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ABSTRACTS



Metabolic derangements with olanzapine and risperidone in schizophrenia spectrum and other psychotic disorders: A prospective 24-week study

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BACKGROUND

Metabolic derangements are common with antipsychotic medications leading to increased morbidity and mortality due to diabetes mellitus, stroke, and cardiovascular events in schizophrenia spectrum and other psychotic disorders as these require long term treatment.

AIMS AND OBJECTIVES

We aimed to study the metabolic derangements with olanzapine and risperidone. The prevalence of metabolic syndrome and its predictors were evaluated.

METHODS

A 24-week follow-up study was done at S.N. Medical College, Agra. Patients aged 18-65 years who were antipsychotic free for the prior 3 months and met DSM-5 criterion for schizophrenia spectrum and other psychotic disorders were enrolled after written informed consent. I.D.F. criteria was used to define metabolic syndrome. Anthropometric measurements and biochemical investigations were done at baseline and 24 weeks. A total of 65 patients were included in the study, and 45 completed the study. Out of these, 30 received olanzapine, and 15 received risperidone.

RESULTS

Statistically significant changes occurred in weight, B.M.I., T.G.s, HDL, systolic, and diastolic blood pressure with both drugs. Waist circumference and fasting plasma glucose were significantly increased only with olanzapine. Comparison between groups revealed significantly greater increase in HDL with olanzapine than risperidone. 9(20%) patients, 7(23.33%) from olanzapine group and 2(13.33%) from risperidone group developed metabolic

syndrome, the difference between them being insignificant. Baseline T.G.s predicted emergent metabolic syndrome.

CONCLUSION

Both olanzapine and risperidone cause metabolic derangements and clinicians should bear this in mind while prescribing.

Correlation of biochemical derange-ments with severity of alcohol use disorder

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BACKGROUND

Biochemical derangements are seen commonly in patients of alcohol use. Identification of alcohol use and its impact is an important social and clinical objective for which various biochemical parameters have been utilized -serum enzymes, hematological parameter, and serum protein being predominant.

AIMS AND OBJECTIVES

The aim of our study was to study the biochemical derangements occurring in patients with alcohol use disorder and find out its correlation with the severity of alcohol use disorder.

METHODS

This study was undertaken at S N Medical College, Agra. The patients between the age of 18-60 years who fulfilled the diagnostic criterion for alcohol use disorders according to DSM-5 and without any chronic illness were enrolled in the study after taking written informed consent. The biological parameters were assessed at baseline, and the severity of alcohol dependence was assessed using the SADQ scale.

RESULTS

Statistically significant differences were found between

the values of hemoglobin, mean corpuscular volume, aspartate aminotransferase (SGOT), alanine aminotransferase (SGPT), gamma glutamyl transferase, total protein and globulin with the severity of alcohol dependence (SADQ score), but not for albumin.

CONCLUSION

We concluded that there is a significant correlation between various biochemical parameters and severity of alcohol dependence (SADQ score).

A comparative study of stress and depressive symptoms among undergraduate medical students of different professionals

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BACKGROUND

Medical students are exposed to tremendous pressure, leading to stress, depression, and other psychiatric disorder at increasingly higher rates. The stress and depression can affect their learning and leads to poor quality of life. The students of different professional may have differing reasons for being under stress and in depression. Assessing stress and depression in students of different professionals may provide better insights and help policymakers plan appropriate interventions.

AIMS AND OBJECTIVE

This study was conducted to measure and compare the prevalence and severity of stress, various aspects of life affected by stress, and depressive symptoms among medical students of various professional years.

METHODS

A cross-sectional study was conducted from February 2018 to January 2019 on 150 undergraduate medical students (50 each from 1st, 2nd, and 3rd professional Years) of a medical institute in Northern part of India. Mini International Neuropsychiatric Interview (MINI

version 5) to screen for depression, Student's Stress Dimension Questionnaire (SSDQ) to assess for stress prevalence and severity and to find the various aspects of life affected by stress and Hamilton depression rating scale (HAM-D) was used to measure the severity of depressive symptoms. Chi-square test and one-way analysis of variance (ANOVA) were used to make the group comparisons.

