**Extract 1. P=Dr Kos L=Lara**

**Outcome – increase the dose of Lamotrogine.**

01 P yes yes oh right yep yep (.) so u:::m but still I think because your mood

02 improved although they are (.) what you mentioned about duh being

03 disorganised and the problem with the concentration can be st:::ill uh the

04 symptoms of th::e of the of the mood so it still might be still just a bit u:h

05 under uh under normal and and [ prese

06 L [it feels

07 (?) like that but its not as m::uch under normal as it was last time

08 [I saw you]

09 P [yes yes ]

10 L [uh I'm sure the last time I saw you I am

11 probably coming across differently to when [ I last saw you

12 P [yes yes absolutely

13 absolutely[

14 **L [so yeah I think it is better but is it at t:he ^top end of how**

**15 much^ [ you should take**

**16** P [No no its not no its its its still at least at least hundred

17 milligrams that we can increase to four hundred milligram is the

18 medically the dose that we recommend but you can go even high::er

19 [because there ar::e] differences between yeah how different people

20 L [ O K :::: a y ]

21 P tolerate the medication but at the moment considering the (.) uh the skin

22 condition and also that your mood is a::lready started to improve I would

23 leave to the three hundred u::h with a view of increasing if you feel that

24 winter is coming if the mood starts to dip and is is its again getting

25 u::nstable and you can increase again [ by fifty milligrams

26 L  **[ yeah ye::ah I don’t think I**

**27 normally have much of u::h much of seasonal [change particularly]**

**28** P [seasonal oh right ]

29 L in that its u:h I've been re:ally really low in the summer [and

30 P [summer yeah

31 exactly when we met[

32 L [so but I don’t fe:::el that there’s a uh there might

33 be a first time use optimus but I find that I don’t have th::at much uh

34 awareness of it because again cuz like my memory is sh:::ot (.) um

35 P = but I think again its a vicious circle s::o once you eat properly you drink

36 properly your memory might simply just improve because you are not

37 you are h::ydrated and then uh an and and we[

38 L **[ueu ((stutter)) yeah thats**

**39 possible I mean I fe:::el that I would qui::te like to take the risk of**

**40 the eczema and go up a bit [if your:::e OK with that**

**41 P** [OH right OK that’s that's fine yeah I agree

42 yeah I'm fine with it

**Extract 2. P=Dr Kos; R=Rosie**

**Outcome – Change anti-psychotic medication from A*ripriprozole to Olanzapine.***

01 P But at the moment you don’t fee::l that uh they are excluding you or or

02 they seem to be or=

03 R =I don:::t kno:::w I find it so::o difficult to get past my own [moo::d]

04 P [yes yes]

05 R and the voices as well [

06 P [uh hum um

**07 R which leads me to my next que::stion (.) would it be::e possible to try**

**08 a different medication at sometime?**

09 P Yes I think it might be a good idea to see whether you have any (.) uh (.)

10 I mean we switched to aripripozole simply because of the side-effects

11 you had on on a amisulpride and uum (.) and it might be worth to to try

12 something different because even the combination of the two when you

13 were taking a very low dose of amisulpride then it seemed to work (2.0)

