Application of Psychodynamic Principles in OCD: An Exemplary Case Study

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We present a successful application of only a few sessions of assessment guided psychoeducation based on psychodynamic principles in a case of a 29 year old male with an abrupt onset of symptoms. While studying he felt that underlining a sentence in book led to his father getting crushed under that line, gradually followed by obsessions of causing harm, contamination, reading-writing compulsions, mental rituals, guilt and depressive cognitions.

The application of psychodynamic principles, perhaps aided by SSRIs, regarding symptom formation (in the context of a strong therapeutic alliance) and assistance in appreciating and working through unresolved conflicts and troublesome developmental issues was enormously helpful in improving OCD and depression from severe to mild level.

\textit{Key words: Psychoeducation, Psychodynamic, OCD}
Art Therapy as an Adjunctive Treatment for Adult Psychiatric Patients: Benefits in a Multi-Lingual and Multi-Cultural Context

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Background
Art therapy is a non-verbal therapy where therapist facilitated expression of visual imagery by the patient is promoted. This can potentially open a window into patients’ thoughts and feelings which may otherwise remain unexpressed, or difficult to communicate verbally. As this mode of therapy transcends language it might have added benefit in providing non-pharmacological therapy in a multi-lingual patient population.

Method
We formed a multi-disciplinary art-therapy sub-team comprising of a clinical psychologist, a trained artist and a psychiatrist and offered one hour art-therapy session once a week.

Each participant was provided with material for drawing Participating patients were encouraged to explore the medium of visual art i.e. line, colour etc. to create an image. The therapists remained minimally active in the actual visual expression being created but provided a scaffolding to enable and encourage the process. At the end of the sixth session participating patients were engaged in a dialogue about the art-work produced.

Patient reported outcome measure (PROM) was measured using a standardised tool (DIALOG) at the beginning of therapy, at the 6th session and at the 12th session, where appropriate.

Results
8 female patients and 1 male patient received 6 sessions, and 3 female patients received 12 sessions. There is a tendency for improvement as noted by numerical scores from the DIALOG scale. The numbers were not large enough for statistical analysis.

Conclusion
Art therapy as an adjunctive non-verbal therapy may offer added benefit and subjective improvement of patients in a wide range of diagnosis.
Larger studies are needed in this field and may have added benefit in multi-lingual and multi-cultural setting.
Efficacy of Culturally adapted Behavior Therapy (caBT) in Children and Adolescents with School Refusal – a Prospective Study

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Objective
To study the efficacy of caBT in school refusal.

Method
This prospective study was set in a private hospital. The sample size was 32.

After informed consent, baseline assessments with MINI Kid, SRAS revised, CGI(S), CGI (I), attendance% were done for children and adolescents with school refusal.

The total number of patients screened was 32. Patients with OCD (n=5) were excluded. 16-20 sessions of structured caBT with psychoeducation, biopsychosociospirtual model, star charting, limit setting and contingency management were done with hospital admission as the negative reinforcer.

Primary outcome – attendance% and secondary outcomes – SRAS, CGI-S, CGI-I & CGAS were assessed at 1, 3 and 6 months. RMANOVA was used to compare means.

Results
The mean age of the sample was 9.65yrs. 70% were males and 30% females. 85% completed the six months follow-up. The attrition rate was 15%. Parental overprotection was seen in 64% of the cases. On RMANOVA at 1, 3 and 6 months, statistically significant improvement in attendance% (F=167.34,p<0.001), CGI-S(F=104.82,p<0.001), CGI-I(F=155.27,p<0.001) and CGAS(F=172.53,p<0.001) were found. Means of the four functions of SRAS were: 1.71, 1.09, 4.66, and 5.45. The primary reason for school refusal was positive tangible reinforcement.
Opportunities and Challenges in Community Based Psychiatric Rehabilitation:
Sakalawara Model

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The community-based rehabilitation (CBR) is aimed to help people with disabilities by establishing community-based interventions for social integration, providing equal opportunities, and rehabilitation programs. It is more important for severe mental disorders (SMD). There are various models of CBRs are exist in India. But there is scarcity in government set up. Sakalawara Community Mental Health Centre (SCMHC) of NIMHANS added a dimension of CBR from March 2014. It involves inpatient residential care for rehabilitation of SMDs along with their family. It is managed by multidisciplinary team comprising of psychiatrists, psychiatric nurses, psychiatric social workers, clinical psychologists and vocational trainers.