Results: Overall severe stress and depressive symptoms were present in 66.7% and 52% of the participants respectively. The three groups also differed significantly in the total score of SSDQ ($H=13.664$, $p<0.000$) HAM-D ($H=11.352$, $p<0.000$), with first professional students having higher scores than second and third professional students. Domain wise comparison also showed a higher prevalence and severity of impaired domains in first professional students.

Conclusions: Special care must be taken with students admitted to medical schools. Interventions addressing stress and depression should be initiated from the first professional students itself.

Demographic and clinical profiles of patients attending teleconsultation O.P.D. at BRD medical college, Gorakhpur

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BACKGROUND

The emergence of the COVID 19 pandemic affected each and every service sector in our country, including the health care delivery sector.

AIMS AND OBJECTIVES

The present study aims to analyze the demographic and clinical profiles of patients attending our teleconsultation O.P.D. over a period of 3 months.

METHODOLOGY

The study was carried out at the psychiatry O.P.D. of Nehru Hospital at BRD Medical College, Gorakhpur,

UP. All the cases that were registered for the teleconsultation for a period of 3 months (from 01 August 2020 to 31 October 2020) were included in the present study. A total of 404 patients were registered during the period. One hundred and ten patients were either not reachable over phone or referred to other departments for symptoms unrelated to Psychiatry. Thus, a total of 294 patients were included in the present study.

RESULT

Out of 294 patients, 182 patients were male and the rest 112 were female patients. The majority (258) were adults (18 to 60 years), 24 of them were in child and adolescent age group, and rest 12 patients were more than 60 years old. Diagnostic distribution was as follows: 45 patients were of anxiety disorders, 26 patients were Bipolar Affective disorders, and 69 were depressed patients. Sixty-three headache patients were there, and 47 cases were of psychotic patients.

CONCLUSION

The common patients attending teleconsultation services during COVID-19 were adults, males, with mood or anxiety disorders.

Impact of COVID 19 on psychopathology: A case series study

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BACKGROUND

COVID19 pandemic is associated with an increase in the number of patients with S.M.I. (severe mental illness) severe mental illness. Previously diagnosed patients with S.M.I. have shown vivid presentation to psychiatric services with symptomatology incorporating coronavirus and COVID related beliefs into the psychopathology.

AIMS AND OBJECTIVES

To understand and document the impact of the pandemic on the psychopathology of mentally ill individuals.

Methods

A cross-sectional compilation of cases since the opening of the O.P.D. services of I.M.S., B.H.U. in August 2020 after the nation wide lockdown till 25 Nov'2020.

RESULTS

10 cases (5 cases with psychotic symptoms and 4 cases with obsessive compulsive /anxiety related symptoms and 1 case of dissociative trans disorder due to coronavirus) ,6 new cases (3 psychotic spectrum ,2 obsessive compulsive spectrum and 1 dissociative possession disorder) and 4 were already diagnosed cases (3 psychotic spectrum and 1 obsessive compulsive spectrum) and 1 case had delusional parasitosis. All the patients had shown COVID related themes in their psychopathology.

CONCLUSION

We may now be witnessing an increasing number of COVID-related psychopathology in severe mental illnesses in people due to the pandemic. These presentations highlight the impact of socio-cultural factors on the psychopathology of mentally ill individuals.

Adverse childhood experiences and substance abuse in young adults: A correlational study

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BACKGROUND

Individuals who have Adverse Childhood Experiences (A.C.E.s) tend to have more physical and mental health problems as compared to adults who do not have A.C.E.s. Individuals who have A.C.E.s can be more susceptible to disease development through both differences in physiological development and adoption and persistence of health-damaging behaviors.

AIMS AND OBJECTIVES

1. To assess the amount and extent of adverse childhood experiences in the study population.

2. To find pattern extent of substance use in young adults.
3. To assess the correlation between the adverse childhood experiences and the amount of substance use in the study population.

