

Mental Health Note Prepared By Dilip Kumar Yadav Sir**❖ Mental Health according to WHO (2001) Definition:-**

- A state of well-being in which an 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 community."
- The term psychiatry is coined by " John Christian Reil"
- History taking is first component in psychiatry
- **First Mental health services started from Bir Hospital Kathmandu**
 - OPD Services started from **1961 AD**
 - IPD Services → **1965 (5 bed)**
- Mental hospital → 1992 (legalized 50 bed)
- Mental Health policy → **2053 BS (1997 AD)**
- **Mental Health Day → 10 October**

Definition of Mental illness

- Mental illness is biological disorder of the brain that disrupts a person's thinking , feelings , mood and ability to relate others .
- Mental illness, also known as a mental health disorder, refers to a wide range of conditions that affect a person's thinking, feeling, behavior, or mood. These conditions can cause distress and difficulties in daily functioning,

CAUSES OF MENTAL ILLNESS

- **Biological** causes → Most common causes → (due to genetics)
- **Psychological** causes
- **Social** causes:-

INCIDENCE OF MENTAL HEALTH ILLNESS

- About 20-25 % of people have mental illness.
- Most common mental illness in Nepal:- Neurosis(4-8%)
- Most common Mental illness in world:- Depression
- Mental retardation:- 3-5%
- Alcohol dependence:- 3-4%
- Psychosis:- 1%

CLINICAL FEATURES OF MENTAL ILLNESS

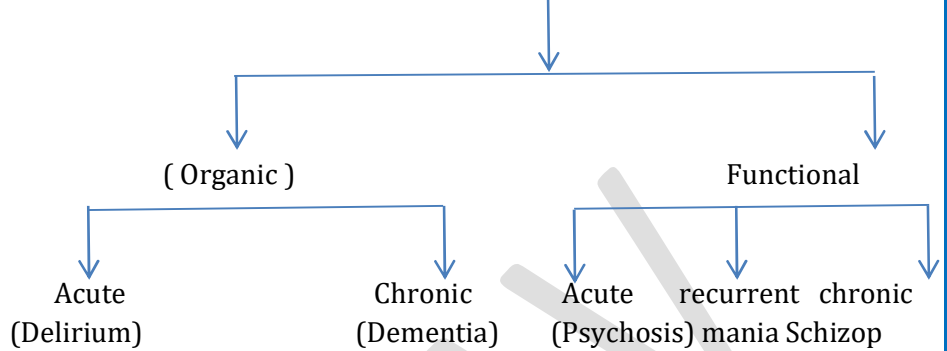
- Sleep problems
- Difficulty in thinking
- Problems in focusing
- Constant worry and sadness
- Extreme emotional – high and low
- Rapid mood fluctuation

CLASSIFICATION OF MENTAL ILLNESS

Minor (Neurosis)

- Depression
- Anxiety Disorder
- Hysteria
- OCD
- Personality disorder

Major (Psychosis)



CLASSIFICATION OF MENTAL ILLNESS ACCORDING TO ICD -10

ICD CODE		
F00-F09	Organic Disorder	1.Delirium 2.Dementia
F10-F19	Behavior disorder due to use of psychoactive substances	1.Acute intoxication 2.Drug dependence 3.Withdrawal syndrome
F31-F39	Mood (affective disorder)	- Mania - Deepresion - Bipolar disorder
F20-F29	Psychotic disorder	- Schizophrenia - Paranoid disorder (Delusion disorder)
F40-48	Neurotic stress related and somatoform disorder	- General anxiety disorder - Pannic disorder - Phobic disorder - Obsessive compulsive disorder - Conversion Disorder
F60-F69	Behavioral syndromes associated physiological disturbance	- Gender identity Disorder - Sexual disorder
F70-F79	Mental retardation	- Mild - Moderate - Servere Profond
F99	Unspecified Mental Disorder	

Difference Between Psychosis and Neurosis

Psychosis

- Severe mental disorder
- Loss of Insight
- Personality changes
- Affects – Speech , Thought and communication
- Marked Delusion , hallucination presents
- Difficult to treat
- Examples :- Schizophrenia , bipolar disorder
- Manic episodes

