

पाटन स्वास्थ्य विज्ञान प्रतिष्ठान सेवा आयोग
प्राज्ञिक सेवा, मनोचिकित्सा समूह, **Clinical Psychology** उपसमूह, सहायक प्राध्यापक पद, नवौं (९ख)
तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम
Paper II: Technical Subject

Section (A) - 45 Marks

1. **Psychosocial Foundations of Behavior**
 - 1.1 Scope of clinical psychology
 - 1.1.1 History and growth
 - 1.1.2 Current issues and trends
 - 1.1.3 Ethical and legal issues; Code of conduct
 - 1.2 Mental health and illness
 - 1.2.1 Mental health care – past and present
 - 1.2.2 Stigma and attitude towards mental illness
 - 1.2.3 Concept of mental health and illness
 - 1.2.4 Perspectives – psychodynamic, behavioral, cognitive, humanistic, existential and biological models of mental health/illness
 - 1.3 Epidemiology
 - 1.3.1 Socio-cultural correlates of mental illness, mental health, psychological well-being and quality of life
 - 1.4 Self and relationships
 - 1.4.1 Self-concept, self-image, self-perception and self-regulations in mental health and illness
 - 1.4.2 Learned helplessness and attribution theories
 - 1.4.3 Social skill model; interpersonal and communication models of mental illness; stress diathesis model,
 - 1.4.4 Resilience, coping and social support
 - 1.5 Family influences
 - 1.5.1 Early deprivation and trauma
 - 1.5.2 Neglect and abuse
 - 1.5.3 Attachment; separation
 - 1.5.4 Inadequate parenting styles, Marital discord and divorce
 - 1.5.5 Maladaptive peer relationships; communication style
 - 1.5.6 Family burden
 - 1.5.7 Emotional adaptation; expressed emotions and relapse
 - 1.6 Societal influences
 - 1.6.1 Discrimination in race, gender and ethnicity
 - 1.6.2 Social class and structure, poverty and unemployment
 - 1.6.3 Prejudice, social change and uncertainty, urban stressors
 - 1.6.4 Crime and delinquency; social tension & violence
 - 1.6.5 Torture & terrorism
 - 1.6.6 Culture shock; migration
 - 1.7 Disability
 - 1.7.1 Psychosocial models of disability
 - 1.7.2 Impact, needs and problems
 - 1.7.3 Issues related to assessment/ certification of disability – areas and measures
 - 1.8 Rehabilitation
 - 1.8.1 Approaches and interventions in the rehabilitation processes
 - 1.8.2 Models of adaptation to disability
 - 1.8.3 Family and caregivers issues
 - 1.8.4 Rights of mentally ill; empowerment issues; support to recovery
 - 1.9 Policies and Acts

- 1.9.1 Rehabilitation Policies and Acts
 - 1.9.2 Ethical and forensic issues in psychiatry practice
 - 1.9.3 Assistance, concessions, social benefits and support from government and voluntary organizations Contemporary challenges
 - 1.9.4 Rehabilitation ethics and professional code of conduct
2. **Psychopathology**
- 2.1 Introduction to psychopathology
 - 2.1.1 Definition and concepts of normality and abnormality
 - 2.1.2 Clinical criteria of abnormality
 - 2.1.3 Continuity (dimensional) versus discontinuity (categorical) and prototype models of psychopathology; classification and taxonomies – reliability and utility
 - 2.1.4 Classificatory systems, currently in use and their advantages and limitations
 - 2.1.5 Approach to clinical interviewing and diagnosis
 - 2.1.6 Case history; mental status examination; organization and presentation of psychiatric information; diagnostic formulation
 - 2.2 Psychological theories
 - 2.2.1 Psychodynamic, behavioral, cognitive, humanistic, interpersonal, psychosocial and other prominent theories/models of principal clinical disorders and problems, viz. anxiety, obsessive-compulsive, somatoform, dissociative, adjustment, sexual, substance use, personality, suicide, childhood and adolescence, psychotic, mood disorders, and culture-specific disorders
 - 2.3 Concept of mental health and illness
 - 2.3.1 Nosology and taxonomy of mental illness
 - 2.3.2 Social identity and stratification
 - 2.3.3 Concept of cognition, emotion, personality, motivation and their disorders
3. **Statistics and Research Methodology**
- 3.1 Problems in measurement in behavioral sciences
 - 3.2 Concept of probability & Sampling
 - 3.3 Hypothesis testing
 - 3.4 Tests of significance: Parametric tests, Non-parametric tests
 - 3.5 Experimental design: Randomization, replication
 - 3.6 Epidemiological studies: Prevalence and incidence; Prospective and retrospective studies; sensitivity, specificity, predictive values; Risk Estimation
 - 3.7 Multivariate analysis: Multiple regressions, logistic regression,
 - 3.8 Sample size estimation; Qualitative analysis of data
4. **Biological Foundations of Behavior: Anatomy, Physiology and Biochemistry of CNS**
- 4.1 Anatomy of the brain, Cells of the nervous system (neurons, supporting cells, blood-brain barrier)
 - 4.2 Biochemical, metabolic and genetic aspect of major mental disorders, mental retardation and behavioural disorders
 - 4.3 Neurobiology of sensory-motor systems and internal environment

