## Contents

### Volume 1

1. **Introduction to Mental Health Nursing**
   - Mental Health – Definitions, Meaning, Concept, Dimensions, Principles; Factors Necessary for Promotion of Mental Health; Characteristics of Mentally Healthy Individual
   - Mental Hygiene – Definition, Meaning, Objectives, Relationship between Mental Health and Mental Hygiene; Principles of Mental Hygiene in Various Stages of Life
   - Importance of Heredity and Environment in Human Development
   - Defense Mechanisms – Definition, Characteristics, Types
   - Concepts of Normative Behaviour; Definitions, Approaches; Functional Perspectives of Normality, Characteristics of Normal Human Behaviour
   - Concept of Abnormality – Definitions, Characteristics of Deviated Personality
   - Criteria to Assess the Normality and Abnormality

2. **Principles and Concepts of Psychiatric Nursing**
   - Terminologies – Psychiatry, Psychiatric Nursing, Psychiatric Team
   - Objectives in Studying Mental Health Nursing
   - General Principles of Psychiatric Nursing
   - Standards of Psychiatric Nursing Practice
   - Scope of Psychiatric Nursing
   - Problems of Mental Disorders
   - History of Psychiatry, Historical Development of Psychiatric Nursing
   - Classification of Mental Disorders
   - Psychiatric Mental Health Nursing Practice, Role and Functions of Psychiatric Nurse, Qualification and Criteria, Qualities required for Psychiatric Nursing Practice; Essential Psychiatric Nursing Skills required to Practice Effective Nursing Care

3. **Introduction to Mental Illness**
   - Causes of Mental Illness; Symptomatology in Mental illness; Early Recognition of Deviations from Normal – History Taking, Mental Status Examination, Mini Mental Status Examination; Nurse’s Observation Record for Psychiatric Clients; Role of Mental Health Nurse in various Settings – Psychiatric Hospital, Community Setting, Preventive Psychiatry – Primary Prevention, Secondary Prevention, Tertiary Prevention; Health and Social Services Available for the Mentally Sick; Existing Mental Health Facilities; Attitudes towards Mentally Ill; Misconceptions related to Mentally Ill; Prevention of Accidents amongst Mentally Ill;
4. Personality

Personality: Definition, Nature/Characteristics; Structure, Types, Personality Types Prone for Psychopathology
Determinants of Personality; Assessment of Personality Techniques – Observation, Situational Test, Questionnaire, Psychometric Tests – Rational Theoretical Method, Personal Inventory, Interview, Projective Techniques – Rorschach Ink Blot Test, Thematic Apperception Test, Children Apperception Test, Word Association Test, Sentence Completion Test
Development of Personality according to Age Wise
Theories of Personality: Sigmund Freud’s Psychoanalytical Theory; Psychosexual Development (stages wise); Interpersonal Theory, Abraham Maslow’s Theory; Gordon. W. Allport Theory, Cattell’s Trait Approach; H.J. Eysenck’s Theory
Neo Freudian Theories – Carl Jung – Analytical Theory, Alfred Adler’s Theory – Individual Psychology; Karen Horney’s Theory
Phenomenological Approach – Characteristics, George Kelly’s Personal Construct Theory, Carl Rogers Theory
Behavioural Theory – Operant Reinforcement Theory; Bandura and Walters Behavioural Approach, Dollard and Miller’s Theory

Intelligence
Definition; Nature and Meaning; Intelligence Quotient; Measurement, Intelligence Tests

5. Conceptual Models

Definitions: Conceptual Model, Theory
Models: Medical Model; Psychoanalytical Model; Communication Model; Holistic Model; Behavioural Model; Interpersonal Model; Interpersonal behaviour; Social Model; Existential Model, Developmental Theories – Moral Development; Lawrence Kohlberg Theory, Fowler’s Theory, Emotional Development – Erickson’s Theory; Cognitive Development – Piaget’s Theory
Nursing Models – Hildegard Peplau’s Nursing Theory; Callista Roy’s Adoption Model; Dorothea Elizabeth Orem’s Self Care Deficit Theory; Martha Roger’s Systems Oriented Nursing Theory; Betty Neumann’s Systems Model

6. Therapeutic Nurse-Patient Relationship

Therapeutic Nurse-Patient Relationship
Definition, Purposes, Characteristics, Types, Phases, Essential Elements, Factors Determining Effective Nurse-Patient Relationship, Essential Qualities; Principles