Neurosis

- Mild mental disorder
- No loss of contact with reality
- No changes in personality
- Does not affect the speech thought and communication
- Usually No delusion and hallucination
- Easy to treat
- Example : Deepresion anxiety disorder

Mood (affective disorder)

- Manic episode (mania)
- Unipolar deepresion
- Bipolar mood
- Recurrent depressive disorder

DEEPRESION

- Deepresion is common mental health disorder that present with depressed mood, loss of interest or pleasure, feeling of guilt or low self-worth, disturbed sleep or appetite low energy and poor concentration. → ac to WHO
- Minor mental illness.
- Persstant sadness more than 2 weeks → deepresion
- **Most common causes of suicide.**
- Female are more common affected (2:1) female and male ratio
- Incidence → 4-6%
- Prevalance → 5-10% (12%)
- Age 20-45 years
- Level of Dopamine is decreased in Deepresion.

Most common Age group – adult Female

Clinial features

- Minor symptoms and sign
- Sadness of mood
- Hopelessness
- Helplessness
- Worthlessness
- Negative Thoughts
- Early Morning insomnia
- Loss of libido
- Feeling alone
- Suicidal tendency
- Energy loss
- Appetite loss

CAUSES

- Ideopathic
- Genetic factor or hereditary
- Stress event
- Environmnetal factor
- Socio cultural factor
- Medicine – OCP, Methyldopa
- Post natal depression

Treatments

- 1) Counselling -----for 2 weeks
- 2) Choice of drug for deepresion -----Fluoxetene(P1)
- 3) Choice of drug for deepresion -----Amitryptilline (P2)
- 4) Choice of drug for Child -----Imipramine (Tricyclic antideeprasant)
- 5) Choice of drug for Old -----Fluoxetene(SSRI-Selective serotonin re uptake inhibitor)
- 6) Observe for suicidal tendency

- 6000 people suicide in Nepal in every Year
- 17 people suicide in every day in Nepal

- Beauty Hormone----- -Progesterone
- Love Hormone ----- -oxytocin
- Happy Hormone -----Dopamine

ANXIETY DISOEDER

- Anxiety is the normal human feeling of fear that we all experience when faced with threatening or difficult situation.
- A feeling of worry nervousness.

CAUSES:-

-
- **Idiopathic:-** most common
- More common in female
- General measures

More common in hyperthyroidism

Anxiety / Neurosis

Definition

Anxiety is a normal human feeling of fear experienced when faced with threatening or difficult situations.

It is characterized by worry, nervousness, or unease.

CAUSES

1. Idiopathic – Most common cause
2. More common in females
3. Associated with general stressors
4. More common in hyperthyroidism

Features of Anxiety

- Palpitation (main symptom)
- Sweating
- Tremors
- Restlessness
- Loss of appetite
- Hyperventilation
- Cold, clammy skin
- Lack of concentration
- Feeling anxious and worried
- Fluctuating blood glucose levels
- Dyspnea (shortness of breath)

Treatment

- **Treat underlying physical causes (e.g., thyroid problems)**
- 2. Antidepressants
Examples: **Amitriptyline, SSRIs, Diazepam** (choice of drug)
- 3. **Propranolol** – For palpitations

4. Behavioral therapy, Yoga, Meditation – Most effective

Difference Between Depression and Anxiety Neurosis

	DEEPRESION	ANXIETY
Palpitation	Absent	Present
Restlessness	Absent	Present
Mood	Depressed mood	Anxious or worried
Appetite	Decreased	Increased
Lack	Interesest	Concentration
Sweating	Absent	Present

Hysteria (Conversion Disorder)

- Also called conversion disorder or psychodrama.
- Usually has sudden onset triggered by psychological stress.
- Stress ----converse-----into physical symptoms
- Also called pseudo seizure

Causes:

1. Idiopathic – most common
2. More common in females – most common
3. Stress
4. Mob psychology (mass effect)
5. Common in age group 10–35 years

Clinical Features:

- Disturbance in speech or sound
- Inability to move a limb (motor symptoms)
- Sensory loss with normal sense organs
- Bell's Sign positive
- Hand roping sign positive
- Gag reflex positive
- Whispering sign positive

