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PREAMBLE

- Postgraduate training in Psychiatry will be imparted to doctors who have been awarded MBBS degree by a recognized Indian university, and have obtained permanent registration in a State Medical Council or the Medical Council of India.
- Postgraduate training in Psychiatry will also be imparted to doctors who hold a degree equivalent to MBBS, awarded by a foreign university and recognized by the Medical Council of India, and have obtained permanent registration in the appropriate registering authority of their native country.
- Postgraduate training in Psychiatry is designed to enable the acquisition of knowledge, skills and attitudes required for the competent and ethical practice of evidence-based psychiatry in a variety of service settings.
- The training program will include exposure to basic and allied sciences, general psychiatry, various psychiatric sub-specialities, and neurology.
- The curriculum incorporates training in contemporary educational technology and research methodology.
- The curriculum will facilitate the attainment of a wide range of competences required for the practitioner to function effectively as medical expert, communicator, collaborator, manager, health advocate, scholar and professional.
- The candidate is required to complete two years of postgraduate training and pass the qualifying examination, to become eligible for the conferment of Diploma in Psychological Medicine (DPM).

OBJECTIVES OF THE COURSE

The overall objective of postgraduate training in psychiatry is to create a professional with competencies ranging from the clinical management of complex mental disorders to managing a population-based integrated mental health care plan.

At the end of the course, the candidate should have developed/acquired:

1. A firm grounding in the understanding and application of a biopsychosocial model with reference to mental health and mental disorders
2. Scientific knowledge in a variety of disciplines related to mental health and mental disorders
3. The clinical skills required to manage a range of psychiatric disorders in the areas of assessment, diagnosis, medical and psychosocial management
4. Humanistic attributes towards patient care including compassion and empathy
5. An ethical approach to psychiatric service and research
6. The ability to deal with the medico-legal aspects of psychiatric illness
7. The qualities to be an effective leader of a multidisciplinary mental health team and an effective teacher
8. The skills required to function as a mental health consultant to physicians in primary care and physicians in other specialties
9. The administrative and leadership abilities to contribute to various components of the national mental health program

The program will focus on problem-based learning, safe, scientific and evidence-based clinical practice, and development of skills applicable to diverse clinic, community and career settings.
COMPETENCIES TO BE ACQUIRED DURING THE COURSE

The candidate, at the end of the post graduate training course is expected to have competencies in the following areas:

Clinical competence

1. Assess and diagnose psychiatric disorders - History taking, mental state examination, physical examination, formulating a diagnosis, differential diagnosis, assessment of medical morbidity, investigations as appropriate.
2. Formulate and implement a comprehensive treatment plan that includes pharmacological and psychosocial management, rehabilitation, aftercare and engagement of care givers.
3. Be able to manage psychiatric emergencies.
4. Demonstrate empathy; Communicate effectively and tactfully with patients and care-givers
5. Learn the use of Evidence-Based Medicine (EBM) which refers to the process of making medical decisions that are consistent with current evidence from relevant scientific research and envisages a therapeutic alliance between research-evidence, clinicians and patients.

Practice competence

1. An understanding of the general and ethical considerations as pertaining to medical and psychiatric practice, including issues of confidentiality, patient autonomy, preventing boundary violations, respecting and ensuring human rights of patients.
2. Knowledge of medico-legal issues relating to admission, discharge, record maintenance, standards of care.
3. Proper documentation in patient records.
4. Arranging care for patients, collaborating with mental health professionals and other health professionals.
5. Knowledge and practical experience of using community networks for improving awareness about mental health and mental disorders, support networks such as self-help groups, government assistance programs etc.
6. Mental health care planning through participation in public mental health care initiatives including primary care, district mental health program, and school mental health programs etc.
7. An understanding of administrative aspects of service delivery in clinic settings as well as community-based settings.

Research and teaching competence

1. Basic knowledge of research methods.
2. The ability to think critically and evaluate evidence. The trainee must develop the ability to discern whether the evidence from research can be trusted.
3. Exposure and opportunities to train in areas of recent advances such as neuroimaging, molecular genetics, neuropsychological assessments, newer psychotherapeutic interventions and other specialized areas.
4. Acquisition of teaching experience through involvement in undergraduate teaching as well as teaching of other health personnel.
COURSE CONTENT

Paper 1: Basic sciences related to Psychiatry
Paper 2: General Psychiatry
Paper 3: Psychiatric specialities; Psychosomatic Medicine and Consultation-Liaison Psychiatry; Neuropsychiatry and Behavioural Neurology

Note: Postgraduate residents are expected to be acquainted with recent advances and current Indian and international research in various spheres of Psychiatry.