This presentation includes a brief discussion of opportunities and challenges of CBR in an academic and government settings.
Quality Of Life in Burn Injury Patients

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Introduction
Burn injury is a highly devastating injury accounting for the major cause of DALY’s lost mostly in developing countries. Physical trauma, body disfigurement, social stigma associated with injury completely shatters the individual’s life.

Aim
To study quality of life among burn injury patients.

Methodology
A cross sectional hospital based descriptive study was done on 150 burn injury patients. WHO QOL-BREF tool was applied after 3 months of discharge in follow up visit to assess quality of life among subjects.

Result
The study revealed poor quality of life among four domains of QOL; it was most deteriorating in psychological domain followed by physical health domain, environment and social relationship domain.

Conclusion
Advancement in the medical field has improved the survival rate in victims. Although patients recover from the acute painful phase of physical trauma the psychological and social impacts of injury remain unaddressed. There is a need for an integrated approach for prevention and enhancement of the quality care for the victims in all domains of life.
Role of Jacobson’s Progressive Muscle Relaxation Therapy on Alcohol Craving with Patients on Disulfiram Treatment for Alcohol Deaddiction

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Introduction
Alcohol use is one of the most common socio economic problems worldwide. Unfortunately very few alcoholics come to hospitals for de-addiction and despite being on treatment like disulfiram some patients relapse owing to craving, causing treatment failure. Use of relaxation procedures, notably progressive muscular relaxation and meditation, has been widespread and is premised on the assumptions that substance abuse is causally linked to anxiety and that anxiety due to craving can be reduced by relaxation training.

Aim
To study effect of Jacobson’s progressive muscular relaxation technique in craving, severity of alcohol use disorder and quality of life in alcohol use disorder patients on disulfiram treatment as compared to those without JPMR on treatment with disulfiram.

Material and method
A longitudinal single centre study is being carried out on 30 outpatient newly diagnosed patients. These patients are taught Jacobson’s progressive muscular relaxation technique and its effect is studied on the basis of scale like severity of alcohol dependence questionnaire (SADQ-C), Penn’s alcohol craving scales, and WHO-Quality of Life Scale.
Technology Enhanced Learning in Psychiatric Rehabilitation: Virtual Knowledge Network NIMHANS ECHO Road to Recovery

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Background
There is a significant treatment gap and variation in the area of psychiatric rehabilitation. This often translates into ineffective recovery and re-integration of patients with severe mental disorder. ECHO (Extension of Community Healthcare Outcome) model aims through multipoint videoconference technology, to link the specialist multidisciplinary teams with health professionals through teleECHO clinics, in which the experts co-manage patient cases and share their expertise via mentoring, guidance, feedback and didactic education. In India, this cost effective model has been found feasible for capacity building in addiction mental health. An attempt was made to use the same model in capacity building for psychiatric rehabilitation i.e. Virtual Knowledge Network (VKN) NIMHANS ECHO road to recovery (R2R).

Aims and objectives
To assess utility and acceptability of VKN NIMHANS ECHO R2R in the Indian context.

Methods
The ongoing VKN NIMHANS ECHO R2R tele-health monthly session consists of case based discussion followed by a didactic session. Apart from the case discussions, the didactic session will cover the rehabilitation practice in three different settings i.e. institutional, community based rehabilitation using government resources and homeless mentally ill by reputed organizations working in these areas. The interested participants register themselves by filling up a Google form.

Results
There are 58 registrations including 5 institutions. One fourth of them have previously participated in the online program by NIMHANS ECHO. Seventy percent of the participants were between 20-40 years of age. One fourth (23.6%) are psychiatry trainees, followed by 20.8% psychiatrists and 14% other mental health professionals i.e. PSW or MPhil. One third of registered participants are educational counselors, teachers, and lay counselors. 56.6% participants use laptops where as 16% use smartphones and 15% use desktops to access this online tele-Health session.