Communication
Definition, Process, Objectives, Purposes; Types, Qualities of a Good Communicator, Barriers for Effective Communication

Therapeutic Communication
Definitions, Modes, Techniques, Therapeutic Communication Skills required for Psychiatric Nurse, Barriers; Characteristics, Therapeutic Impasses and its Intervention
Interview Technique
Definitions, Purposes, Characteristics, Attitude of Interviewer; Interview Skills, Qualities of an Interviewer; Essential Conditions for Interviewing; Guidelines for Conducting Interview
Techniques used for Conducting Interview

Observation, Recording and Reporting

7. Therapeutic Psychiatry
Aims, Classification of Therapies
Physical Therapies – Electro Convulsive Therapy, Chemical Convulsive Therapy; Abreaction Therapy; Insulin Therapy
Psychotherapy – Individual Psychotherapy, Group Psychotherapy; Supportive Psychotherapy, Reeducative Psychotherapy; Interpersonal Psychotherapy, Behaviour Therapy, Hypnosis, Psychoanalysis, Psychosurgery; Psychodrama, Counselling, Family Therapy – Self Help Groups; Halfway Homes
Social Therapy/Case Work
Restitutive Therapy
Activity Therapy – Occupational Therapy, Play Therapy, Recreational Therapy, Art Therapy
Music Therapy, Dance Therapy
Narco Analysis and Narco Synthesis
Milieu Therapy – Therapeutic Community
Drug Therapy
Psychiatric Rehabilitation

8. Crisis Situation
Crisis
Definitions, Crisis Proneness; Characteristics; Developmental Phases; Types; Crisis Continuum, Signs and Symptoms, Therapy, Indications, Settings, Techniques of Crisis Intervention
Grief
Definition, Types; Theories of Grieving Process; Risk Factors; Manifestations; Resolution of Grief Responses; Management; Application of Nursing Process
Psychiatric Emergencies
Definition, Concept and Meaning, Common Psychiatric Emergencies; Objectives of Psychiatric Emergency Intervention; Characteristics; Management
Suicide
Risk Factors, Prevalence and Incidence; Definitions, Causes, Classification, Assessing the Degree of Suicidal Risk; Recognition of Suicidal Ideas or Facts, Methods of Committing Suicide; Nursing Management; Prevention
Anger, Hostility, Aggressive Behaviour
Terminology, Onset and Clinical Course, Aggression Cycle; Aetiology; Treatment, Nursing Management
Violent Behaviour
Risk Profile, Aetiology, Manifestations, Management
Hystoria
Definition, Aetiology, Incidence, Psychopathology, Symptoms, Prognosis, Treatment, Nursing Management

Withdrawn Behaviour
Definition, Associated Conditions, Psychodynamics, Nursing Management

9. Legal Aspects of Mental Health Nursing .......................................................... 340
- The Indian Lunacy Act, 1912
- Mental Health Act, 1987
- Admission and Discharge Procedures of a Client in Psychiatric Unit, Nurses’ Role in Admission and Discharge Procedure
- Rights of Mentally Ill
- Legal Role of Nurse
- Legal Responsibilities of a Mentally Ill Person
- Criminal Responsibility, Mc Naughten Rule, Durham Rule
- Civil Responsibility
- Informed Consent, Substituted Consent
- Legal Aspects Related to Community Psychiatry

10. Community Mental Health Nursing ............................................................. 353
Definitions, Concept; Scope, Community Facilities, Aims or Goals; Role of the Nurse in Community Mental Health; Mental Health Movement in India/ Historical Development of Community Mental Health Services; National Mental Health Policy, National Mental Health Programme (1982), Five Year Plans, Revised National Mental Health Programme (2003)

11. Nursing Process ............................................................................................. 363
Definition, Steps, Advantages
Process Recording: Definition, Objectives, Prerequisites, Elements, Outline, Approaches, Final Pointers, Professional Skill Sets