Paper 1: Basic sciences related to Psychiatry

- Concepts of mind and mental health
- Human development throughout the life cycle
- Functional and behavioural neuroanatomy
  - Developmental and topographical neuroanatomy
  - Brain cytoarchitecture
  - Central, peripheral and autonomic nervous system and relevance in psychiatry
  - Applied neuroanatomy with reference to psychiatric disorders
- Neurochemistry
  - Basic understanding of neurotransmission, including receptor structure and function
  - Neurotransmitter pathways
  - Role of neurotransmitters in human emotion, motivation, thought, memory and behaviour
  - Neurotransmitters in psychiatric disorders (e.g. Dopamine and psychiatric disorders, neuro-chemical basis of addictive disorders)
- Neurophysiology & electrophysiology
  - Basic cell structure and physiology
  - Physiology of thought, cognition, mood and motor functions
  - Neural connectivity, networks and circuitries
  - Synaptic-level and subcellular phenomena involved in learning and memory
  - Physiology of appetitive behaviours (e.g. hunger, sex)
  - Normal sleep and disorders of sleep
  - Methods of physiological investigations in psychiatric disorders (e.g. Electroencephalography, Evoked Potentials, NMS, etc.)
- Neuroimaging
  - Principles and techniques of brain imaging (Computed Tomography, Magnetic Resonance Imaging, Functional Magnetic Resonance Imaging, Positron Emission Tomography, etc.) and application of imaging studies in neuropsychiatry
- Psychoneuroendocrinology
- Psychoneuroimmunology
- Chronobiology
- Neurogenetics
  - Basic principles of genetics
  - Patterns of inheritance
  - Introduction to molecular genetics
  - Genetic epidemiology
  - Genetic studies in psychiatric disorders
  - Endophenotypes in psychiatry
  - Understanding of population genetics
  - Genome-wide association studies
- Principles of clinical pharmacology
- Psychology
  - Background to psychology, including relevance to psychiatric practice
  - Psychological development, including cognitive, language and emotional development
  - Sensory processes
- Perception
- Consciousness
- Learning & conditioning
- Memory
- Thought & language
- Motivation
- Emotion
- Stress - Concepts, management and prevention
- Social psychology
- Attitudes
- Intelligence
- Personality theories and application in practice
- Psychological assessment & testing - Rationale, conduct and interpretation
- Abnormal psychology - Explanatory paradigms of psychopathology in common mental disorders
- Methods of therapy
- Positive mental health
- Indian perspectives in understanding psychology

- Contributions of the sociocultural sciences
  - Sociology, socio-biology and ethology
  - Anthropology and cross-cultural Psychiatry
- Epidemiology, biostatistics, research methodology and evidence-based medicine
- History of Psychiatry and historical cases in Psychiatry
- Medical education technology
- Medical informatics and the role of information technology in medical practice

Paper 2: General Psychiatry

Psychiatric examination and diagnosis

- Communication, interpersonal skills & the patient-doctor relationship
- Signs and symptoms of mental disorders (Psychopathology)
- Psychiatric history
- Mental status examination
- Clinical neuropsychological and neuropsychiatric assessment
- Structured diagnostic interviews, questionnaires and psychiatric rating scales
- Medical assessment & laboratory testing in Psychiatry
- Classification in Psychiatry

Core disorders and syndromes

- Substance-related disorders
- Schizophrenia
- Other psychotic disorders
- Mood disorders
- Anxiety disorders
- Somatoform disorders
- Chronic fatigue syndrome and neurasthenia
- Factitious disorders
- Dissociative disorders
- Human sexuality, sexual dysfunctions and paraphilias
- Gender identity disorders
- Eating disorders
- Normal sleep and sleep disorders
• Impulse-control disorders
• Adjustment disorders
• Personality disorders
• Suicide and deliberate self-harm
• Aggression / violent behaviour
• Relational problems
• Culture-bound syndromes

Note: The study of various psychiatric disorders has to be covered based on the following domains: Epidemiology (Indian and global research data), aetiology (biological, genetic and psychosocial factors), clinical features, diagnosis, course, outcome, prognosis, and treatment methods.

