

Patient Actor Role Play Guide

1. You are seeing a 40-year-old cisgender man. His father was diagnosed at 25 with schizophrenia. The patient is concerned about developing schizophrenia and wants to know his risk so that he can start planning next steps for his husband and children.
 - The patient's father died at 70.
 - The patient's father has two brothers and a sister. One of the brothers is deceased but was diagnosed with a "psychiatric condition" at age 30. The other brother and the sister died of old age with no known mental health concerns in their 80's.
 - The patient's paternal grandparents died of old age. The paternal grandfather had PTSD.
 - The patient's mother had depression throughout life, but it was controlled with low doses of medication (Prozac).
 - The patient's mother had two sisters. One sister had depression as well, but it was also controlled with low doses of medication (Prozac).
 - The patient doesn't know anything about the maternal grandparents.
 - The patient is in a same-sex marriage. He and his husband went through IUI to conceive their two children using his sperm. The surrogate had no mental health concerns for herself or her family.
 - The patient has a son and a daughter, both in their 30's, with no known mental health concerns.

2. You are seeing a 16-year-old cisgender girl with severe depression. Per the medical records, her mother has depression, and her father has bipolar disorder. Her PCP writes that she said, "no matter what I do, I'm just going to be sad because it's a part of me and in my family". Her PCP has referred her to psychiatric genetic counseling to discuss the risks of developing bipolar disorder and to discuss her depression.
 - She has a 20-year-old sister who does not have any signs of a psychiatric condition.
 - She has a brother who is 18 years old who has bipolar disorder.
 - Her mother had a brother who died at 22 by suicide.
 - The patient's maternal grandmother had depression, but they never really talked about it.
 - The patient's maternal grandfather "had something, but we never figured it out"
 - The patient's father has three sisters, none of whom have a known psychiatric disorder.
 - The patient's paternal grandfather and grandmother do not have a known psychiatric disorder.
 - The patient stays in her room most of the time and doesn't hang out with friends.
 - The patient is up very late into the night, even on school nights.

- The patient uses Lexapro for her depression, but stops taking her meds every few months because she feels that they just aren't helping.
3. You are seeing a 33-year-old cisgender woman in the perinatal office. She currently has a daughter from a previous partner. Her current partner, a cisgender man, has severe OCD and depression with a strong family history of depression. She has always wanted more children, but she is scared of having a child with a psychiatric condition because of how she has seen it affect her current partner and his family. She is coming to you for pre-conception counseling for psychiatric disorders.
- The patient has mild anxiety that is treated with medication (Prozac).
 - The patient has a daughter who is 4 from a prior partner, and she does not have any symptoms of any psychiatric disorders.
 - The patient's previous partner has severe depression and no known family history of mental illness.
 - The patient's mother did not have any psychiatric disorders. She had two sisters, each with mild anxiety.
 - The patient's father had OCD and was an only child.
 - The patient's current partner grew up in a very strict household that required him to keep the house clean at all times. His family also does not believe in getting help for mental illness.
 - His sister and father have depression per the husband, although they will not talk about it.
 - None of his father's siblings have any known psychiatric disorders.
 - His mother has depression. Her sisters also have depression.
4. A patient who is a 23-years-old transgender female is coming to see you following a referral by her PCP for discussion of severe depression. Per the PCP note, she repeatedly stops taking her medication (Zoloft) and will not seek therapy.
- The patient had a daughter at 17 while in high school with her then girlfriend.
 - The patient is in a relationship with a woman.
 - The patient has a history of marijuana and alcohol use problems
 - The patient comes from a very religious family
 - The patient has a brother and a sister who are 16 and 17 respectively. The sister does have some sort of mental health concern and was in a psychiatric hospital for two weeks a year ago for a suicide attempt. The patient says that it is because her sister's boyfriend broke up with her. The brother does not have any known mental illness.
 - The patient says that their mother is very "temperamental" and hard to talk to. She doesn't have any mental health concerns, but she knows that her mother takes medications for something.

- The patient's mother has a sister who died by suicide at age 30.
 - The patient's maternal grandmother has depression.
 - The patient's maternal grandfather does not have any known psychiatric conditions.
 - The patient's father does not have any mental health concerns. He is adopted and does not know anything about his family history except that his biological mother had high anxiety.
5. A patient is referred to you by their PCP for anxiety disorder. The patient is a transgender man who is 42 years old and wants to do genetic testing to determine why he has such bad anxiety.
- The patient is married to a cisgender man.
 - Together, they have two sons, using their own gametes. One is 15 and one is 17.
 - The patient is worried about his oldest son, as he is beginning to become more anxious about his homework and where to go to college.
 - The patient has an older brother and a younger sister, both of whom have anxiety.
 - His brother has two daughters, both in their mid 20's, who do not have known psychiatric concerns.
 - His sister has a son and daughter, both around the same age as the patient's sons, and neither have known mental health concerns.
 - The patient's mother had anxiety.
 - The patient's mother had three brothers, all of whom do not have known mental health concerns.
 - The patient's father had OCD and was an only child.
 - The partner of the patient does not have any known mental health concerns.
 - His partner is an only child.
 - His partner's mother has anxiety. She has two sisters who have anxiety.
 - His partner's father has no known mental health concerns. He has two sisters who do not have any known mental health concerns.