

MINDS NEWSLETTER

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Wellbeing begins in our MINDS

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Role of Spirituality in Mental Health

'The greatest error of our day is physicians separate the body and mind, when they treat the body.'

- Plato

Spirituality involves personal beliefs about purpose of one's life, sense of connectedness to the universe and practices for searching the meaning of life. While religion is institutionalized spirituality with different sets of beliefs, traditions, and doctrines.

Traditionally religion does not have place in most of the psychiatry books. Very few psychiatrists use religion and spirituality in their therapeutic endeavors. Contemporary research demonstrated largely positive associations between spirituality (or/and religiosity) and mental well-being in form of positive mental health and better outcomes of depression, anxiety, psychosis, suicidality and substance abuse. Therefore modern psychiatry has put some emphasis on addressing religious and spiritual beliefs for holistic patient care. Many international medical and psychiatric organizations have accepted spirituality as an important component of their training and comprehensive treatment.

Hence we should respect patients' religious and spiritual beliefs if these help them to cope better and we should also challenge their beliefs that can adversely affect mental health.

Naresh Nebhinani

Guest Column: Down The Memory Lane

Marriages are made in heaven!!!

I distinctly remember a case of my colleague in Davanagere whose mother and sister were treated by me for 2-3 episodes of manic excitement. After discussion and literature search he decided about marriage only in a family who had no mental illnesses! Checking of family while selecting the girl thoroughly led to not accepting more than 30 proposals. Having left Davanagere and having moved to Mysuru, I could not attend to his marriage when held. Three months later, he landed at Mysuru early morning cursing me all the way for cheating him. Discussion made me to realize that the girl he ultimately married after thorough family search was indeed treated by me earlier for depression! This is a classic example of man proposing and God disposing in his own way. In marriage lot depends on luck and only solution is to work for the success of it. Anyway, it was a great learning experience for me.

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Positive mental health: Are we paying enough attention

WHO defines mental health as “A state of well-being in which the individual realizes his or her 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”. It aims to discover and promote the factors that allow individuals and communities to thrive. The new century challenges psychology to shift more of its intellectual energy to the study of the positive aspects of human existence and experience. A science of positive subjective experience, of positive individual traits, and of positive institution promises to improve the quality of life and also to prevent the various pathologies that arise when life is barren and meaningless. At this juncture of material prosperity, social and behavioural sciences can play an enormously important role. They can articulate a vision of good life that is empirically sound while being understandable and attractive. Positive psychologists should be able to document what kind of families result in children who flourish, what work settings support the greatest satisfaction among workers and how lives can be most worth living.

Positive mental health means optimal human functioning. Positive mental health is as important as the physical health. A key goal of mental health promotion is to ensure that the social, cultural, economic and environmental conditions conducive to good health are accessible to all members of a given community.

It is necessary to understand optimal functioning at multiple levels, including experiential, personal, relational, societal and global. It is necessary to study the dynamic relations between processes at these levels, human capacity to create order and meaning in response to inevitable adversity and the means by which "the good life" in all possible manifestations that may emerge.

The science of positive psychology has three constituent parts- positive subjective experience, positive individual traits, and positive institutions that enable the first two.

Recent review showed that under some conditions, positive mood seems to facilitate careful processing of goal relevant information and people in a positive mood respond more flexibly and constructively to important information about themselves and their environments. Positive emotions not only give momentary relief from distress but also energize individuals and sustain their coping efforts. Also, the thinking styles of people experiencing positive emotions are more creative, flexible and open. Hence, more efforts need to be invested towards positive psychology and positive mental health.

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Community Psychiatry in India: Challenges & road ahead

Community health service, initially concerned with communicable diseases, has taken holistic path involving personal services of mental health. However, community psychiatry is in formation and needs collaborative efforts to provide comprehensive interventions engrossing multifactorial causation of psychiatric disorders arising out of multiple stressors and risk factors from the individual, the family and the community. In the era of demographic transition, the family and social support system is increasingly being affected by unplanned urbanization, drug use, and changing family issues. Community Psychiatry in India is in a developing phase of decreased reliance on hospitalization, and attempts integration of everyday life of chronic patients into the mainstream. Yet, it is painful to accept that in our medical education system psychiatric disorders are 'neglected diseases'; that the psychiatric problems are positive diagnosis and can be explained by classical pathophysiology as all other somatic diseases and curable to a great extent, is ignored. Along with common citizens, health care providers of all approaches and all levels (other than directly related to psychiatric care) have gross misconceptions regarding pathogenesis of psychiatric disorders and their management.

To manage above issues in a good move the Bellary model of District Mental Health Programme (DMHP) has been adopted by the Government of India under the National Mental Health Programme with the primary aim of making mental health care accessible to all by setting up psychiatric services in peripheral areas, training primary health care personnel and involving the community in promotion of mental health care. DMHP was started with four districts in 1996, and the programme covered 123 districts in the 11th Five year Plan.