Additional issues that may be a focus of clinical attention

• Malingering
• Adult antisocial behavior, criminality and violence
• Borderline intellectual functioning and academic problems
• Occupational problems
• Acculturation problems
• Phase of life problems
• Noncompliance with treatment
• Age-related cognitive decline

Special and miscellaneous areas of interest

• Ethical issues in clinical psychiatry
• Premenstrual dysphoric disorder
• Genetic counselling in psychiatric practice
• End-of-life care and palliative medicine
• Death, dying, and bereavement
• Problems related to physical/sexual abuse or neglect
• Mental health issues in survivors of torture
• Mental health of military personnel
• Mental health issues in disasters
• Terrorism and mental health
• Assessment of disability
• Spirituality, religion and mental health
• Mental health of physicians and medical students
• Telepsychiatry

Treatment methods

• Clinical psychopharmacology: Pharmacokinetics, pharmacodynamics, approved indications, dosage regimens, practice guidelines and treatment algorithms, precautions & adverse effects, drug interactions, continuation treatment, maintenance treatment & prophylaxis
• Specific treatment algorithms for poor response & treatment resistance; Drug augmentation and combination strategies
• Psychopharmacology in special patient groups/populations: Pregnancy & lactation, medical comorbidity
Psychotherapies: Cognitive therapy, behaviour therapy, interpersonal therapy, dialectical behavior therapy, family therapy, couples therapy, group therapy and other psychotherapeutic techniques
- Rehabilitation
- Reproductive hormonal therapy
- Electroconvulsive therapy and other brain stimulation methods
- Neurosurgical treatments in psychiatric practice
- Other pharmacological and biological therapies
- Complementary and alternative medicine in Psychiatry (Yoga, music therapy, etc.)

Paper 3: Psychiatric specialities; Psychosomatic Medicine and Consultation-Liaison Psychiatry; Neuropsychiatry and Behavioural Neurology

Child Psychiatry

- Normal development during childhood and adolescence
- Psychiatric examination and psychological testing of children and adolescents
- Mental retardation (Intellectual disability / Intellectual developmental disorder)
- Learning disorders
- Motor skills disorder: Developmental coordination disorder
- Communication disorders
- Pervasive developmental disorders
- Attention-deficit disorders
- Disruptive behavior disorders
- Feeding and eating disorders of infancy or early childhood
- Tic disorders
- Elimination disorders
- Mood disorders and suicide in children and adolescents
- Anxiety disorders of infancy, childhood, and adolescence
- Early-onset schizophrenia
- Adolescent substance abuse
- Reactive attachment disorder, stereotypic movement disorder
- Borderline intellectual functioning, academic problems, antisocial behavior in childhood or adolescence, identity problem
- Ethical and legal issues, adoption and foster care, child maltreatment and abuse, impact of terrorism on children
- Adult outcomes of childhood psychiatric disorders
- Psychiatric treatment of children and adolescents (Psychopharmacology and psychological treatments)

Note: The study of various psychiatric disorders of childhood and adolescence has to be covered based on the following domains: Epidemiology (Indian and global research data), aetiology (biological, genetic and psychosocial factors), clinical features, diagnosis, course, outcome, prognosis, and treatment methods.

Geriatric Psychiatry

- Normal ageing
- Epidemiology of psychiatric disorders in the elderly (Indian and global data)
- Clinical features and diagnosis of psychiatric disorders in the elderly
• Assessment of cognitive functions
• Psychopharmacology and psychotherapy in the elderly
• Holistic care of chronic and terminal illness
• Abuse and neglect of the elderly

**Community Psychiatry**

• Public health approach to mental health
• Mental health literacy, stigma, anti-stigma campaigns
• Mental health advocacy
• World mental health surveys; Burden of mental and behavioural disorders
• World mental health atlas, with special reference to India
• Pathways to psychiatric care
• Treatment gap; mental health gap action programme (WHO)
• National mental health programme, Government of India
• District mental health programme, Government of India
• Screening for common mental disorders in the community
• Primary prevention of mental disorders

**Forensic Psychiatry**

• Clinical-legal issues in Psychiatry
• Ethics in Psychiatry
• Correctional Psychiatry