- 4.4 Role of limbic, autonomic and the neuroendocrine system in regulating the internal environment reticular formation and other important neural substrates regulating the state of sleep/wakefulness
- 4.5 Neurological aspects of drives, motivation, hunger, thirst, sex, emotions, learning and memory
- 4.6 Role of neurotransmitters and neuromodulators (acetylcholine, monoamines, amino acids, peptides, lipids) in various aspects of behaviour including learning and memory

Section (B) - 55 Marks

5. Psychiatric Disorders

- 5.1 Clinical features, etiology, types and management of:
 - 5.1.1 Disorders of consciousness, attention, motor behavior, orientation, experience of self, speech, thought, perception, emotion, and memory.
 - 5.1.2 Psychoses: Schizophrenia, affective disorders, delusional disorders and other forms of psychotic disorders
 - 5.1.3 Neurotic, stress-related and somatoform disorders:
 - 5.1.4 Disorders of personality and behavior: Specific personality disorders; mental & behavioral disorders due to psychoactive substance use; habit and impulse disorders; sexual disorders and dysfunctions
 - 5.1.5 Organic mental disorders: Dementia, delirium and other related conditions with neuralgic and systemic disorders
 - 5.1.6 Behavioral, emotional and developmental disorders of childhood and adolescence
 - 5.1.7 Mental retardation
 - 5.1.8 Neurobiology of mental disorders: Neurobiological theories of psychosis, mood disorders, suicide, anxiety disorders, substance use disorders and other emotional and behavioral syndromes
- 5.2 Therapeutic approaches:
 - 5.2.1 Drugs, ECT, psychosurgery, psychotherapy, and behavior therapy, preventive and rehabilitative strategies, sheltered workshop, daycare, and institutionalization
- 5.3 Consultation-liaison psychiatry: Psychiatric consultation in general hospital; primary care setting
- 5.4 Special populations/Specialties:
 - 5.4.1 Geriatric, terminally ill, HIV/AIDS, suicidal, abused, violent and non-cooperative patients; psychiatric services in community, and following disaster/calamity
- 5.5 Tests of cognitive functions
 - 5.5.1 Bender gestalt test; Wechsler memory scale; PGI memory scale; Wilcoxon cord sorting test, Bhatia's battery of performance tests of intelligence; Binet's test of intelligence (locally standardized); Raven's progressive matrices (all versions); Wechsler adult intelligence scale – Indian adaptation (WAPIS – Ramalingaswamy's), WAIS-R
- 5.6 Tests for diagnostic clarification
 - 5.6.1 Rorschach psychodiagnostics, Tests for thought disorders, Personality inventory
 - 5.6.2 Screening instruments such as GHQ, hospital anxiety/depression scale etc. to detect psychopathology

- 5.7 Tests for adjustment and personality assessment: Questionnaires and inventories; Projective tests
- 5.8 Rating scales
- 5.9 Psychological assessment of children
 - 5.9.1 Developmental psychopathology check list, CBCL
 - 5.9.2 Administration, scoring and interpretation of tests of intelligence scale for children, developmental screening test
 - 5.9.3 Tests of scholastic abilities, tests of attention, reading, writing, arithmetic, visuo-motor gestalt, and integration
 - 5.9.4 Projective tests & Clinical rating scales such as for autism, ADHD etc
- 5.10 Tests for people with disabilities
- 5.11 Neuropsychological assessment
6. **Neuropsychology**
 - 6.1 Relationship between structure and function of the brain
 - 6.2 Approaches and methodologies of clinical and cognitive neuropsychologists
 - 6.3 Frontal lobe syndrome; Temporal lobe syndrome; Parietal and occipital lobe syndromes
 - 6.4 Neuropsychological profile of cortical and subcortical dementia; major mental disorders and substance use disorders.
 - 6.5 Functional human brain mapping
 - 6.6 Principles, relevance, scope and indications for neuropsychological assessment and issues involved in neuropsychological assessment of children.
 - 6.7 Principles, objectives and methods of Neuropsychological rehabilitation
7. **Psychotherapy and Counseling**
 - 7.1 Ethical and legal issues involved in therapy work; rights and responsibilities in psychotherapy; issues related to consent (assent in case of minors)
 - 7.2 Therapeutic Relationship: Client and therapist characteristics; illness, technique and other factors influencing the relationship
 - 7.3 Interviewing techniques
 - 7.4 Affective psychotherapies
 - 7.5 Behavior therapies
 - 7.6 Cognitive therapies
 - 7.7 Systemic therapies ; Physiological therapies
 - 7.8 Counseling
 - 7.9 Therapy in special conditions; Therapy with children & adolescents
 - 7.10 Psychoeducation (therapeutic education) & Psychosocial rehabilitation
 - 7.11 Indian approaches to Psychotherapy: Yoga, Meditation, Mindfulness
8. **Behavioral Medicine**
 - 8.1 Psychological and behavioral influences on health and illness,
 - 8.2 Neuroendocrine, neurotransmitter and neuroimmune responses to stress, negative affectivity, behavioral patterns, and coping styles, psychophysiological models of disease, theoretical models of health behavior
 - 8.3 Cognitive, personality, behavioral, emotional disturbances in major CNS diseases like cerebrovascular (stroke, vascular dementia etc.), developmental (cerebral palsy), degenerative (Parkinson's etc.), trauma (traumatic brain and spinal cord injury), convulsive (epilepsy), and infectious (AIDS dementia)

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- 8.4 Psychosocial issues associated with cancer and other illnesses
- 8.5 Behavior and dysfunctions/disability related to pain, psychological interventions such as cognitive, behavioral, bio-feedback and hypnotic therapies.

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