METHOD

This was a Case-control Cross-sectional comparative analysis depending upon inclusion and exclusion criteria. Each group consisted of 60 participants and were assessed on Dysfunctional Analysis Questionnaire (D.A.Q.), General Health Questionnaire (GHQ-12), A.C.E. International Questionnaire (ACE-IQ)

RESULTS

In case group, prevalence of Tobacco was 85%, alcohol 86.7%, Cannabis 20%, opioid 18.3%, and sedatives 11.7%. Mean GHQ-12 score in Case 9.05 and in Control 0.600, Mean D.A.Q. in Case 150.6 and Control 55.8% and Mean ACE-IQ in case 3.53 and in control 0.850.

CONCLUSION

The present study shows that the number of adverse childhood experiences is highly associated with the development of health-risk behaviors, which, as well as other factors, can influence behavioral and health outcomes in adulthood.

A study report on the effect of COVID -19 pandemic on the outpatient attendance at the department of psychiatry in a level three COVID-19 hospital

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INTRODUCTION

During the COVID-19 pandemic BRD Medical College was declared to function as a level three COVID-19 treatment center. This decision has led to the complete

closure of all O.P.D. services at the Nehru Hospital, BRD Medical College, Gorakhpur.

AIM

The present study aims to analyze the effect of the COVID-19 pandemic at our psychiatry O.P.D. from April to October, 2020.

METHODOLOGY

The study was carried out at the psychiatry O.P.D. of Nehru Hospital, BRD Medical College. All the cases that were reported through emergency O.P.D. from April 2020 till October 2020 were included in the study. Teleconsultation O.P.D. started on 28 April 2020. All the cases of teleconsultation O.P.D. were also included in this study. Thus, the final data analyzed is the combination of emergency O.P.D. and teleconsultation O.P.D. Data available from these 7 months (April to October 2020) has been compared with the psychiatry O.P.D. attendance of the same period of the previous year (April to October 2019). Data thus received is subjected to simple statistics like frequencies and percentages.

RESULTS

From April to October this year, we have a total of 1249 patients registered either through emergency or teleconsultation O.P.D. During the same period last year, 22859 patients attended our psychiatry O.P.D. Thus, there was almost a 94.5 percent fall in O.P.D. attendance in comparison to the previous year. The drop was maximum in month of April (more than 99% drop). Attendance gradually improved over the last 6 months but still drop was approximately 90% in the month of October in 2020 compared to the previous year.

CONCLUSION

COVID-19 pandemic resulted in a significant decline in out-patients consultation for mental health services in tertiary care centers.

How COVID 19 pandemic has affected admission rate of patients in psychiatry ward of BRD medical college, 7 month study

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BACKGROUND

COVID-19 was declared a pandemic by WHO on 30 January 2020 and has disrupted the routine hospital services globally. With the increasing number of cases Government of India had imposed a complete lockdown on 25 March 2020, which was subsequently lifted gradually over time. Inpatient attendance in our psychiatry ward at the B.R.D. Medical College has also been affected significantly.

AIMS AND OBJECTIVES

The present study aims to analyze the effect of the COVID-19 pandemic at our psychiatry I.P.D.

METHODOLOGY

The study was carried out at the psychiatry ward of our Nehru Hospital, BRD Medical College. Study included all the cases admitted from the month of April to October 2020 in our psychiatry ward, either through the emergency, teleconsultation services, or those referred from other departments. Admission data of these 7 months period (April-October 2020) has been compared with the psychiatry I.P.D. attendance of the same period of the previous year (April-October 2019). Data thus received is subjected to simple statistics like frequencies and percentages.

RESULTS

During the study period this year, a total of 53 patients were admitted this year. During the comparable period 2019, a total of 216 patients were admitted. Thus, there is a drop of at least 75.46% in admission rate compared to the previous year. In comparison to the previous year the percentage of females admitted was more than that of males.