14 because of the side effects=

15 R = because of the [side-effects

16 P [side-effects exactly (.) so u::m (.) in terms of other

17 medication I mean are you happy on Venlafaxine in terms of the mood do

18 you think that’s that working=

19 R =Yes=

20 P =YES yes we we will not change that so really the question is whether we

21 should change the aripriprozole uh the abilofy to something different (.)in

22 terms of uh (.) a group of medication which are the same group of

23 medication you you you've taken amisulpride and it has side-effects and

24 the other ones are olanzapine uh quetiapine risperidone have you had

25 any experience with any any ^of these^ =

26 R =Unfortat:::[ely

27 P [^ALL OF ^them=

28 R =Most of them

29 P [Most of them=

30 R =no:::ot [olanzapine] but all the rest I’ve tried risperidone I find quite

31 P [uh hum ]

32 R str[a::nge ] quetiapine I got(.) I felt quite ^[frag:::ile]^ with it and um

33 P [uh huh] [hhmm ]

34 R (2.0) what was the other one?=

35 P =Uh (1.0) uh olanzapine I think olanzapine what you mentioned

36 R olanzapine I haven’t tried=

37 P =Yes yes[

38 R [Ive heard that makes you eat lo:::Ads[ so

39 P [Yes::s I mean this this

40 can this can be a side [effect ] yes[

41 R: [humm] [OKay (.) mayb::e a low dose would be

42 Okay=

43 P =Yes yes yes and in terms of the uh the problem you had with the

44 amisulpride I think it's less likely with olan::zapine (.) so your prolactin

45 level was quite high even on the small dose of amisulpride I hope that

46 much less likely on olanzapine BUT I think what we should do we

47 should have a prolactin level tested now just to have a baseline level and

48 probabl::y ab::out a couple of weeks later just to see whether you have

49 any problems on olanzapine and we’ll keep an eye on your uh (.) on uh

50 your eating and on your weight as well. SO IF you if you would join the

51 gym no::w that would be a very good idea because then then uh (.) then

52 you might be able to to kind of control the the weight gain, the weight

53 gain unfortunately can be side effects with the olanzapi::ne=

54 R =would the la::dy in the social inclusi::on (.) help me with that?=

55 P =Yes I think I think what we should do just uh (.) because um (name) is

56 on sick leave and you don’t really need THAT kind of support that you

57 have been receiving from her (.) do you see anyone else (.) uh like (name

58 removed) (.) you’re not seeing anyone else alright

{conversation moves on to discuss support for housing and Rosie’s living situation}

**Extract 3. P=Dr Kos; L=Linda**

**No change to medication**

01 P So at the moment you take (.) let's just see if it's in here yeah uh (,) you

02 are taking a Venlafaxine four hundred and fifty milligrams um and the

03 dose has just been increased about ten days ago a week ago=

04 L =yea::h=

05 P (.)= uh are you happy with the medication? Do you have any side effects

06 at all or?=

07 L = I haven’t noticed any (2.0)

08 P And you have been taking Venlafaxine in

09 the past so it's actually the second time you are taking (.) ((sigh)) but in

10 the past you were also taking it with a combination of different

11 medication?=

12 L = um ye::s I was on it was (.) um (3.8)

13 P mirtazapine=

14 L = (.) yeah, and [um] and I think I was also on promatazine at the same

15 time so [yeah (.) so]

16 P [hum AND um um and uh] (2.0) if you you took different

17 combination different medication uh (.) do you remember which of those

18 you find the most beneficial at all?=

19 L =(.) um (6.2) from what I rem::ember um they a::ll (2.8) seemed to (2.0)

20 work for uh short while but then the effects just stopped and my mood

21 went down again (3.0) so

22 P ((sigh)) I mean (.) at the moment because you

23 just increased the dose I think we have to wait a little while to see to

24 assess how things are going. You are taking other medication as well (.)

25 gabapentin, why gabapentin was prescribed for you?=

26 L = Um (2.0) I had really um (1.0) bad (1.0) muscle pains

27 P: Yes=

28 L =in my legs and I couldn’t really do anything (1.0) so it <was for that=

29 P =And do you still take the gabapentin?=

30 L =yeah=

31 P =yeah and what dose do you take?=

32 L =a hundred=

33 P =a hundred=

34 L =daily=

35 P =yeah a hundred daily. You have it once a day (.) Um Once a day yes?

**Extract 4. P=Dr Kos L = Linda**

36 P (2) uh do you have any uh (.) plan at the moment what you would

37 prefer to take if you have to take something in addition to the (1)

**38 L um Dr**

**39 Shara um suggested um (2.0) either addi::ng quetiapine (1.0) or um**

**40 (3.0) um (1.0) uh (.) a ^course of ECT [again]^ cuz that’s helped in**

**41 P [yes]**

**42 L the [past] so=**

**43 P [hum]**

**44 P =How would you fe::el about uh (.) ECT again?**

45 L (9.0) I’m not really (.) sort of (.) worried (.) about ECT cuz I've had it

46 quite a few times already=

47 P = And did you find it really helpful actually or did you =

**48 L = Um (.) yeah and like the people I was seeing and stuff and Dr Shara**

**49 has (2) like said it definitely improved [my] mood so**

50 P [yes, uh hum]

51 P = Have you tried medication ((cough)) called lamotragine in the past?

52 L = NO