*Case Study Assessment*

In a given case, it is found that Chung is under heavy stress due to increasing work responsibilities and also additional family responsibilities, which he is not able to fulfill as per his expectations. The given case describes that Chung is living in Australia for the last five years. His parents, older brother and younger sister still live in China. He has visited China only once during this period as he is focusing on his study for promoting.

He is working as a doctor assistant in Accident and Emergency in a busy inter-city hospital. However, he faced one of the major issues when he prescribed wrong drug to a young child of eight years old. The boy was required to be immediately admitted to the hospital; there were several investigations made on Chung regarding this issue.

Further, on a similar note, he married to Harriett in Australia four years ago and today they have three-week old young baby girl named Charlotte. However, Chung felt that his marriage did not reflect the Chinese culture as he was not able to share his inputs in the preparations. Further, his parents and other relatives were not able to attend the marriage due to high travelling costs and medical issues of his family.

In the present situation, Chung is heavily occupied in his workplace to such an extent that he is working for nearly 20-24 hours. He is not able to sleep properly, not able to take meals on time, and also not able to spend time properly with his family. He lacks motivation to live the life and seems completely worthless.

His failure at the medical role and his inappropriate approach to take care of his family is depressing him further in given circumstances. He feels that his situation is self-imposed and he is experiencing fleeting thoughts such as of suicide. Under given cases, it is important to analyze this case from the Stress Vulnerability Model perspective.

As per this model, there are different factors that can effect on the biological vulnerability of an individual, which can further lead to stress among the individual. In a given case, the two major factors that are leading to such an issue include - lack of social support from both the families and heavy working stress in given working conditions (Addington, Piskulic, & Marshall, 2010).

He is thereby not able to cope up with those issues and subsequently lacks motivation to live a normal life. He has several expectations such as to become an efficient doctor, to take care of his family in China, and to look after his wife and new-born daughter and spend quality time with them. He wants to improve this present life conditions by overcoming the present challenges and thereby deploying coping strategies through which he can cope with these issues (Jobe & Harrow, 2010).

It is important for the medical professional to understand each and every factor in greater detail and first motivate him to live the life. He needs to have support of both the families so that his emotional quotient can increase and he will be able to overcome the stated challenges in this case. Further, he needs to change his work organization and find another similar organization that can reduce his work stress at the workplace (Alloy & Abramson, 2010).

He further needs to focus on his meals and sleeping habits and ensure that both are taken properly and on time. Only then he will be able to overcome with these challenges and live a peaceful life as per these expectations. The role of the parents and his wife are important as they will be working as important supporting members in this case. The healthcare professional needs to inform them and suggest them to consult with Chung and help him to come out of this situation. It is important to reduce stress in such situations to help Chung overcome his problems and subsequently assist him to live a better life.