CONCLUSION

COVID-19 pandemic resulted in a significant decline in inpatients (hospitalizations) for mental health care in tertiary care centers.

Socio-demographic profile of patients with Pulmonary Tuberculosis associated with psychiatric co-morbidities

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BACKGROUND

Tuberculosis (T.B.) is an infectious disease caused by Mycobacterium Tuberculosis and is one of the leading cause of mortality worldwide. Presence of various psychiatric co-morbidities can impact treatment of tuberculosis, and identifying and treating them can increase cure rates of tuberculosis.

AIM AND OBJECTIVES

The aim of the study is to assess the psychiatric co-morbidities and their relationship with socio-demographic variables in patients of pulmonary tuberculosis.

METHODS

A total of 120 patients diagnosed with pulmonary tuberculosis from the department of respiratory medicine were assessed for the presence of psychiatric co-morbidity using Mini International Neuropsychiatry Inventory (MINI).

RESULT

Overall psychiatric co-morbidities were found in 54 (45%) patients out of 120. The frequency of co-occurrence of different types of psychiatric disorders was as following: depression 22.5%, social phobia 9.2%, panic disorder 7.5%, obsessive compulsive disorder 5.8%, generalized anxiety disorder 4.2%, alcohol dependence 2.5%, suicidality 1.7%. Among socio-demographic parameters,

marital status and educational level were associated with psychiatric co-morbidities in pulmonary tuberculosis patients. Psychiatric co-morbidities were found to be more in singles and patients with lower educational level.

CONCLUSION

Psychiatric co-morbidities were found to be a common problem with pulmonary tuberculosis. The results of this study are in line with many different research works both in India and abroad. A proper address of this issue is important for the management, better outcome, and policymaking in patients with pulmonary tuberculosis.

A Study of Psychological stress and burden on caregivers of schizophrenic patients

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INTRODUCTION

Schizophrenia is a chronic severe mental illness which not only affects patients but also causes significant burden and stress to the caregivers. India definite lacks studies, exploring caregiver burden and psychological stress.

OBJECTIVES

To assess psychological stress and the burden on caregivers of schizophrenic patients.

MATERIALS AND METHODS

The study sample included 52 patients with a diagnosis of schizophrenia and their caregivers, randomly selected from the patients coming to the O.P.D. of two tertiary care centers in Bareilly, as per inclusion and exclusion criteria. Burden Assessment Schedule and General health questionnaire-12 were used for the study.

RESULTS

Our study also shows that 42.31% of caregivers experienced severe burden. Caregivers of patients with

low levels of education reported greater burden. Parents and spouses reported a moderately higher level of burden, but siblings reported the highest level of burden. Parents had greater psychological stress as compared to spouses and siblings. Caregivers with higher psychological stress found to have a heavier caregiving burden.

CONCLUSION

Caregivers of schizophrenic patients suffered from a significant burden. It thus becomes important to plan interventions that would reduce their burden of care and thus improving their psychological well-being.

Online gaming amid COVID-19 Lockdown in India

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BACKGROUND

Nationwide lockdown imposed in India in response to Coronavirus Pandemic has caused 1.3 billion people to stay at home. With the excessive time spent at home it is natural for people to use the internet for different purposes. Apart from using the internet for entertainment, online gaming has become one of the popular leisure activities irrespective of age, gender, and culture.

AIMS & OBJECTIVES

This study attempted to assess the use and motivation of online gaming amongst adult population in India amid the COVID-19 pandemic lockdown.

METHOD

An online survey was conducted using a structured questionnaire using non-probability snowball sampling. Two hundred seventeen participants took part in the survey.

