

Morbid Jealousy

Common scenarios: Mr. X has come to see you reluctantly on the insistence of his wife or a friend has brought him to A&E after a row with his wife or he has been brought by police after publicly being abusive/violent towards his wife. It's best to start by asking about the incident, which led to him coming into hospital and what his views are about it are. It's best not to jump straight to marital problems. Try to establish a rapport first.

1. How long have you been married? Ask about children and their ages. Along with establishing a rapport you have also started the risk assessment.
2. Ask about any recent stresses. If he doesn't volunteer than move to close questions. Ask if there are any problems at home? He (hopefully) will volunteer information about wife having an affair.
3. Why do you suspect that she is having an affair/extra marital relationship? Ask about evidence? Try to establish if the beliefs are delusional.
4. How does it make you feel?
5. Have you discussed it with your wife?
6. Has there been any violence in the relationship? (you are not implying that he is violent and are keeping an open mind; violence can be from the wife directed at him).
7. Assess risk to wife and perceived partner (intent/plan). Establish access to weapons.
8. Ask about suicidal thoughts
9. If time allows take an alcohol history. If not try to establish dependence and deterioration in functioning.
10. Always ask about past psychiatric history and forensic history.