12. Psychosis ......................................................................................................... 372
Psychosis: Definition, Risk Factors, Incidence, Causes, Types, Clinical Manifestations, Diagnosis, Treatment
Schizophrenia: Definition, Classification, Aetiological Factors, Psychopathology, Clinical Manifestations, Treatment, Nursing Management, Subtypes: Simple Schizophrenia, Catatonic Schizophrenia, Residual Schizophrenia, Undifferentiated Schizophrenia, Post-Schizophrenic Depression, Acute Schizophrenic Type, Latent Schizophrenia, Schizoaffective Type, Childhood Type, Paranoid Schizophrenia
Affective Disorders/Mood Disorders: Terminology, Definitions, Classification, Incidence, Spectrum of Illness/ Magnitude of Illness, Aetiological Factors, Clinical Manifestations
Depression – Mild, Moderate, Severe; Nursing Management of A Client with Depression, Differences Between Exogenous and Endogenous Depression; Mania – Definition, Incidence, Aetiology, Clinical Manifestations, Types – Hypomania, Dysphoric Mania, Acute Mania, Delirious Mania, Treatment, Outcome, Nursing Management; Involutional Melancholia, Dysthymia, Cyclothymia

13. Neurosis .................................................................................................................... 415

Definition, Classification, Causes, Clinical Manifestations, Treatment, Prognosis, Differences Between Psychosis and Neurosis, Types of Neurosis – Anxiety Disorder and its Types; Hypochondriasis, Depersonalization, Neurasthenia, Obsessive Compulsive Neurosis, Phobia and its Types, Post Traumatic Stress Disorder

14. Personality Disorder/Characterological Disorder ........................................................ 444

Definition, Classification, Incidence, Risk Factors, Aetiology, Diagnosis, Treatment, Complications, Types of personality Disorders and its Management – Psychopathy, Sociopathy, Antisocial Personality Disorder, Paranoid Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, Obsessive-Compulsive Personality Disorder, Dependent Personality Disorder, Narcissistic Personality Disorder, Avoidant/Anxious Personality Disorder, Schizoid Personality Disorder, Impulsive Aggressive Personality Disorder

15. Childhood Disorders ......................................................................................................... 465

Definition, Classification
Mental Retardation : Definition, Incidence and Prevalence, Classification, Predisposing Factors, Causes, Clinical Manifestations, Diagnosis, Management, Rehabilitation, Complications, Prevention, Nursing Management, Prognosis
Autism, Selective Mutism, Speech Disorders – Cluttering, Fluency Disorders – Unclear Speech, Stuttering; Movement Disorders – Mannerisms, Tic Disorder, Attention Deficit Hyperactivity Disorder, Eating Disorders – Classification, causes, Treatment, Nursing Management; Types of Eating Disorders – Obesity, Anorexia Nervosa, Bulimia Nervosa, Differences Between Anorexia Nervosa and Bulimia Nervosa, Pica
Behavioural Problems and Its Management (in General), Specific Behavioural Problems – Sleeping Problems, Conduct Disorders, Anxiety Disorders, Problems in Toilet Training – Enuresis, Encopresis, Bipolar Disorder, Violent Behaviour, Childhood Schizophrenia, Child Guidance Clinic
Therapeutic Modalities used in Child Psychiatry, Nursing Management of Child with Psychiatric Disorders

16. Organic Brain/Mental Disorder ...................................................................................... 542

Definition, Causes, Classification, Clinical Manifestations, Treatment, Nursing Management Types of Organic Brain Disorders – Dementia, Alzheimer’s Disease, Senile Dementia, Senile Psychosis, Delirium
17. Psychophysiologic Disorders/Psychosomatic Disorders .................................................. 555

- Definition, Incidence, Types, Dynamics, Clinical Manifestations, Treatment, Nursing Management,
- Dissociative Disorders and Its Types - Dissociative Amnesia, Dissociative Fugue, Multiple Personality Disorder, Depersonalization Disorder, Dissociative Stupor, Hysteric Fits,
- Differences Between Hysterical Fits and Epileptic Seizures

18. Sexual Disorders ............................................................................................................ 570

- Definition, Classification, Incidence, Causes, Cycle of Sexual Dysfunction, Diagnosis, Treatment, Nursing Management
- Types of Sexual Disorders and Its Management: Sexual Dysfunctions, Erectile Dysfunction/ Impotence, Sexual Perversion, Voyeurism, Fetishism, Sexual Pain Disorders – Vaginismus, Dyspareunia; Gender Identity Disorder, Gender Dysphoria, Intersexuality, Premature Ejaculation

19. Substance Abuse ............................................................................................................. 593

- Drug Abuse: Terminology, Progressive Changes in a Drug Addict, Characteristics, Withdrawal Syndrome, Causes, Clinical Manifestations, Long Term Effects of Drug Usage, Diagnosis, Management, Deaddiction Centres, Preventive Measures, Common Drugs Used for Addiction

Bibliography ................................................................................................................... 617

Index .......................................................................................................................... 621