**Psychosomatic medicine and consultation-liaison psychiatry: Fundamental aspects and overview**

• Historical aspects; Mind-body dualism - Concept and limitations
• Brain-body medicine; Brain-body information transfer systems and mechanisms of mind-body interactions
• Classification of psychological factors affecting physical / other medical conditions
• Classification of mental disorders due to other medical conditions
• Stress theory; Neurotransmitter responses to stress; Endocrine & immune responses to stress
• Life events
• Specific versus non-specific stress factors
• Adjustment to illness and handicap
• Health psychology: Behavioural factors influencing health; symptoms and illness behaviour; health care behaviour; treatment behaviour
• Epidemiology and presentation of psychiatric disorders in medical settings
• Overview of comorbidity of psychiatric disorders with medical conditions
• Concept & scope of consultation-liaison psychiatry
• Common consultation-liaison problems
• Medically unexplained symptoms
• General principles of treatment of psychosomatic disorders; Principles of management of psychiatric disorders in the medically ill; Psychopharmacology in the medically ill
• Stress management and relaxation therapy
• Organization of psychiatric services in medical settings
Neurocognitive disorders

- Delirium
- Dementia
- Amnestic disorders

Mental disorders due to other medical conditions

- Mood disorder
- Psychotic disorder
- Anxiety disorder
- Sleep disorder
- Sexual dysfunction
- Catatonia
- Personality change

Substance / medication-induced mental disorders

Neuropsychiatry and behavioural neurology; other specific physical conditions associated with psychiatric manifestations

- Cardinal manifestations of neurologic disease
- Approach to the patient with neurologic disease: Clinical history-taking, neurological and neuropsychiatric examination, diagnosis, and localisation
- Special methods of investigation in neurology (EEG, CT, MRI, PET, fMRI, etc.)
- Neuropsychiatric aspects of cerebrovascular disorders
- Neuropsychiatric aspects of brain tumours
- Neuropsychiatric aspects of epilepsy
- Neuropsychiatric consequences of traumatic brain injury
- Neuropsychiatric aspects of movement disorders
- Neuropsychiatric aspects of multiple sclerosis and other demyelinating disorders
- Neuropsychiatric aspects of HIV infection and AIDS
- Neuropsychiatric aspects of other infectious diseases (non-HIV)
- Neuropsychiatric aspects of prion disease
- Neuropsychiatric aspects of head injury
- Neuropsychiatric aspects of neuromuscular disease
- Psychiatric aspects of child neurology
- Neuropsychiatry of neurometabolic and neuroendocrine disorders
- Psychiatric aspects of immune disorders
- Psychiatric aspects of nutritional disorders
- Environmental toxins and mental health

Psychiatric issues in other specific medical/surgical scenarios

- Psychiatric aspects of respiratory disorders
- Psychiatric aspects of gastrointestinal disorders
- Psychiatric aspects of cardiovascular disorders
- Psychiatric aspects of surgery (plastic surgery, limb amputation, organ transplantation etc.)
- Psychiatric aspects of cancer (Psycho-oncology)
- Psychiatric aspects of skin disorders (Psychocutaneous disorders)
• Psychological (emotional and cognitive) factors influencing pain; Cerebral processing of pain; Psychiatric management of pain
• Psychiatric aspects of obesity
• Psychiatric aspects of diabetes
• Psychiatric aspects of musculoskeletal disorders
• Psychiatric issues in Obstetrics and Gynaecology - Infertility, pregnancy, parturition, post-partum period
• Psychiatric aspects of accidents, burns and other physical trauma
• Psychiatric issues in critical care units
• Psychiatric issues in haemodialysis units
• Psychiatric aspects of sensory disorders
• Psychiatric aspects of genetic counselling

TEACHING-LEARNING METHODS AND FORMATIVE ASSESSMENT

A standardized master list of academic programs has been prepared for the benefit of the postgraduate students. Each postgraduate resident needs to complete all these programs before the end of the course. Each postgraduate resident will receive a copy of this list at the beginning of the course. The list of postgraduate programs has been designed such that each postgraduate student will have a program once in 7-14 days. This master list is the basis of the *PG program schedule* which is made once a month but updated more frequently. These PG program updates will be disseminated electronically to all postgraduate students and faculty members of the department.

**Seminars**

Seminars shall be held at regular intervals. The seminars will be prepared and presented by the postgraduate trainee under the direct supervision of a faculty.

**Written tests**

Written tests will be conducted every month to ensure that the most important components of the course content are covered in a systematic manner during the training period.

**Critical appraisal of published research**

Research appraisal will be held at regular intervals. Relevant and suitable research articles from standard peer-reviewed journals will be selected and assigned to the postgraduate resident. The postgraduate resident will present detailed appraisals of research articles.