RESULT

A total of 70.5% of people reported an increase in time spent playing online games during the lockdown. Out

of these, 16.9% reported playing it provided them a platform to connect and interact with others, 17.6% reported increased competence, 5.2% reported playing online due to perceived behavioural control, 18.9% reported playing as it alters anxiety and negative emotions, 13.7% played due to social acceptance, 13.7% played to reduce boredom and 20.9% reported playing due to novelty seeking and fun. Moreover, in this study 64.1% of people were identified as normal gamers, 17% as engaged gamers, 11.7% as problematic gamers, and 7.2% as addicted gamers. Their purpose of gaming varied amongst different users. Normal gamers reported highest on novelty seeking, engaged gamers on the platform to connect and interact with others, problematic gamers, and addicted gamers on altered anxiety and negative emotions.

CONCLUSION

It is concluded that the purpose of playing online during lockdown is dependent on various factors like interaction and connectedness with other players, increasing competence, autonomy and perceived behavioural control, alters anxiety and other negative emotions, novelty seeking and too much idle time.

Assessment of Drug Dependence in the Geriatric Age Group in Eastern UP.

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BACKGROUND

There are several bio-psychological & social factors contributing to substance abuse. These factors could differ in different socio-demographic status. This study provides important information regarding different Psychosocial factors in Geriatric people contributing to substance abuse, which would help in planning better psychosocial intervention fitting to Geriatric population.

AIMS AND OBJECTIVES

This research aimed to study the demographic and clinical profile of elderly subjects (60 years) presenting to a

drug addiction center in IMS BHU Varanasi.

METHODS

All patients with SUD and without any comorbid physical or mental illness were included in the study. Patients aged more than 60 years and were applied DAST, S.D.S., C.P.S., S.D.S. & AUDIT and applying using SPSS software.

RESULTS

Prevalence of tobacco 97.5%, alcohol 22.5%, cannabis 5% and benzodiazepine 7.5%. The majority of the elderly were below 75 years of age (95%), married (77.5%), Hindu (87.5%), and from rural background (80%). All the patients were male, and the majority have a positive family history of substance abuse (82.5%).

CONCLUSION

The present study has tried to delineate various psychosocial factors which are important in term of substance abuse. Thus, it can help in an optimal psychosocial intervention which is patient-centric.

Role of rTMS in management of Obsessive-Compulsive symptoms in patients of Schizophrenia

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BACKGROUND

Prevalence of Obsessive-Compulsive Symptoms in Schizophrenia is around 30% and up to 12-14% patients meet the diagnostic criteria of Obsessive-Compulsive Disorder (OCD). The presence of OCD in schizophrenia is associated with a poor prognosis of the illness. Sometimes, Obsessive-Compulsive Symptoms can be antipsychotic induced for which dose reduction of antipsychotic agent to minimum effective level or switching to different antipsychotic can be done. However, if it persists, it can be treated with anti-obsessional drugs,

psychotherapy, or newer treatment modalities like repetitive transcranial magnetic stimulation (rTMS).

AIMS AND OBJECTIVES

Efficacy of rTMS in management of Obsessive-Compulsive symptoms in patients of Schizophrenia.

METHODS

A total of 4 patients of Schizophrenia with OCD, who were well maintained on antipsychotic medications for Schizophrenic symptoms, but shown minimal improvement in OCD. symptoms even after adequate dosage and duration with anti-obsessional drugs were included in the study. Written informed consent was taken. Baseline Y-BOCS score was assessed before starting the sessions. The protocol chosen was: 1Hz, 60 Pulses/trains, 20 trains with the inter-train interval being 5 seconds. A total of 20 daily sessions of rTMS over the Supplementary motor area with above-mentioned protocol were given. Y-BOCS at the end of 20 sessions was again assessed, and results were analyzed.

RESULTS

Patients had shown a reduction in the symptom severity of OCD. after completion of rTMS therapy. The symptom reduction ranges between 24% to 29% from the pre-TMS level. None of the patients reported any adverse effects to TMS during the course of therapy.

CONCLUSION

In the management of treatment-refractory obsessive-compulsive symptoms in schizophrenia, add-on rTMS can be a useful modality.

