

Introduction



DEFINITIONS

1. **Psychiatry.** The medical speciality concerned with the study, diagnosis, treatment and prevention of mental abnormalities and disorders. The different branches in Psychiatry are:-

Mental health is an essential component of health delivery system and the goal “Health for all by 2000 A.D.” include mental health also.

 - (a) **Child Psychiatry :** The science of healing or curing disorders of the psyche in children (i.e. those below 12 years of age). So is the psychiatry concerned with Adolescents—Adolescent Psychiatry.
 - (b) **Geriatric Psychiatry :** The branch of psychiatry that deals with disorders of old age; it aims to maintain old persons independently in the community as long as possible and to provide long-term care when needed.
 - (c) **Community Psychiatry:** The branch of psychiatry concerned with the provision and delivery of a co-ordinated program of mental health care to a specified population.
 - (d) **Forensic Psychiatry (Legal Psychiatry):** Psychiatry in its legal aspects, including criminology, penology, commitment of the mentally ill, the psychiatric role in compensation cases, the problems of releasing information to the court, of expert testimony.
 - (e) **Social Psychiatry:** In Psychiatry, the stress laid on the environmental influences and the impact of the social group on the individual. The emphasis is on aetiology, purposes of treatment and prevention.
 - (f) **Cultural Psychiatry (Comparative Psychiatry):** The branch of psychiatry concerned with the influence of the culture on the mental health of members of that culture. When the focus is on different cultures, the term transcultural psychiatry is used.
2. **Psychology.** The science that deals with the mind and mental processes—consciousness, sensation, ideation, memory etc.
3. **Psychodynamics.** The current usage of the term focuses on intrapsychic processes (rather than interpersonal relationships) and on the role of the unconscious motivation in human behaviour.
4. **Psychoanalysis.** A *procedure* devised by Sigmund Freud, for investigating mental processes by means of free association, dream interpretation, and interpretation of resistance and transference manifestations. A *theory* of psychology developed by Sigmund Freud out of his clinical experience with hysterical patients. A *form of treatment* developed by Sigmund Freud that utilizes for psychoanalytic procedure and is based on psychoanalytic psychology.
5. **Psyche.** (Greek word meaning: ‘The Soul’) The mind.

6. **Mind.** It is the functional capacity of brain (brain is an anatomical structure.) e.g. Intelligence, memory. It is divided into 3 components —Cognition (Intellect), Conation (psychomotor activity) and Affect (emotional part).
7. **Personality.** The characteristic way in which a person thinks, feels and behaves; the ingrained pattern of behaviour that each person evolves, both consciously and unconsciously as the style of life or way of being in adapting to the environment.

The prevalence of mental disorders in India is many times more than that of some important physical disorders such as tuberculosis, leprosy etc.
8. **Mental Health.** Psychological well-being or adequate adjustment, particularly as such adjustment conforms to the community accepted standards of behaviour. Important characteristics of mental health are:
 - reasonable independence
 - self-reliance
 - self direction
 - ability to do a job
 - ability to take responsibility and make needed efforts
 - reliability
 - persistence
 - ability to find recreation, as in hobbies
 - satisfaction with sexual identity
 - ability to work under authority, rules and difficulties
 - a sense of competition, collaboration compromise, satisfaction and security
 - ability to show friendliness and love
 - ability to give and take
 - tolerance of others and of frustrations and emotions
 - ability to contribute
 - a sense of humor
 - a devotion beyond oneself
 - ability to get along with others
 - cooperation
 - optimism
 - ability to function in both dependent and independent roles.

WHO defines mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Psychiatrist. A medical graduate who has successfully undergone a postgraduate training course (of 2 to 3 years) in psychiatry.

Clinical Psychologist. A graduate in psychology who has successfully undergone a postgraduate training course (of 2 years) in clinical psychology.

Psychotherapist. A person with special training in psychotherapy. (Medical graduation is not a must).