**Case conferences**

Case conferences will be conducted at regular intervals. Postgraduate residents will deliver exhaustive presentations of common and prototypical cases, in addition to unusual cases. These presentations will include comprehensive reports of psychopathology, differential diagnosis, prognosis and management.

**Clinical training as a part of outpatient and inpatient services**

Postgraduate residents will be trained in the practical delivery of routine outpatient and inpatient services under the close supervision of the faculty. Through active participation in these clinical services, the postgraduate student will acquire competencies in the domains of communication,
empathy, doctor-patient relationship, detailed psychiatric assessment, differential diagnosis, case formulation, construction of a management plan, and discussion of prognosis and outcome. The postgraduate student will receive hands-on training in the delivery of optimal clinical care, implementation of the treatment plan, and follow-up care. The postgraduate student shall be assigned full-time clinical responsibilities under the supervision of senior residents and consultants.

**Psychotherapy training**

Each postgraduate resident will receive supervised training and practice in psychotherapy, employing one or more psychotherapeutic techniques/models.

**Practical demonstration**

Skills pertaining to electroencephalography, clinical neuropsychological assessment and interpretation of neuroimaging will be imparted through practical demonstration.

**Electroconvulsive therapy**

The postgraduate resident will receive practical training in the administration of modified electroconvulsive therapy, under the supervision of a faculty member.

**Training in Emergency Psychiatry**

Postgraduate residents will be on call, by rotation, and will play an active role in the delivery of emergency psychiatry services under the supervision of a faculty member.

**Community mental health services**

The postgraduate student is required to participate in community mental health programs and outreach services organized by the department and the institute.

**Undergraduate teaching assignments (Theory / Clinics)**

In the second year of residency, postgraduate students will start receiving training in teaching undergraduate medical and nursing students, under the supervision of the faculty.

**Integrated interdepartmental and institutional programs**

Postgraduate residents will participate in special case conferences held in collaboration with other departments such as General Medicine and Neurology. In addition, postgraduate residents will be required to attend clinico-pathological conferences, clinico-radiological conferences, medical audit meetings, guest lectures and other scientific programs held by the institution.

**Extramural activities**

Postgraduate students will be encouraged to attend extramural academic/scientific events such as workshops, seminars, conferences, and postgraduate CME programs.

**Schedule of postings**

Postgraduate residents will receive intra-departmental training in various subspecialties such as Child Psychiatry, Geriatric Psychiatry and Consultation-Liaison Psychiatry on a daily basis, as part of
the routine outpatient and inpatient clinical services. To supplement this training, special additional intramural and extramural postings will be organized during the second year of training, based on the framework given below.

<table>
<thead>
<tr>
<th>Education Area</th>
<th>Intramural - MGMCRI</th>
<th>Extramural - NIMHANS, Bangalore</th>
<th>Extramural - DMHP, Government Headquarters Hospital, Cuddalore</th>
<th>Total number of weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Psychiatry</td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Child and Adolescent Psychiatry</td>
<td></td>
<td>2</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Addiction Medicine</td>
<td></td>
<td>2</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>Geriatric Psychiatry</td>
<td></td>
<td>2</td>
<td></td>
<td>2</td>
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<tr>
<td>Psychiatric rehabilitation</td>
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<td>1</td>
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<tr>
<td>Clinical Psychology</td>
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<td>2</td>
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<tr>
<td>Neuroradiology</td>
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<td>1</td>
<td></td>
<td>3</td>
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<tr>
<td>Neurology</td>
<td></td>
<td>4</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>General Medicine</td>
<td>2</td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td><strong>Weeks</strong></td>
<td><strong>8</strong></td>
<td><strong>10</strong></td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td><strong>Months</strong></td>
<td><strong>2</strong></td>
<td><strong>2.5</strong></td>
<td>0.5</td>
<td><strong>5</strong></td>
</tr>
</tbody>
</table>

**Information technology**

Postgraduate students will receive training in the optimal and efficient use of computers and the internet for academic, clinical and research work. A few examples are listed below.