Treatment:-

- Physical support
- Behavior self help
- Support support
- Emotional support
- Mild sedative
- Severe – Refer to higher center
- Best treatment :- Counseling
- Choice of drug:- Diazepam

MENTAL RETARDATION

- People have below average intelligence
- Also called “intellectual disability”



Classification of MENTAL RETARDATION

- Mental retardation IQ < 70
- 90-109 – average
- <70-Mental retardation
- 50-69-mild MR
- 35-49-moderate MR
- 20-34 – Severe MR

EPILEPSY

- Epilepsy is chronic disorder characterized by paroxysmal brain dysfunction due to Excessive neuronal discharge and usually associated with some alternation of consciousness.
- Seizure:-uncontrolled excessive electrical discharge in brain
- A seizure is more than 5 minute persist then that is called → status epilepticus

Causes:-

- Unknown causes
- Birth trauma to head
- Brain infection :- meningitis , encephalitis
- Brain tumors
- Cerebral strokes
- Neurocysticercosis in pork tape worm
- Alcohol
- Genetics

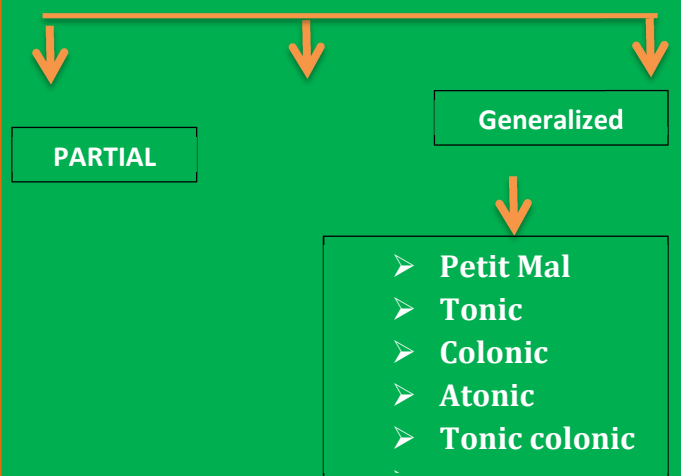
Types of Seizures

1. Partial seizure

- a) Simple partial :- without loss of consciousness
- b) complex :- with loss of consciousness

Ambition Health Loksewa Center Mental

Types of Seizure



2. Generalized seizures

a) Absence seizure:- petit mal seizure

→ causes blank stare (एक छिन केही थाहा न हुनु) → The person may not realize seizure

→ sudden loss of awareness for 5-15 second

b) Tonic seizure:- causes muscle stiffness

c) Atonic seizure:- No control of muscles , patient may fall down

d) clonic seizure:- characterized jerky muscles movements fast , non –purposive , involuntary movements

e) Myoclonic seizures :- spontaneous quick twitching of arms and legs

f) Tonic –clonic seizures :- also called Grand mal seizures

→ stiffening of the body

→ shacking

→ loss of bladder or bowel control

→ biting of Tongue

→ loss of consciousness

Management

- First aid and emergency management
- Check airway , breathing and circulation
- Assessment of vital sign
- Record the duration of of seizures if possible
- Keep the patient in safe place prevent from fall and injury .
- Keep the patient in left lateral position
- Remove or loose the tight clothes like the T shirt buttons
- If available open IV line – and give IV fluid slow , if can swallow diazepam 10 mg , if not possible to swallow then IV diazepam
- Refer to Hospital
- Anti-epileptic drugs
- Carbamazepine
- Phenobarbital
- Phenytoin
- Sodium valproate

Terms and some points

- **Akinesia**- absence of lack of voluntary movements
- **Alzheimer's disease** – a progressive
- **Cognitive Behavior Therapy (CBT):**

- A psychological treatment which includes thinking and behavior components.

Delirium:

- Acute disturbance in mind, disorientation, acute onset, reversible.

Dementia:

- Slow progressive and permanent death of brain cells associated with memory loss.

Illusion:

- False interpretation, misperception of real external stimulus, e.g., rope is misinterpreted as snake in dark.

Paranoia:

- False belief that people are trying to harm you. (Unreasonable feeling that people are trying to harm you.)

