

01 *D: And what's the problem today?
Is there anything specific?

02 P: Well, yes, actually, I wanted to know how to cope with stress really.

03 D: (Oh) there've been quite a few things going on, have there?

04 P: Yeah.

05 D: Well perhaps before we go any further I ought to get just a few details about your past history and any major medical problems you may have had. Have you been in hospital for anything, had any operations, asthma, eczema, hayfever, anything like that?

06 P: Tonsils?

07 D: Tonsils, yeah that's, that counts, yeah. [WRITING] Had your tonsils out. Um, ever been under stress, or had any depression or anxiety in the past, anything like that?

08 P: No, only the usual when you break up with a boyfriend and

09 D: Oh, fair enough, yeah. And, any medications that you're taking at the moment?

10 P: No.

11 D: No, nothing at all. And any medications that you know you're allergic to?

12 P: Penicillin.

13 D: Penicillin, fine. I'll put that in red pen. What happens when you take penicillin?

14 P: I, well it's so long ago, but, um, when I was a child I broke out in . red rash.

15 D: Oh, fair enough, yeah.

16 P: It was very itchy and

17 D: Yeah.

18 P: I probably am not, I

19 D: Well, you often don't know but it's just not worth . testing you again. There's so many other medications we can use and potentially you could have a major reaction, yeah.

20 D: Um, what about smoking?

21 P: No

22 D: Good. Ever smoked?

23 P: Never.

24 D: No, great. And alcohol, how much alcohol do you drink, on average, in a week?

25 P: Gosh!

26 D: Difficult question, isn't it?

27 P: On average, um, probably about, ah, three bottles, maybe.

28 D: of wine?

29 P: yeah

30 D: yeah so you drink most nights do you then?

31 P: yeah

32 D: yeah try and limit if you can to about two standard drinks a night, that's () two glasses of wine

33 P: can I save it up and take it all on a Saturday?

34 [BOTH LAUGH]

35 D: well, ... [WRITING] um, two bottles per week () that's fine, don't, don't increase beyond that that's probably about the maximum you should consume on a weekly average, yeah um

36 D: yes, so, the problem today was ...?

37 P: well it's just that I actually feel like I've got a brick on my chest

38 D: right

39 P: that is, um, um ...

40 D: constricting your chest?

41 P: m

42 D: yeah when did that start? how long ago?

43 P: probably, . probably a month

44 D: right, and what happened a month ago? Was that when you newly moved into the area?