- Conducting an online literature search using various resources, including databases such as PubMed and Proquest, and websites of journals
- Using current information from reliable sources to stay up to date with best clinical practice
- Electronic reference management using reference management software
- Retrieval of information pertaining to drugs [Drug Product Labels, Summary of Product Characteristics (SPC), etc.]
- Use of online drug interaction checkers
- Retrieval of clinical practice guidelines from standard and reliable web portals
- Effective and appropriate use of PowerPoint software
- Electronic sharing and dissemination of academic resources
- Clinical documentation (electronic medical records)

**Continuing Evaluation and Feedback**

The performance of the postgraduate resident in all the aforementioned teaching-learning activities will be rigorously assessed on a continuous basis by the faculty members. Progress of postgraduate resident in the academic, clinical and research domains will be monitored. Feedback will be given to the trainee at regular intervals. The trainee should maintain a log book and record his / her participation in all training programs conducted by the department. Assessment of the postgraduate student’s performance in various teaching-learning activities will be recorded by the faculty in the log book, thus providing a formal documented feedback of the trainee’s strengths and weaknesses,
with suggestions for improvement. The log book will be reviewed by the Head of the Department at regular intervals. The log book will be made available to the university for periodic scrutiny.

Mock examination

A mock examination will be conducted two months before the final qualifying examination. This will serve to prepare the trainee for the final examination.

**QUALIFYING EXAMINATION**

**Objective**

- To assess the theoretical and applied knowledge gained by the trainee.
- To assess the ability of the trainee to function as a competent psychiatrist in the areas of identification, evaluation and management of psychiatric disorders.

**Eligibility**

- *Satisfactory attendance* and participation in all training activities as reflected in the log book.

**Theory / written examination**

The theory examination comprises of three written papers as described below:

<table>
<thead>
<tr>
<th>Topics</th>
<th>Duration</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper 1 Basic Sciences related to Psychiatry</td>
<td>3 hours</td>
<td>100</td>
</tr>
<tr>
<td>Paper 2 General Psychiatry</td>
<td>3 hours</td>
<td>100</td>
</tr>
<tr>
<td>Paper 3 Psychiatric specialties; Psychosomatic Medicine and Consultation-Liaison Psychiatry; Neuropsychiatry and Behavioural Neurology</td>
<td>3 hours</td>
<td>100</td>
</tr>
</tbody>
</table>

Distribution of marks:

<table>
<thead>
<tr>
<th>PAPER</th>
<th>Essay type questions</th>
<th>Short answer questions</th>
<th>TOTAL MARKS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Marks per question</td>
<td>Sub-total</td>
</tr>
<tr>
<td>Basic Sciences                                                        -</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>General Psychiatry                                                    2</td>
<td>20</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Psychiatric specialties; Psychosomatic Medicine and Consultation-Liaison Psychiatry; Neuropsychiatry and Behavioural Neurology</td>
<td>2</td>
<td>20</td>
<td>40</td>
</tr>
</tbody>
</table>
All papers will include questions pertaining to recent advances and current Indian and international research in various spheres of Psychiatry.

**Practical / clinical examination and viva voce**

- Evaluation of the candidate’s clinical skills, and viva-voce will be conducted by a panel of four psychiatrists (recognized as postgraduate teachers by the Medical Council of India), of which at least two shall be external examiners.
- All four examiners will assess the candidate together, for all components of the practical / clinical examination and viva voce.
- The Head of the Department of Psychiatry will serve as Chairman of the Board of Examiners.
- The practical examination will include a long case and a short case in Psychiatry, and one short case in Neurology.
- Viva voce will cover various components of the prescribed course content, and will include assessment of the candidate’s knowledge and skills pertaining to electroencephalography, clinical neuropsychological assessment and neuroimaging.
- The postgraduate student will qualify for the award of Diploma in Psychological Medicine (DPM) if he/she scores a minimum of 50% marks in the theory papers, and 50% marks in the practical/clinical examination.

**Long case presentation - Adult Psychiatry**

The trainee will be given 45 minutes for evaluation, including history-taking, mental state examination and relevant physical examination. An additional 15 minutes will be given for the trainee to organize the presentation. The examiners may interview the patient in this time. The examiners may ask the trainee to elicit specific phenomena / clarify specific aspects during the viva.

**Marking format:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequacy of history-taking</td>
<td>20</td>
</tr>
<tr>
<td>Mental state examination</td>
<td>20</td>
</tr>
<tr>
<td>Diagnosis / Differential Diagnoses</td>
<td>10</td>
</tr>
<tr>
<td>Management</td>
<td>20</td>
</tr>
<tr>
<td>Discussion</td>
<td>20</td>
</tr>
<tr>
<td>Style of presentation (fluency, clarity of communication, ability to organize information); Interview with patient</td>
<td>10</td>
</tr>
</tbody>
</table>

**Total marks**

100

**Short case - Psychiatry**

The trainee will be given 25 minutes for history-taking and clinical examination and an additional 5 minutes for preparing the presentation.

