

Contents

<i>Reviewers' List</i>	v
<i>Preface to the Second Edition</i>	vii
<i>Preface to the First Edition</i>	ix
<i>Syllabus for GNM</i>	xv

Unit 1 Introduction 1–24

• Concept of Mental Health	2
• Principles of Mental Health Nursing	4
• Definitions of Terms Used in Psychiatry	8
• Review of Defense Mechanisms	15
• Mental Health Team	18

Unit 2 History of Psychiatry 25–33

• History of Psychiatric Nursing	26
• Trends in Psychiatric Nursing	29
• National Mental Health Programme	30

Unit 3 Mental Health Assessment 35–61

• Introduction	36
• Psychiatric Nursing History	36
• Mental Status Examination	47
• Interview Technique	58

Unit 4 Therapeutic Nurse-patient Relationship 63–79

• Definitions.....	64
• Components	64
• Phases	66
• Importance of Therapeutic Nurse-patient Relationship	68
• Communication	69

Unit 5 Mental Disorders and Nursing Interventions 81–354

Introduction to Mental Disorders and Nursing Interventions	84
• Definitions.....	84
• Psycho-pathophysiology of Human Behavior	85

• Cell of Nervous System	92
• Etiological Theories (Genetics, Biochemical, Psychological)	93
• Psychosexual Stages of Development	99
• Classification of Mental Disorders	100
• Mental Disorders	107
5A: Personality and Types of Personality Related to Psychiatric Disorders.....	111
• Personality	111
• Personality Disorder	112
• Paranoid Personality Disorder	119
• Schizoid Personality Disorder.....	121
• Schizotypal Personality Disorder.....	123
• Antisocial Personality Disorder	125
• Borderline Personality Disorder.....	127
• Histrionic Personality Disorder	130
• Narcissistic Personality Disorder	132
• Avoidant Personality Disorder	134
• Dependent Personality Disorder/Passive-dependent Personality	136
• Obsessive Compulsive Personality Disorder	139
5B: Neurocognitive Disorders (Organic Mental Disorders): Delirium, Dementia	141
• Delirium	141
• Dementia	145
5C: Schizophrenia Spectrum Disorders.....	156
• What Is Psychosis	156
• Schizophrenic Disorders/Schizophrenia.....	157
• Course of Schizophrenia	158
• Types of Schizophrenia	159
• Prevalence	161
• Epidemiology	161
• Etiology.....	161
• Endocrine Disorders.....	163
• Immune System	163
• Brain Structural and Functional Abnormalities.....	163
• Signs and Symptoms	164
• Premorbid History of Schizoid or Schizotypal Personality Disorder.....	164
• Disorders of Perception Such as Illusions and Hallucinations.....	165
• Disorders of Thought	165
• Treatment for Registant Patients	171
• Psychological Management	172
5D: Other Schizophrenic Disorders.....	175
• Schizoaffective Disorder	175
• Schizophreniform Disorder	178
• Delusional Disorder	181
• Shared Psychotic Disorder	188
• Brief Psychotic Disorder	189
5E: Mood (Effective) Disorders: Mania, Depression and Bipolar Effective Disorder (BPAD)	191
• Mood Disorders	191
• Depression/Major Depressive Disorder/Unipolar Depression	192
• Mania.....	204