Tremors:

- Involuntary, shaking movements of one or more body parts, especially hands.

Coma:

- Prolonged unconsciousness, no response with stimulus such as light, sound.

Phobia:

- Fear of an object or situation.
- **Agoraphobia:** Fear of open place
- **Claustrophobia:** Fear of closed space
- **Acrophobia:** Fear of height

Obsessive-Compulsive Disorder (OCD):

- A mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions) and behavior that drive them to do (compulsion).

Most Common Hallucinations:

- Auditory: Most common hallucination in organic disorders (delirium)
- Visual: Tactile hallucination are most common in cocaine poisoning
- All kinds of hallucinations: Present in temporal lobe epilepsy
- Commonly Abused Substances in World:
- Cannabis (Marijuana) – गांजा
- Tobacco – (2nd most abused substance in Nepal)

Subjective Question

1. Define **Depression**; Write the causes and clinical features and Management of **Depression**. [5]
2. Differentiate between **psychosis** and **Neurosis** [5]
3. Explain the causes types and management of **Epileptic seizure** [5]
4. Write the cause, Clinical features and management of **Psychosis** [5]
5. Write note on Mental retardation , classification and causes of **Mental retardation**[5]
6. How Conversion disorder is differ from **Epilepsy** , differentiate any 5 points [5]
7. What is **anti-depressant drug** ,Write down the classes of **anti-depressant drugs** [10]

Multiple Choice Question ----- Mental Health -----Ambition Health Loksewa ----- Dilip Sir

1. Which condition is classified as a major mental illness?

- A. Anxiety neurosis
- B. Psychotic disorder
- C. Organic brain disorder
- D. Seizure disorder

2. Disorganized behavior, hallucinations, and delusions are typically observed in:

- A. Clinical depression
- B. Bipolar disorder
- C. Anxiety neurosis
- D. Schizophrenia

3. In Nepal, the most frequently encountered mental health issue is:

- A. Delusional disorder
- B. Neurosis
- C. Cognitive decline
- D. Anxiety-related conditions

4. Mania is characterized primarily by changes in:

- A. Logical thinking
- B. Personal beliefs
- C. Awareness
- D. Emotional state

5. Experiencing something that is not present in reality is known as a:

- A. Hallucination
- B. Misbelief
- C. Illusion
- D. Confusion state

6. Which among the following is not commonly prescribed as an anti-epileptic medication?

- A. Sodium valproate
- B. Carbamazepine
- C. Haloperidol
- D. Phenytoin

7. Biting of the tongue during a seizure is most often seen in:

- A. Absence seizures
- B. Tonic seizures
- C. Clonic seizures
- D. Generalized tonic-clonic seizures

8. Intellectual disability is typically defined when IQ is lower than:

- A. 50
- B. 70
- C. 90
- D. 100

9. Rapid shifting from one idea to another, also known as "flight of ideas," is commonly seen in:

- A. Manic episodes
- B. Depressive states
- C. Psychotic disorders
- D. Anxiety states

10. Dementia is most often associated with:

- A. Delirium and dementia
- B. Neurosis and psychosis
- C. Mania and depression
- D. Epilepsy and stroke

11. In which mental illness is the individual typically disconnected from reality?

- A. Clinical depression
- B. Delirium
- C. Dementia
- D. Schizophrenia

12. Holding onto a belief that is clearly false and not accepted by others in the same culture is referred to as a:

- A. Hallucination
- B. Illusion
- C. Delusion
- D. Confusion

13. A person sees a rope and believes it to be a snake. This is an example of:

- A. Delusion
- B. Hallucination
- C. Illusion
- D. Misperception

14. Which type of hallucination is most frequently encountered in mental health cases?

- A. Visual
- B. Auditory
- C. Tactile
- D. Olfactory

15. Experiencing hallucinations primarily affects:

- A. Mental processes
- B. Emotions
- C. Senses
- D. Cognition

16. If a person sees an animal in a wallpaper design, it is an example of:

- A. Delusional thinking
- B. Illusory perception
- C. Hallucination
- D. Confusion

