

Culture clash leading to Depressive episode: A Case Report

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Abstract

An urban single girl of 19 years old from traditional middle class, hindu family with high economic status was visited the counselling cell accompanying her parents, she wished the psychologist in proper manner. As per the parents account, she was presented with chief complaints of dysphoric mood, remains aloof, decreased energy, suicidal wish, lack of interaction and decreased sleep for last one and half month. She was kempt and tidy, looking appropriate to her age, very reserved and guarded attitude with poor speech production, suspicious and fearful. She was asked about her interest and leisure time activities, she dint show any interest and most of the time she remained quiet. Therefore, Parents were interviewed to know about the client in detail. While exploring the present history of illness parents reported, two months ago, she was gone to pursue her graduation from a university situated in a metro city 250km away from her home town. Over there, she had history of two very tragic and traumatic incidences (as per her account) that pushed her into severe depressive episode with

somatic symptoms. She visited the psychologist in order to get rid of these symptoms. Psychological intervention helped her to get back to the previous patterns of behavior as desired by the parents.

Keywords: Culture Clash, Psychiatric Illness, Psychological Management.

Introduction

A girl of 19 years old, single from traditional middle class, Hindu family hailing from urban background contacted the counselling cell with her parents, she was presented with chief complaints of dysphoric mood, remains aloof, decreased energy, suicidal wish, lack of interaction body ache and decreased sleep for last one and half month. In the first visit the psychologist, she was kempt and tidy, looking appropriate to her age, very reserved and guarded attitude with poor speech production. She was asked about her interest and leisure time activities, she dint show any interest and most of the time she remained quiet. Parents were interviewed rigorously to know about the client's mental state and behaviors in detail. While exploring the

present history of illness parents reported a transition as she went to a Metro city to continue her study, this is only precipitant could be elicited from the history which caused the depressive episode. Parents reported, two months ago, she was gone to pursue her graduation from a university situated in a metro city 250km away from her home. She started staying in a PG (lodging) nearby university. The PG mates of her were from very rich and advanced backgrounds and she was forced by them to see porn movies and very dirty movies at night, she felt very bad and was extremely upset in the next morning. Even she dint discuss this incident with her parents. Second incident happened after two days later; she was pressurized by the PG Mates to through a party on her birthday though she was not ready. She dint have the adequate amount of money, anyhow she managed it and pay the bills which incurred in the party. After some time she conveyed both the incidences to parents and requested them to get her back to home as per the account of parents she was very scared and frightened when she was telling the incidents to them. The very next day father of the client went to get her back to home. After sometime, parents decided for

consultation and brought her to the counselling cell. A therapeutic rapport was established with her, psycho-education was given to her to explain the nature of disorder and its manifestation. Six session of therapy was conducted and she showed significant improvement in her depressive symptoms. She was taught about the cognitive behavior therapy and activity scheduling. Now she is mentally fit and healthy and pursuing her graduation from a college in her local city.

Conceptualization of case

The culture clash at times a very promoting, favorable and adventurous to sharpen the language skills and social skills to the students who pursue their further study away from their home town or overseas. They cultivate some skills, traits and coping mechanisms to encounter the adverse and unpleasant effects of this transition on their personality even they excel their talent in odd circumstances and achieve professional excellence. Some of them are failed to meet the demands of this novel change in their life and fell in the trap of psychological and psychiatric disorders such as depression and anxiety. The case is being presented here that exhibits the role of culture clash on our life and our entire personality development. Though she recovered successfully from this

trauma and transition but it episode will remain in her mind as a night mare.

Assessment &Diagnosis

As per detailed assessment of client and her parents, she was an above average student with good communication skills, but due to depressive symptoms, she seemed reserved and asocial. As per the account gathered from the parents and client herself, she was presented with the chief complaints of Low mood, decreased energy, and lack of interest in pleasurable activities along with some physical symptoms (Headache and muscular pain) for last one month. She was a case of severe depressive episode with somatic symptoms and she visited the psychological cell to get rid of the depressive symptoms.

Psychological Intervention: A resort to promote mental health

It is documented that psychological intervention is a treatment of choice in depressive illness specially when it is originated or triggered by psychological factors. Literature on therapeutics, a lot has been said and documented. Much of work has been done by researchers and they continued to refine the description of the nature of life events that trigger depressive episode. These studies also suggested that events that lead to feelings of trap, disgrace

and humiliation may be particularly relevant Brown et al (1995). It is also important to note that genetic factors may also be involved in the liability of a person to experience life events. Thus certain persons appear more vulnerable to select risky environments and genetic factors also play a role in how life events are perceived by a particular person (Kendler et al. 1999). She was taken for therapy and educated about the condition. She was quite receptive and showed compliance with the therapeutic instructions. The parents was educated about the condition and they were explained about the treatment options available to manage the emotional problem their daughter suffering from. They seemed very confident when psychologist apprised them about solutions of the problem, better prognosis of the depressive episode and their proactive approach towards management can be instrumental in her speedy recovery from this unpleasant emotional experience. The following techniques were employed with the clients such as Activity scheduling, Career counselling, cognitive restructuring and some environmental manipulations.

Conclusion

So far as psychopathology concern of depressive type, psychological factors play a

very crucial in occurrence of abnormal patterns of behavior. It supports the notion that due to sudden outburst of different and unfamiliar culture (Life transition) for which she was not prepared, was the only reason for development of depressive symptoms in her. Only precipitant from the history of present illness, elicited was her admission in the academy in a metro city from a suburban area. This change and transition led this happen. Considering the age of the client thought she was adult but the way (overprotected environment) she has been brought up by the parents as told by the parents during sessions, this over protected approach of parents is responsible for occurrence of depressive episode. This is the beauty of psychological intervention which helped her to alter the dysfunctional and maladaptive thoughts and beliefs in order to increase her coping mechanism to deal with unwanted and adverse experiences. She was also taught about the activity scheduling which facilitated her to achieve the defined targets of the day and reality check of her potential for which she was applauded by the psychologist. A comprehensive

management of the depression made her capable to fight with this mental problem and brought her back to the mainstream.

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