**Marking format:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequacy of history-taking</td>
<td>10</td>
</tr>
<tr>
<td>Mental state examination</td>
<td>10</td>
</tr>
<tr>
<td>Diagnosis / Differential Diagnoses</td>
<td>10</td>
</tr>
<tr>
<td>Management</td>
<td>10</td>
</tr>
<tr>
<td>Discussion</td>
<td>10</td>
</tr>
</tbody>
</table>

**Total marks**

50
Neurology case

The trainee will be given 25 minutes for history-taking and clinical examination and an additional 5 minutes for preparing the presentation.

Marking format:

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adequacy of history-taking</td>
<td>10</td>
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<tr>
<td>Neurological examination</td>
<td>10</td>
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<tr>
<td>Diagnosis / Differential Diagnoses</td>
<td>10</td>
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<tr>
<td>Management</td>
<td>10</td>
</tr>
<tr>
<td>Discussion</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total marks</strong></td>
<td><strong>50</strong></td>
</tr>
</tbody>
</table>

Final viva-voce

Marking format:

<table>
<thead>
<tr>
<th>Component</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>General questions covering various components of the PG syllabus/course content</td>
<td>40</td>
</tr>
<tr>
<td>Questions pertaining to psychological assessment tools</td>
<td>15</td>
</tr>
<tr>
<td>Interpretation of CT / MRI brain images</td>
<td>10</td>
</tr>
<tr>
<td>Interpretation of EEG recordings</td>
<td>10</td>
</tr>
<tr>
<td>Questions pertaining to research methodology</td>
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<tr>
<td><strong>Total marks</strong></td>
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Summary of distribution of marks

<table>
<thead>
<tr>
<th>Examination</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theory / written examination</strong></td>
<td></td>
</tr>
<tr>
<td>- Theory paper 1</td>
<td>100</td>
</tr>
<tr>
<td>- Theory paper 2</td>
<td>100</td>
</tr>
<tr>
<td>- Theory paper 3</td>
<td>100</td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td><strong>300</strong></td>
</tr>
<tr>
<td><strong>Practical / clinical examination</strong></td>
<td></td>
</tr>
<tr>
<td>- Long case (Psychiatry)</td>
<td>100</td>
</tr>
<tr>
<td>- Short case 1 (Psychiatry)</td>
<td>50</td>
</tr>
<tr>
<td>- Short case 2 (Neurology)</td>
<td>50</td>
</tr>
<tr>
<td>- Viva voce</td>
<td>100</td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td><strong>300</strong></td>
</tr>
<tr>
<td><strong>Grand total</strong></td>
<td><strong>600</strong></td>
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</table>

Eligibility for award of diploma

- Pass (minimum of 50% marks) in theory / written examination
- Pass (minimum of 50% marks) in practical / clinical examination and viva voce
RECOMMENDED BOOKS, JOURNALS & OTHER RESOURCES

Core textbooks & resources (Latest editions)

- Fish’s Clinical Psychopathology: Signs & symptoms in Psychiatry. Patricia Casey, Brendan Kelly. Royal College of Psychiatrists.
- ICD-10 Symptom Glossary for Mental Disorders. World Health Organization.
- Lexicon of psychiatric and mental health terms. World Health Organization.
- Schedules for Clinical Assessment in Neuropsychiatry (SCAN) - Glossary. World Health Organization.
- ICD-10 Classification of Mental & Behavioural Disorders: Clinical descriptions & diagnostic guidelines. World Health Organization.
Other textbooks and resources (Latest editions)

- Psychiatry. Allan Tasman, Jerald Kay, Jeffrey A. Lieberman, Michael B. First, Mario Maj. Wiley.
- Mental Health Act - Government of India.
- Narcotic Drugs and Psychotropic Substances Act - Government of India.
- Persons with Disability Act - Government of India.

