

**Scripted Role Play #2 - English**

Anger Management

Background: According to the chart, a patient is coming in to see his primary care physician for anxiety.

**Doctor:** Good to see you John. My notes tell me you're here because you're having some anxiety?

**Patient:** That's right.

**Doctor:** Can you tell me more about it?

**Patient:** It's happening more and more and it's not so much anxiety.

**Doctor:** So how would you describe it?

**Patient:** Well, the other day my kids were playing around in the kitchen and I was cleaning up. We just had some dinner and it was very tasty. One of my kids knocked over a chair, it didn't break or anything and I started screaming at them. They both looked really scared and they went to hide in their rooms.

**Doctor:** Is that the first time it has happened?

**Patient:** No. Another time I was with my wife and we were doing some work in the yard. I was trying to find a shovel but it was gone. I started getting more and more upset as I looked then I started yelling at her for not knowing where it was. She looked at me and didn't know what to say. Turns out, the kids were digging some holes under the trees and left it there. I apologized but still feel guilty about it.

**Doctor:** How many times would you say this has happened?

**Patient:** In the last couple of months I would say that it's happening a couple of times a week. Before that I never yelled at my wife or my kids or anyone.

**Doctor:** Any idea why this might be happening?

**Patient:** I'm not exactly sure. I don't know what to do. As soon as I finish, my heart is racing and I know that it was wrong but it feels like I am not myself. I've had a lot of stress lately but things aren't really that bad. My wife made me come today to talk to you. She said if I didn't get help she didn't want to be with me.

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**Doctor:** Tell me about the first time that this ever happened.

**Patient:** It must have been about a year ago. We were home one day and we were getting dinner ready. It was about time to eat and I went to check on what my wife had put in the oven for dinner and she had forgotten to turn the oven on so dinner wasn't going to be ready on time. I started yelling and yelling and the kids hid in their room. My wife started crying and ran into our bedroom. I just sat on the couch not knowing what happened or what to do to make it better.

**Doctor:** I'm glad that you came in to see me about this. Have you ever had any mental health problems in the past like depression, panic attacks or any trauma? It's good for me to know your mental health history.

**Patient:** Nothing that I can remember.

**Doctor:** Are you aware of when this is going to happen? Do you have any feelings or any clue that you might be about to get angry?

**Patient:** Not really.

**Doctor:** I really think that you should see a psychiatrist about this problem but I can get things started here. I know a psychiatrist that speaks your language. His staff also speaks your language. For now I can prescribe a few pills to help calm your nerves until you see the psychiatrist. I want you to pay attention to how you feel. If you think you are getting angry I want you to leave the situation right away and come back after five minutes or so. Maybe you can stop yourself before you get really angry. Do you think you can try to do that?

**Patient:** I'll do my best. I think the whole family is getting very upset by all of this. My kids' behavior seems to be changing at school.

**Doctor:** So if it is OK with you I would like to have your wife come in and talk a bit more to her. I think if she knows the plan she can help you. Maybe she can give us some idea of why you might be so angry also. Is that OK?

**Patient:** That's fine.