Further we need multipronged approach involving experts from Community Medicine, Psychiatry, Family Medicine, Sociology etc. and involvement of Not-for-profit organizations for integration of health care and health education to develop a network of comprehensive Primary Mental Health Care involving social determinants, and different levels of mental health provision in differential settings. We need futuristic attitude in all pervasive integrated planning for mental health through network of facilities and human resources to reach last man on road even at the remotest corner with a sustainable referral system and technical leadership center. All these can see the light of the day from the positive political will and close collaboration to take challenges of community level mental health agenda in the Sustainable Development Goals.

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REFRAME -Let Awareness Reframe Assumption:

Myths & Facts about "Electroconvulsive therapy"

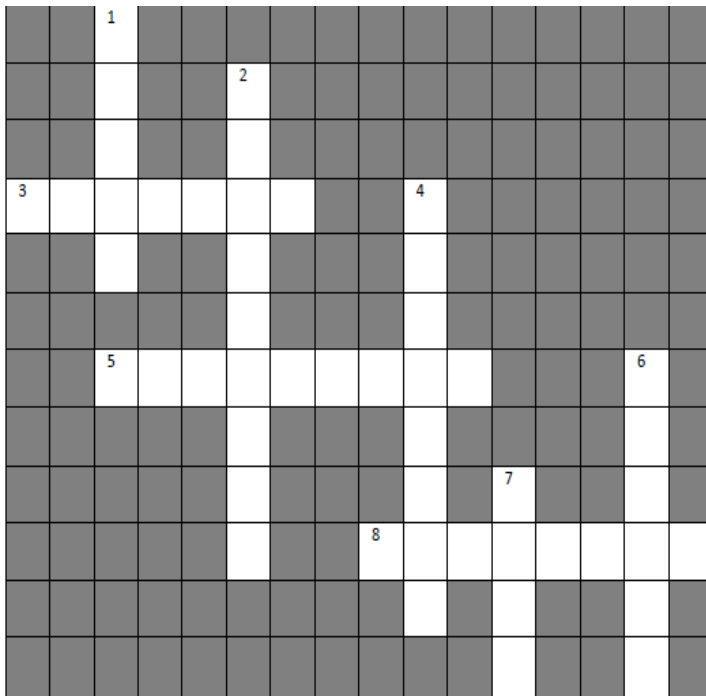
- ☒ ECT is old and outdated mode of treatment.
- ✓ ECT is a cost effective, evidence based treatment option even today and is also one of the lifesaving option in patients with high suicidal ideas.
- ☒ ECT is a painful procedure which can cause brain damage.
- ✓ Modified ECT is carried out under short acting general anesthesia without pain and gross damage in brain.
- ☒ ECT cause irreversible memory loss
- ✓ ECT cause minimal memory loss, especially immediate memory but in majority it recovers within few weeks.
- ☒ ECT is not used in developed nations and not recommended in any of international guidelines
- ✓ ECT is recommended in almost all international guidelines and is carried out even in UK, USA.

Compiled by Swapnil Tripathi, final year, MBBS student, AIIMS, Jodhpur, Rajasthan

MINDS QUIZ

1. Good prognosis in schizophrenia is indicated by
 - a) Soft neurological signs b) Affective symptoms c) Emotional blunting d) Insidious onset
2. All are features of catatonia except
 - a) Automatic obedience b) Cataplexy c) Catalepsy d) Negativism
3. Anterograde amnesia is seen in
 - a) Head injury b) Stroke c) Alzheimer dementia d) Spinal cord lesion
4. Features of alcohol withdrawal are all except
 - a) Epileptic seizure b) Restlessness c) Hypersomnolence d) Hallucination
5. Normal lithium therapeutic level is (mEq/l)
 - a) 0.1-0.3 b) 0.3-0.5 c) 0.4-1 d) 1.0-1.5

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Across

3. Teeth grinding in sleep
5. Compulsive buying an impulse disorder
8. Delusion of negation

Down

1. A dissociative state wherein a person start a new life altogether.
2. An unpleasant or disturbed state of mood
4. One who does not socialize and is emotionally cold
6. Disorder of inappropriate of answer
7. Penchant desire to eat nonfood substance

**Compiled by Swapnil Tripathi, final year,
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ANSWERS

MINDS QUIZ

1. b

2. b

3. a

4. c

5. c

CROSS WORDS

ACROSS

3. Bruxism

5. Oniomania

8. Nihilism

DOWN

1. Fugue

2. Dysphoria

4. Schizoid

6. Ganser

7. Pica

Quick Response Code
for the Website



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