SECTION-I

Important Text &
MCQs Chapterwise Arranged
This page intentionally left blank
Mental health is a state of psychological well-being or adequate adjustment, particularly as such adjustment conforms to the community accepted standards of behaviour.

Psychoanalysis is a form of procedure (for investigating mental processes), a theory and a form of treatment developed by Sigmund Freud.

Average prevalence of severe mental disorders in India is 18-20/1000 population.

Average incidence of serious mental disorders is 35 per lac population.

About 1-2% of children suffer from learning and behaviour problems.

Mental retardation is estimated to be present in 0.5-1.0% of all children.

Depressive neurosis is the most frequent psychiatric disorder in India (Neuroses constitute about two third cases), followed by anxiety neurosis. Depression is the commonest geriatric psychiatric problem (i.e. 60/1000)

Schizophrenia utilizes most of the psychiatric beds available in India.

In India, we have about 2000-2500 qualified psychiatrists, 600-700 psychologists, 300-400 psychiatric social workers and 500-600 psychiatric nurses.

### Important Characteristics of Mental Health

<table>
<thead>
<tr>
<th>Reasonable independence</th>
<th>Ability to show friendliness and love</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-reliance</td>
<td>Ability to give and take</td>
</tr>
<tr>
<td>Self-direction</td>
<td>Tolerance of others and of frustration and emotions</td>
</tr>
<tr>
<td>Ability to do a job</td>
<td>Ability to contribute</td>
</tr>
<tr>
<td>Ability to take responsibility and make needed efforts</td>
<td>A sense of humor</td>
</tr>
<tr>
<td>Reliability</td>
<td>A devotion beyond oneself</td>
</tr>
<tr>
<td>Persistence</td>
<td>Ability to get along with others</td>
</tr>
<tr>
<td>Ability to find recreation, as in hobbies</td>
<td>(capacity for intimacy)</td>
</tr>
<tr>
<td>Satisfaction with sexual identity</td>
<td>Cooperation</td>
</tr>
<tr>
<td>Ability to work under authority, rules and difficulties</td>
<td>Optimism</td>
</tr>
<tr>
<td>A sense of competition, collaboration compromise satisfaction and security</td>
<td>Ability to function in both dependent and independent roles</td>
</tr>
</tbody>
</table>
1. The number of new cases of serious mental disorders which become manifest each year (incidence) per lac population is approximately:
   A. 5    B. 10
   C. 25   D. 35

2. The commonest psychiatric illness in world is:
   A. Schizophrenia
   B. Endogenous depression
   C. Anxiety neurosis
   D. Exogenous depression

3. The commonest psychiatric disorder among elderly in India is:
   A. Dementia
   B. Delirium
   C. Depression
   D. Suicide

4. Ethology is:
   A. Studying of interaction between animals and human being
   B. Study of animal behaviour in natural habitat
   C. Study of animals under controlled laboratory conditions
   D. None of the above

5. The following psychiatric disorders are more common in females except:
   A. MDP depression
   B. Transvestism
   C. Social phobia
   D. Anorexia nervosa

6. Ethology has made major contributions to understand human behaviour through all the following concepts except:
   A. Fixed action pattern and “sign stimulus”
   B. Critical period
   C. Ethnic bonds
   D. Imprinting

7. Estimated prevalence of neurosis in the community is about:
   A. 0–5%
   B. 5–10%
   C. 10–20%
   D. 20–40%

8. Number of cases of psychoses expected per thousand population:
   A. Less than one
   B. 1–5
   C. 6–10
   D. 11–20

9. Mental disorders are:
   A. Adaptive and Reparative
   B. Protective
   C. Defensive
   D. All of the above

10. A psychiatric illness may be marked by all of the following except:
    A. Disturbance in behaviour
    B. Impairment in preexisting functioning
    C. Impoverishment of feelings
    D. Unpopular beliefs

