

# Introduction

**Definition of Psychiatry (and subtypes), Psychology, Psychodynamics, Psychoanalysis, Psyche, Mind, Personality and Mental Health. Magnitude of various psychiatric problems in India.**

Before proceeding to understand different mental illnesses, it is essential to know the meanings of various terms commonly used in psychiatry (also known as Psychological Medicine).

1. **Psychiatry.** The medical speciality concerned with the study, diagnosis, treatment and prevention of mental abnormalities and disorders. The word **Psychiatry** is derived from ‘**psyche**’, the Greek word for **soul or mind**, and ‘**iatros**’, which is Greek for **healer**. In Greek mythology, Psyche was a mortal woman made immortal by Zeus. The different branches in Psychiatry are:-
  - (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 coordinated 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.

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 own community”

Psychoanalysis is a form of procedure (for investigating mental processes), a theory and a form of treatment developed by Sigmund Freud.

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.** (Green 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.
8. **Mental Health.** Psychological well-being or adequate adjustment, particularly as such adjustment conforms to the community accepted standards of behaviour.

Average prevalence of mental disorders in India is 10.6% of population.

#### 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.

**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.

A mentally healthy person, while free of gross symptoms, and usually feeling well, is not always happy. The healthy adult may at times have some minor psychiatric symptoms. There are *clinical implications* of the concept of mental health i.e. in

Route examination of patients.

Evaluation of patients who are apparently not mentally ill but who wish professional help with personal problems.

Selection of treatment goals for psychiatric patients.

Vocational screening e.g. in Armed forces etc.

Community mental health activities (e.g. in formulating “Mental Health Act”, Mental Health Programme etc.)

The problems not attributable to a mental disorder i.e. diagnosis which may be used for persons without mental disease, are

- Martial Problems
- Other interpersonal problems
- Phase of life problems
- Other specified family circumstances
- Academic problems
- Non-compliance with medical treatment.

Average incidence of serious mental disorders is 35 to 40 per lac population

Others—uncomplicated bereavement, parent-child problems, antisocial behaviour, borderline intellectual functioning (usually I.Q. 70-80), Malingering etc.

About 1-2% of Children suffer from learning and behaviour problems.

### 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 5 million severely mentally ill). This is in comparison to U.K. where the rate is as high as 1 in 4. Geriatric depression is most frequent with a prevalence rate of 22% in men and 28% in women in aged 65 years and above.

Mental retardation is estimated to be present in 0.5-1.0% of all children.

- 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, emotional and behavioural (conduct) problems, enuresis, hyperkinetic syndrome etc whereas 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 de-addiction clinics, the patients who commonly come for treatment include Opiate dependence. Alcohol dependence, Polydrug abuse, Cannabis dependence etc.

Depressive neurosis is the most frequent psychiatric disorders in India (Neuroses constitute about two third cases), followed by anxiety neurosis. Depression is the commonest geriatric psychiatric problem (i.e. 60/1000).

Schizophrenia utilizes most of the psychiatric beds available in India.

Manpower. In India, we have about 8,000–9,000 qualified psychiatrists, 1000 clinical psychologists, 900–1000 psychiatric social workers and 2000 psychiatric nurses.

#### REVIEW QUESTIONS

- Define Psychiatry and Enumerate its different branches.
- Define the terms—Psychology, Individual Psychology, Applied Psychology, Psychoanalysis, Mind and Personality.
- Define Mental Health. Enumerate the important characteristics of mental health.
- Define the magnitude of mental problems in India and what is the manpower available to deal with these problems?
- 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?
- Enlist the basic differences between :
  - Psychiatry and Psychology
  - Psychiatrist and Psychologist
  - Psychotherapist and Psychiatrist
  - Brain and Mind

#### PROFESSIONAL EXAMS QUESTIONS

- Define Mental Health. Enumerate its various components.  
*Goa 89, 92; AIIMS 88, 91, 96, 2012, 2016*
- Discuss the magnitude of Problems of Mental Health in India.  
*AIIMS 91, 95, 2010, 2015; BHU 92, 96*
- Define the following terms :
  - Psychiatry
  - Psychology
  - Psychoanalysis
  - Psychodynamics

*Goa 92, 2000; AIIMS 90, 98, 2005*