Clinical profile of the patients seeking telemedicine services during pandemic period in the Psychiatry Department of a teaching hospital

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BACKGROUND

The Covid-19 pandemic is a major health crisis affecting several nations with over 65 million cases and 1.5 million confirmed deaths reported till date. Such widespread outbreaks are associated with adverse mental health consequences. Mental health has a significant impact on public health and contributes to a substantial part of the disability of a general population.

AIMS AND OBJECTIVES

The aim of this study was to evaluate the clinical profile of the patients seeking tele-medicine services during the pandemic period.

METHODS AND MATERIALS

A total of 205 patients who attended telemedicine in a teaching hospital were selected for study, and clinical details were collected.

Results

Among the cases 27% had depression, 11% had anxiety disorder, 6% had mixed depression and anxiety, 8% had schizophrenia and related disorder, 2.5% had bipolar affective disorder and related disorder, 6% had OCD., 1.5% substance abuse, 1.5% had insomnia, and 6% had headache.

CONCLUSION

This study concluded that most of the consultations sought during the COVID-19 pandemic were from patients falling under the depression and anxiety spectrum of psychiatric disorders.

A cross-sectional study to assess the co-dependency, anxiety, depression and family burden among the caregivers of patients with opioid dependence syndrome”

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BACKGROUND

A substance user in the family affects nearly all facets of family life. This results in traumatic events that affect the lives of caregivers and impose a huge psychological strain on them.

AIMS & OBJECTIVE

This study aims at assessing the co-dependency, anxiety, depression, and family burden among caregivers of patients with opioid dependence syndrome and their association with them

METHOD

A cross-sectional study of caregivers was conducted and resulted in 132 respondents. The assessment of variables was accomplished by using MINI 6.0, Span Fischer co-dependency scale, Patient health Questioner-9, Generalized Anxiety Disorder -7, and Family Burden Interview Schedule who were attending the OPD, OST clinic and inpatient at the Department of Psychiatry, KGMU, Lucknow.

RESULT

Most caregivers reported a severe co-dependency (50%), severe anxiety (75.60%), moderately severe depression (54.54%). All participants reported a more burden (100%).The effect on mental health in family burden had a higher mean score (1.68 ± 0.47) among all. A positive correlation was found among co-dependency and anxiety (0.216), co-dependency and depression (0.205), co-dependency and family burden (0.300), anxiety and depression (0.300), anxiety and family burden (0.271) and depression and family burden (0.151).

CONCLUSION

The present study found that there is a significant association among depression, anxiety, co dependence, and burden. Therefore, it is important to alleviate the impact and plan better treatments.

Smartphone addiction and quality of sleep in medical students of a tertiary care teaching hospital of North India.

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INTRODUCTION

Smartphone addiction is congenial today more than ever. Medical students who are already sleep-deprived can have detrimental health effects due to smartphone overuse.

OBJECTIVE

To study smartphone addiction and quality of sleep among medical students along with background variables.

METHODOLOGY

This cross-sectional study was conducted on 224 medical students from August-October 2019 using a self-administered questionnaire consisting of four parts - Socio-demographic characteristics, general health questionnaire (GHQ-12), smartphone addiction scale-short version (SAS-SV), and Pittsburgh sleep quality index (PSQI). Pearson correlation coefficient was used to correlate the scores. The data was interpreted using SPSS software version 23. The study was initiated only after receiving approval from the Institutional Ethics Committee.

RESULT

The prevalence of smartphone addiction was found to be 33.33% in females and 46.15% in males. 63.39% were poor sleepers as assessed by their PSQI Scores, and 62.05% reported poor health status as per their GHQ scores. Though the length of smartphone use (in years) among female medical graduates was found to be significantly higher ($p=0.013$) than their male counterparts, SAS-SV scores reveal that male students (45.3%) were more addicted to smartphones. 43% of them get anxious in a network deficient area, whereas 39% of female students felt guilty over excessive smartphone use. One hundred seventy-eight students (79.46%) also reported the use of smartphones in risky situations. A positive and statistically significant correlation (at $p<0.05$) was observed between overall PSQI scores, SAS-SV Scores and GHQ Scores.

