**Purple Wallpaper Clinic**

Madison T. Vaive, M.D.

56 Street Road

Battle Creek, MI, 49014

269-111-1119

Re: Patient Jane

February 17, 2014

Dear John,

I am writing to inform you that I have found a diagnosis for your wife – Jane – after thorough evaluations during our therapy sessions. Jane suffers from a severe case of ***Obsessive Compulsive Disorder***, ***Schizophrenia***, and a mild case of ***Cyclothymia*** and ***Xanthophobia***.

Jane often has a hard time controlling her emotions and finds that she becomes “unreasonably angry” (1). Along with her anger, Jane said she can “cry at nothing, and cry most of the time” (4) yet the next day, she is “feeling ever so much better” (7). This mild mood disorder – Cyclothymia – has made Jane feel exhausted and quite “tired” (4). Part of her exhaustion comes from concealing her emotions from you, her husband, which only worsens her case. Your wife’s changing mood has seemed to create a severe case of Schizophrenia – hallucinations and feelings of fright and paranoia. Jane believes that the pattern of the wallpaper in her bedroom is actual “a woman stooping down and creeping about behind that pattern” (5). Jane’s hallucinations have worsened as she told me she “can see her out of every one of my windows” (7-8). The hallucinations frighten her; she is scared and wants you to take her “away from here” (5), away from the wallpaper. Perhaps relocating to a more friendly home would improve Jane’s conditions because Jane feels trapped in this house. She needs to be somewhere she feels comfortable at.

The distaste for the wallpaper stems from Jane’s Xanthophobia, or fear of the color yellow. Jane used words to describe the wallpaper’s color such as, “hideous” (6) and “unreliable” (6) or “infuriating” (6). The color reminds her of “bad yellow things” (7) and she believes there is “a yellow smell” (7) because of it. The wallpaper is making her even more uneasy. I would suggest removing the wallpaper and putting up a new pattern that Jane finds soothing. The combination of her Cyclothymia, Schizophrenia, and Xanthophobia has also created a severe case of Obsessive Compulsive Disorder, or OCD. Jane has started “creeping” (8) on the wallpaper so extremely that Jennie – your sister and your housekeeper – has noticed “yellow smooches” (6) on all Jane’s clothes. Her creeping has caused the wallpaper’s color to rub off, which concerns me because she must be doing it obsessively. Jane even creeps on the “path by the wall” (9) knowing that you fainted there – she just stepped over you. This compulsive behavior is very concerning and I would recommend trying to eliminate as much stress as you can from Jane’s daily life. I would like to avoid medication because Jane is already too unstimulated.

Jane needs a loving and supporting husband during this time. I understand that you are a physician, but Jane does have a serious problem that deserves your attention. Letting Jane go outside or have more windows in her room would be a great help. She should also write and work and live a normal life. I know you are concerned about your wife, but you have to remember that she is an adult and calling her childish pet names like, “’little girl’” (5) and “dear” (2) and “my darling” (5) only makes her feel inferior. Your wife is your partner and you should try to treat her like your equal to avoid pushing her further inside herself.

If you have any questions or would like to discuss the results further, please feel free to contact my office at 269-111-1119. I will get back to you should I not be able to take your call immediately. I wish you and Jane the best of luck.

Sincerely,

Madison T. Vaive, M.D.