Psychiatric Social Worker. A graduate in sociology who has successfully undergone a postgraduate training course of 2 years in social case work. This consists of knowledge and experiences in investigations of the social and cultural milieu of the patients and methods of correcting it whenever it is pathogenic.

Psychiatric Nurse. A nurse who has received special training in the care and management of psychiatric patients.

Occupational Therapist. A graduate who is trained in observing and treating the patients through crafts and recreational activities.

The disturbance in social and/or occupational adjustment or behaviour is an important indicator of abnormality.

MAGNITUDE OF PROBLEM IN INDIA

- Average prevalence of mental disorders is 10.6 weighted percent and prevalence of severe mental disorders is atleast 18-20/1000 population; about 3-5 times that number suffer from other forms of distressing and socio-economically incapacitating emotional disorders. (The average prevalence of severe mental disorder is 2 percent).
- 15-30% who visit general health services (such as a Medical OPD or a Private practitioner or a primary health centre) have emotional problems appearing as physical symptoms.
- Average number of new cases of serious mental disorders (Incidence) is about 35 to 40 per lac population.
- About 1-2% children suffer from learning and behaviour problems. Mental retardation estimated at 0.5-1.0% of all children.
- Among elderly (above 60 years of age) prevalence rate of mental morbidity is about 37% population of aged (i.e. about 4 million severely mentally ill). This is in comparison to U.K. where the rate is as high as 37%. Geriatric depression is most frequent with a prevalence rate of 25%.
- Drug abuse surveys have reported the prevalence rate ranging from about 2-40% (Alcohol, tobacco, cannabis and opium are common).
- The common psychiatric illnesses encountered in a General Hospital Psychiatric Clinic are — Neuroses (Depressive neurosis followed by anxiety neurosis), Psychosomatic disorders (e.g. Peptic ulcer, Hypertension, Tension Headaches etc), Functional Psychoses (MDP depression, mania and schizophrenia) and organic psychoses (Usually delirium). The other disorder e.g. Adjustment disorders, Psychosexual disorders are also not uncommon.
- In a Child Guidance Clinic, the common mental illnesses include mental retardation (intellectual disability), emotional and behavioural (conduct) problems, enuresis, ADHD etc where as in a Geriatric Clinic the common disorders are depression, dementia, paranoid disorders etc.
- In psychosexual clinics in India, the common problems encountered include 'Dhat syndrome', Premature ejaculation, Erectile impotence etc. whereas in deaddiction clinics, the patients who commonly come for treatment include Opiate dependence. Alcohol dependence, Polydrug abuse, Cannabis dependence etc.

Neuroses and Psychosomatic disorders constitute a majority of psychiatric disorders and are reversible whereas a majority of psychiatric beds are occupied by chronic mental disorders (Schizophrenia)

Problems not attributable to a mental disorder but may require help from limited mental health professionals are marital problems, interpersonal problems, life phase problems (adolescence, retirement, widowhood etc.), academic problems, uncomplicated bereavement, noncompliance with medical treatment etc.

In India Mental health professionals as well as mental health services are limited.

Manpower. In India, we have about 7000-9000 qualified psychiatrists (0.75 per lac population against desired number of 3 or above per lac population), 900-1000 clinical psychologists, 900-1000 psychiatric social workers and 2000 psychiatric nurses.

REVIEW QUESTIONS

1. Define Psychiatry and Enumerate its different branches.
2. Define the terms—Psychology, Psychoanalysis, Mind and Personality.
3. Define Mental Health. Enumerate the important characteristics of mental health.
4. Define the magnitude of mental problems in India and what is the manpower available to deal with these problems?
5. Enumerate the common psychiatric illnesses seen in a General Hospital Psychiatric Unit. What are the problems seen in day practice which are not attributable to a mental disorder?
6. Differentiate between :
 - Psychiatry and Psychology
 - Psychiatrist and Psychologist
 - Psychotherapist and Psychiatrist
 - Brain and Mind
 - Psychodynamics and Psychoanalysis