CONCLUSION

The study delineates the importance of regulating smartphones' usage as they were associated with physical problems, risky behaviors, and behavioral changes. It also highlights the importance of regulating students' usage in their formative years to decrease its impact on their decision-making capabilities as clinicians.

Developmental trajectory of dissocial personality disorder: Attribution of adverse childhood experience

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INTRODUCTION

Dissocial or anti-social personality disorder is a pervasive pattern of disregard for and violation of others' rights that begins in childhood and early adolescence and continues into adulthood. It is more common in males, with prevalence rates ranging from 0.2% to 3.3%. Adverse childhood experiences have a significant attribution in the development of dissocial personality disorder.

AIMS AND OBJECTIVES

To discuss the developmental trajectory of dissocial personality in the index case.

METHOD

A young adult male who was earlier diagnosed as a case of oppositional defiant disorder in the first decade of his life was hospitalized for evaluation and management of his psychiatric illness.

RESULT

History revealed that the patient was an adopted child with authoritarian parents and a history of child abuse. The patient was diagnosed with oppositional defiant disorder in the first decade of his life. He started

substance use at 12 years of age. He was also involved in gambling, theft, and duping his friends and neighbors to earn money and spend it on leisure. He had been irritable and aggressive by nature and got into frequent quarrels, but he claimed to enjoy all these as a part of life. On further evaluation, he showed traits of low tolerance to frustration, impulsivity, irritability, aggressiveness and defiance of rules. History and psychometric findings are suggestive of dissocial personality disorder.

CONCLUSION

Adverse childhood experiences, strict parenting, and poor psychosocial support seem to be responsible for the development of dissocial personality disorder in the index case.

Listeners Abode: An Analysis of Experience

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BACKGROUND

Mental health disorders are most commonly associated with the innate shame and hesitation to share and open up. Depression and anxiety disorders are commonly related to feelings of loneliness and helplessness, but the shame associated with seeking help means most people suffer in silence.

AIMS & OBJECTIVES

Our aim is to offer a non-judgmental and non-threatening innovative positive emotional chat support program.

METHODS

A website named “**Listeners Abode**” was launched by the MBBS batch of 2018 under the mentorship of the Department of Psychiatry. This website is free and accessible to all individuals who need a safe place to voice their thoughts. The website has volunteers from the MBBS UG students, who have been trained to offer a platform to listen.

RESULTS

In about 1.5 months, the website has catered to more than 150 chats with the help of 15 trained volunteers. 30.4% of respondents felt that they needed a good listener & 31.3% felt that if they talk about their feelings with a stranger, it will help them overcome their anxiety. Five people were suggested to seek professional help.

The encouraging response to the website underlines the significance of the need to reach out to individuals for emotional support .

Anxiety in college students in COVID-19 Lockdown over Academic losses

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BACKGROUND

COVID Lockdown was a sudden unexpected hit to educational institutions due to which the educational and placement cells could not decide what to do, and hence all academic activity of students went off. In the initial phases, it was like vacations for the students, which they enjoyed. However, pending courses, lack of practical exposure, canceling interviews, canceling internships created chaos for college students.

METHODS

This was a cross-sectional study intended to measure anxiety among students due to academic loss during the COVID-19 lockdown. In this study, we employed General Anxiety Disorder Scale- 7 and asked students to answer the question in accordance with their academic losses in the Google forms. The survey was conducted during the first three months of the COVID pandemic—the initial phase.

AIMS AND OBJECTIVE

To identify the prevalence of anxiety among graduates of different disciplines in COVID Lockdown.

RESULTS

We got 514 responses, and we selected 507 students for the study. Almost 25% of students reported moderate to severe levels of anxiety scores. This calls for psychological support and assistance by the institution's student welfare committees.

CONCLUSION

The health care students group had relatively low anxiety levels compared to technical students and other field students. Health care students can be the first choice to join the Corona Warrior Forces if it becomes needful.