Recommended journals

- Indian Journal of Psychiatry
- Indian Journal of Psychological Medicine
- American Journal of Psychiatry
- JAMA Psychiatry
- British Journal of Psychiatry
- Journal of Clinical Psychiatry
- Psychiatric Clinics of North America
- General Hospital Psychiatry
## Recommended online/web resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
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<tbody>
<tr>
<td>Proquest</td>
<td><a href="http://search.proquest.com/">http://search.proquest.com/</a></td>
</tr>
<tr>
<td>Cochrane Reviews</td>
<td><a href="http://www.cochrane.org/cochrane-reviews">http://www.cochrane.org/cochrane-reviews</a></td>
</tr>
<tr>
<td>Centre for Reviews and Dissemination</td>
<td><a href="http://www.crd.york.ac.uk/crdweb/">http://www.crd.york.ac.uk/crdweb/</a></td>
</tr>
<tr>
<td>Scottish Intercollegiate Guidelines Network (SIGN) - Evidence-based clinical practice guidelines</td>
<td><a href="http://www.sign.ac.uk/index.html">http://www.sign.ac.uk/index.html</a></td>
</tr>
<tr>
<td>Epocrates online - Drug information &amp; drug interaction checker</td>
<td><a href="https://online.epocrates.com/">https://online.epocrates.com/</a></td>
</tr>
<tr>
<td>Electronic Medicines Compendium (eMC)</td>
<td><a href="http://www.medicines.org.uk/emc/">http://www.medicines.org.uk/emc/</a></td>
</tr>
<tr>
<td>Indian Psychiatric Society</td>
<td><a href="http://www.ips-online.org/">http://www.ips-online.org/</a></td>
</tr>
<tr>
<td>Centre for Evidence-based Medicine at the University of Oxford</td>
<td><a href="http://www.cebm.net/">http://www.cebm.net/</a></td>
</tr>
<tr>
<td>Centre for Evidence Based Mental Health</td>
<td><a href="http://www.cebmh.com/">http://www.cebmh.com/</a></td>
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<tr>
<td>Evidence - based practice: Duke University Medical Center Library &amp; Archives</td>
<td><a href="http://guides.mclibrary.duke.edu/ebm">http://guides.mclibrary.duke.edu/ebm</a></td>
</tr>
<tr>
<td>Zotero (Electronic reference management)</td>
<td><a href="http://www.zotero.org/">http://www.zotero.org/</a></td>
</tr>
</tbody>
</table>
MODEL QUESTION PAPERS

Paper 1: Basic sciences related to Psychiatry

Time: 3 hours • Maximum marks: 100

Answer all questions

Write notes on:

Marks

1. Prefrontal cortex 10
2. Synaptic plasticity & learning 10
3. Hypothalamic-pituitary-adrenal axis & its relevance to Psychiatry 10
4. Functional magnetic resonance imaging & its role in neuropsychiatry 10
5. Types of receptor-drug interactions & relevance to Psychiatry 10
6. Instrumental conditioning 10
7. Assessment of intellectual abilities 10
8. Carl Gustav Jung 10
9. Culture, migration and mental health 10
10. Study designs in medical research 10

Paper 2: General Psychiatry

Time: 3 hours • Maximum marks: 100

Answer all questions

Marks

1. Outline the neurobiological theories of schizophrenia and elucidate the neurodevelopmental hypothesis. 20

2. Discuss the efficacy and current status of cognitive behavioral therapy for psychiatric disorders. 20

3. Write short notes on:

   a) Structured diagnostic interviews in Psychiatry 10
   b) Continuation and maintenance treatment of bipolar affective disorder 10
   c) Epidemiology of alcohol dependence 10
   d) Obsessive compulsive spectrum disorders 10
   e) Alternative DSM-5 model for personality disorders 10
   f) Mechanisms of action and therapeutic indications of second-generation antipsychotics 10
MODEL QUESTION PAPERS (continued)

Paper 3: Psychiatric specialities; Psychosomatic Medicine and Consultation-Liaison Psychiatry; Neuropsychiatry and Behavioural Neurology

Time: 3 hours ● Maximum marks: 100

Answer all questions

1. Elucidate the clinical features, diagnosis and management of attention-deficit/hyperactivity disorder. 20

2. Elucidate the objectives, progress, problems & manpower development schemes of the National Mental Health Program (NMHP) of India. 20

3. Write short notes on:
   a) Clinical evaluation of dementia 10
   b) Legal issues regarding mental health & marriage 10
   c) Brain-body medicine and brain-body information transfer systems 10
   d) Aetiology and principles of management of delirium 10
   e) Diagnosis and management of psychiatric syndromes in Parkinson’s disease 10
   f) Psychiatric aspects of cardiovascular disorders 10