17. Illusions are best defined as:

- A. Sensory experiences without input
- B. False interpretation of actual stimuli
- C. Accurate perception
- D. Hallucination equivalents

18. A person reports ants crawling on his body despite no ants being present. This indicates:

- A. Illusion
- B. Delusional thinking
- C. Hallucination
- D. Tactile misperception

19. A psychiatric patient refuses food believing it's poisoned. This behavior suggests:

- A. Delusion
- B. Hallucination
- C. Illusion
- D. Combination of all

20. Delusions are mainly related to disturbances in:

- A. Sensory experience
- B. Personal beliefs
- C. Awareness
- D. Emotions

21. Electroconvulsive therapy (ECT) is primarily utilized in treating:

- A. Echolalia
- B. Brain stimulation
- C. Cardiotherapy
- D. Major psychiatric illnesses

22. A well-known chronic complication of prolonged alcohol abuse is:

- A. Korsakoff's psychosis
- B. Tremors of withdrawal

- C. Depressive states
- D. Hallucinations

23. The first-line medication for managing alcohol withdrawal is:

- A. Haloperidol
- B. Diazepam
- C. Amitriptyline
- D. Lithium

24. Which mental condition most often involves thoughts of self-harm?

- A. Psychotic states
- B. Clinical depression
- C. Manic phases
- D. Anxiety disorders

25. The most prevalent psychiatric condition is:

- A. Schizophrenia
- B. Mania
- C. Depression
- D. Bipolar disorder

26. Which of the following is not part of psychotic disorders?

- A. Manic episodes
- B. Depressive states
- C. Schizophrenia
- D. Bipolar disorder

27. SSRIs (Selective Serotonin Reuptake Inhibitors) are commonly prescribed for:

- A. Schizophrenia
- B. Depression
- C. Mania
- D. Cognitive delays

28. The preferred treatment for manic episodes is:

- A. Lithium
- B. Amitriptyline
- C. Diazepam
- D. Haloperidol

29. One of the following is not classified as an antipsychotic drug:

- A. Haloperidol
- B. Risperidone
- C. Lithium
- D. Chlorpromazine

30. An individual with an IQ of 26 is categorized under:

- A. Mild intellectual disability
- B. Moderate intellectual disability
- C. Severe intellectual disability

D. Profound intellectual disability

31. Mental retardation typically manifests before what age?

- a) 10 years
- b) 15 years
- c) 18 years
- d) 25 years

32. Severe mental retardation is often associated with an IQ range of:

- a) 20-35
- b) 35-50
- c) 50-70
- d) 70-90

33. Hopelessness, worthlessness, and suicidal thoughts are characteristic of:

- a) Mania
- b) Depression
- c) Phobic anxiety
- d) Schizophrenia

34. Which of the following encompasses the clinical features of depression, excluding one option?

- a) Reduced energy and interest
- b) Loss of appetite & weight changes
- c) Feelings of intense happiness
- d) Thoughts of self-harm

35. How long must a depressed mood persist to be classified as depression?

- a) 1 week
- b) 2 weeks
- c) 3 weeks
- d) 4 weeks

36. The primary feeling or state in mania is often described as:

- a) Mania
- b) Phobia
- c) Obsession
- d) Delirium

37. Dementia is fundamentally a disorder affecting:

- a) Perception
- b) Thought
- c) Memory
- d) Personality

38. What is a prevalent cause of dementia?

- a) Parkinson's disease
- b) Alzheimer's disease
- c) Depression
- d) COPD

39. Dementia is characterized by all of the following EXCEPT:

- a) Sudden onset
- b) Loss of memory
- c) Irreversible nature
- d) Progressive course

40. A person who frequently washes their hands due to a fear of germs, despite being told their hands are clean, likely has:

- a) Generalized anxiety disorder (GAD)
- b) Obsessive Compulsive Disorder (OCD)
- c) Post Traumatic Stress Disorder (PTSD)
- d) None of the above

41. Which mental health condition is more likely to develop in a teenage girl after experiencing sexual assault?

- a) Generalized anxiety disorder (GAD)
- b) Obsessive Compulsive Disorder (OCD)
- c) Post Traumatic Stress Disorder (PTSD)
- d) Bipolar mood disorder