• Bipolar Effective Disorder	210
• Bipolar Disorder	214
5F: Neurotic Disorders	219
• Introduction	219
• Phobia	220
• Anxiety Disorders	222
• Depressive Neurosis	252
• Conversion Disorder	252
• Dissociative Reaction	257
• Depersonalization/Derealization Disorder	263
• Dissociative Identity Disorder	266
• Psychosomatic Disorder/Somatic Symptom Disorder/Hypochondriasis	268
• Illness Anxiety Disorder	271
• Nursing Care Plans	274
5G: Obsessive Compulsive Disorder (OCD)	276
• Definition	276
• Prevalence	277
• Etiology	278
• DSM-5 Diagnostic Criteria for OCD	282
• Prognosis	282
• Medical Management	283
5H: Trauma and Stress-related Disorders	285
• Introduction	285
• Definitions	285
• Prevalence	286
• Etiology	286
• Post-traumatic Stress Disorder	288
• Prognosis	293
• Medical Treatment	293
5I: Substance Use and De-addiction: Alcohol, Tobacco and Other Psychoactive Substance	296
• Terminologies Related to Substance Use	296
• Types of Substance Use	296
• Prevalence	297
• Etiology	297
• Comorbidity	299
• Classification of Substance Use Disorders	299
• Alcohol Use Disorders	301
• Caffeine-related Disorders	309
• Cannabis Use Disorders	311
5J: Sleep Disorders	314
• Characteristics of Sleep	314
• Stages of Sleep	314
• Physiology of Sleep	314
• Regulation of Sleep	316
• Functions of Sleep	316
• Normal Sleep Requirements	316
• Classification of Sleep Disorders	316

5K: Eating Disorders.....	325
• Anorexia Nervosa.....	325
• Bulimia Nervosa.....	331
5L: Sexual Disorders.....	335
• Introduction.....	335
• Terminology Related to Sexuality.....	336
• Components of Sexual History.....	337
• What are Sexual Dysfunctions?	338
• Male Hypoactive Sexual Desire Behavior	339
• Female Sexual Interest/Arousal Disorder.....	340
• Male Erectile Disorder	341
• Female Orgasmic Disorder.....	342
• Delayed Ejaculation	344
• Premature Ejaculation	345
• Sexual Pain Disorders.....	346
5M: Child and Adolescent Psychiatry Disorders.....	349
• Introduction.....	349
• Intellectual Disability	350
• Communication Disorders	351
• Autism Spectrum Disorder.....	351
• Attention Deficit Hyperactivity Disorder.....	351
• Specific Learning Disorder	352

Unit 6	Biopsychosocial Therapies	355–385
---------------	----------------------------------	----------------

• Biopsychosocial Therapy.....	356
• Psychopharmacology	356
• Individual Psychotherapy.....	370
• Group Psychotherapy	372
• Behavioral Therapy	374
• Occupational Therapy.....	375
• Family Therapy.....	377
• Milieu Therapy.....	378
• Somatic Therapy: Electroconvulsive Therapy	380
• Insulin Therapy	383

Unit 7	Community Mental Health	387–400
---------------	--------------------------------	----------------

• Community Mental Health	388
• Community Health Center in Provision of Mental Health Services	388
• National Mental Health Program.....	388
• Importance of Community Mental Health.....	392
• Scope of Community Mental Health.....	392
• Attitudes Toward Mentally-ill.....	393
• Stigma and Discrimination Related to Mentally-ill.....	394

• Community Mental Health Nursing	394
• Community Mental Health Services	395
• Prevention of Mental Illness (Preventive Psychiatry).....	396

Unit 8 Psychiatric Emergencies and Crisis Intervention 401–418

• Psychiatric Emergency	402
• Major Psychiatric Emergencies	402
• Minor Psychiatric Emergencies	405
• Psychiatric Emergencies in Children	408
• Crisis.....	412
• Crisis Intervention.....	413
• Crisis and its Intervention in Aids	415
• Adolescent Crisis.....	416

Unit 9 Forensic Psychiatry/Legal Aspects 419–430

• Indian Lunatic Act (1912).....	420
• The Narcotic Drugs and Psychotropic Substances Bill/Act (1985).....	422
• Mental Health Act (2017)	423
• Admission Procedures	425
• Discharge Procedures	426
• Standards of Psychiatric Nursing Practice.....	427
• Rights of Mentally Ill Patients	428
• Legal Responsibilities in the Care of Mentally Ill Patients.....	429

<i>Index</i>	431
--------------------	-----