation.’