

SSW 5015: INTRODUCTION TO MENTAL HEALTH

- Course Objectives**
- Understand the concept of mental health
 - Understand major and minor mental illness
 - Undertake the methods and process of assessing the patients/clients
 - Familiarize the common mental health interventions

Course Outline

Unit I Mental Health

Mental health – global definitions, Trends in mental health care, Magnitude of mental health problems and its common causes, Need for mental health care in India.

Unit II Psychiatry Assessment and Diagnosis

Assessment and Diagnosis: Case history taking, Mental Status Examination (MSE) (Based on field work experience), Psychopathology: Disorders of Perception, Disorders of Thought and Speech, Disorders of Memory, Disorders of Emotion, Disorders of Experience of Self, Disorders of Consciousness, Motor Disorders.

Unit III Mental and behavioural disorders - I

Classification of mental disorders in ICD, Organic mental disorders and Non Organic Mental Disorders, Psychotic and Neurotic Disorders, Disorders due to substance use.

Organic Mental Disorders: Dementia and its types, Delirium and its types
Non Organic Mental Disorders: Schizophrenia, schizotypal and delusional disorders, Mood [affective] disorders, Delusional Disorders
Disorders of adult personality and behaviour: Paranoid, Schizoid, Dissocial, Emotionally Unstable, Histrionic, Anankastic and Anxious Personality Disorders.

Unit IV Mental and behavioural disorders - II

Behavioural syndromes associated with physiological disturbances: Eating Disorders, Sleep Disorders, Sexual Disorders,
Neurotic, stress-related and somatoform disorders: Phobic-Anxiety Disorders, Obsessive Compulsive Disorders, Dissociative Disorders, Somatoform Disorders.

Mental retardation: Mild, Moderate, Severe and Profound Mental Retardation, IQ Tests

Disorders of psychological development: Specific development disorders of speech and language, Specific development disorders of scholastic skills, Specific development disorders of motor function, Pervasive Developmental Disorders

Behavioural and emotional disorders in childhood and adolescence:

Unit V Psychosocial Management

Psychosocial interventions – relevance and importance, Research evidences for psychiatric interventions, Psychosocial management of psychiatric illness, Individual level - psycho-education, activity schedule, social skills training, token economy, graded exposure, systematic desensitization, relaxation techniques, flooding, exposure and relapse prevention, pre-discharge counselling; indigenous approaches to treatment of mentally ill, yoga, meditation Group level - group work, group therapy, support groups Family level - family psycho-education, family

therapy.

Community level - awareness programmes, stigma reduction, community-based rehabilitation

- Course**
- Learners will be able to expand their information on the various concepts of mental health.
- Outcome**
- The course will enable the learner to get a clear understanding on different major and minor mental illnesses and the process of assessing the patients systematically.
 - The course will equip the learner to familiarize with the psycho social management of mental health problems at individual, family and community level.
 - Learners will be able to provide psycho social support to the needy.

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