42. Amitriptyline belongs to which class of medications?

- a) Antipsychotic
- b) Antidepressant
- c) Mood stabilizer
- d) Anticonvulsant

43. What is a common drug of choice for managing status epilepticus?

- a) Lithium
- b) Diazepam
- c) Phenobarbitone
- d) Haloperidol

44. The first psychiatric OPD in Nepal was established at which hospital?

- a) TU Teaching Hospital
- b) Patan Hospital
- c) Bir Hospital
- d) Army Hospital

45. Fear of enclosed spaces is clinically known as:

- a) Agoraphobia
- b) Acrophobia
- c) Xenophobia
- d) Claustrophobia

46. Which of the following is generally considered the most common symptom of neurosis?

- a) Stupor
- b) Fear
- c) Anxiety
- d) Delusion

47. The most prevalent type of phobia is:

- a) Agoraphobia

- b) Claustrophobia
- c) Acrophobia
- d) Venereophobia

48. Which major organ is often adversely affected by chronic alcohol use?

- a) Liver
- b) Kidney
- c) Heart
- d) Lungs

49. Caffeine primarily acts as a stimulant on the:

- a) Tea
- b) Cold drinks
- c) coffee
- d) All of the above

50. Delirium tremens is typically seen in:

- a) Morphine poisoning
- b) Alcohol overdose
- c) Alcohol withdrawal
- d) Atropine poisoning

51. What is a frequent symptom observed during alcohol withdrawal?

- a) Bradycardia
- b) Tremors
- c) Diarrhea
- d) Sweating

52. Which medication is often a first-line treatment for delirium tremens?

- a) Lorazepam
- b) Haloperidol
- c) Lithium
- d) Chlordiazepoxide

53. In the event that a person experiences a first-time epileptic seizure, what immediate action should you prioritize?

- a) Attempt to stop their movements.
- b) Keep the patient in a lateral (recovery) position.
- c) Give them diazepam orally.
- d) Leave the victim alone to recover.

53) National Mental Health Policy was first endorsed in

- a) 2048-10-28
- b) 2053-10-28
- c) 2056-10-28
- d) 2062-10-28

1	2	3	4	5	6	7	8	9
B	B	B	D	A	C	D	B	A
10	11	12	13	14	15	16	17	18
A	C	A	B	B	C	B	B	D
19	20	21	22	23	24	25	26	27
B	B	C	A	B	B	B	B	B
28	29	30	31	32	33	34	35	36
A	C	C	C	A	B	C	B	B
37	38	39	40	41	42	43	44	45
C	B	A	B	C	B	A	C	D
46	47	48	49	50	51	52	53	
C	A	A	D	C	B	B	B	

♥♥♥♥♥BEST OF LUCK♥♥♥♥♥

TOP 20 GOLDEN POINTS BY AMBITION HEALTH LOKSEWA - TOPIC MENTAL HEALTH

1. World Mental Health Day – 10 October
2. Commonest Mental Health Disorder in adult :- Depression
3. Commonest mental Health Disorder in adolescent :- Anxiety Disorder
4. First OPD Mental Health services started in Nepal – 1962 – Bir Hospital
5. 3 Major causes of Mental Health illness – Biological , psychological, social
6. Severe form of Mental disorder is Psychosis
7. Minor form of Mental disorder is Neurosis
8. Depression is mood disorder – The symptoms persists atleast 2 weeks or more
9. Suicidal is more common in Depression.
10. Flight of idea is present in Mania
11. Choice of Drug of Depression is – Fluoxetine (P1) and Amitriptyline (P2)
12. Amitriptyline is TCA group anti -depressant medicine.
13. Delusion , Hallucination ,and illusion is present in Psychosis
14. False belief that is firmly held despite contradictory evidence or biological reasoning –Delusion. It is disorder of Thoughts , fixed and false belief
15. Hallucination – A sensory perception that occurs in the absence of real external stimulus – it is disturbance of perception
16. Illusion :-
17. Illusion :- a misinterpretation of real external stimulus
18. Mental retardation IQ level is below 70
19. Most common symptoms of alcohol withdrawal is – Tremor
20. Drug of choice mania – Lithium ,