11. Epileptic fit and hysterical fit can be certainly differentiated by:
    A. Duration of fit
    B. Frothing from mouth
    C. Incontinence of urine
    D. Injury during fit

12. The commonest mental illness in children is:
    A. Mental retardation
    B. Infantile autism
    C. Enuresis
    D. Neuroses

13. Prevalence of mentally ill patients in India is at least:
    A. 1–5/1000
    B. 5–10/1000
    C. 10–20/1000
    D. 100–200/1000

14. The commonest psychotic illness in India is:
    A. Schizophrenia
    B. Endogenous depression
    C. Mania
    D. Dementia

15. Commonest psychiatric illness in India is:
    A. Schizophrenia
    B. Endogenous depression
    C. Mixed Anxiety Depressive Disorder
    D. Anxiety neurosis

16. The prevalence of severely mentally retarded in India is:
    A. 1–2/1000
    B. 5–10/1000
    C. 10–15/1000
    D. 15–20/1000

**ANSWERS**

Sigmund Freud (1856-1939): Austrian psychiatrist, Founder (father) of Psychoanalysis, gave topographical theory of mind (unconscious, preconscious and conscious) and its structure (Id, Ego, Superego); described stages of psychosexual development (oral anal, phallic (oedipal), latent and genital); oedipal complex; Interpretation of dreams; concepts of libido, regression, transference, sublimation and repression; took and described properties of cocaine.

Alfred Adler (1875-1937): Austrian psychiatrist, gave concepts of inferiority complex (superiority drive), overcompensation and founded school of Individual Psychology.

Carl Gustav Jung (1875-1961): gave concepts of Collective unconscious, archetypes, personality types (introvert and extrovert), anima animus, persona and founded school of analytic psychology.

Philipe Pinel is known as the father of modern psychiatry (he founded humane approach for treating mentally-ill persons).

Felix Platter wrote the first psychiatric textbook (Praxis Medica).

Johann Reil first used the word “psychiatry” whereas Gockel coined the word “psychology”.

Julius Wagner von Jauregg was first psychiatrist to get Nobel Prize for malarial therapy of GPI.

First drug introduced in psychiatry: — among Major tranquilizers or antipsychotics (chlorpromazine), butyrophenones (haloperidol), antidepressants (iproniazid, a MAOI), benzodiazepines (chlordiazepoxide).

Atreya was the first great Indian Physician.

First Asylum in India was built in Bombay.

Indian Lunacy Act (1912) has been replaced by Mental Health Act (of 1987); Narcotic Drugs and Psychotropic Substances Act was passed in 1985 and National Mental Health Programme was launched in 1982.

Some Contributors to the Development of Therapies

I. Organic Therapies

- W. Oliver (1785) — Camphor induced convulsions in Melancholia
- Wagner von Jauregg (1917) — Malarial treatment in General Paresis of Insane
- Kalesi (1922) — Prolonged Narcosis therapy
- Steck (1932) — First used insulin in acute Psychosis
- Sakel (1933) — Insulin Coma therapy
- Meduna (1930s) — Cardiazol or Metrazol convulsive therapy
- Friedman and Wilcox (1942) — Unilateral Electroconvulsive therapy
- P. Dalmas-Marsolet (1942) — Continuous stimulation therapy
- Egas Moniz (1936) — Psychosurgery (Perfrontal lobotomy) and also carotid Angiography
Schulte (1950) – Sleep deprivation therapy
Fiamberti (1937) – Acetylcholine
Lovenhart et al (1926) – Carbon dioxide Therapy
Hoch (1930s) – Atropine therapy
Kielholz – Blood transfusion and hemodialysis for treatment of mental illness
Deschamps (1952) – Artificial hibernation (Refrigeration therapy)
Talbot and Tillotson – Hypothermia
Cossa and Gastuas – Photoshock therapy
Delay et al – Cerebral Pneumotherapy (Suboccipital)
Blackwenn – Narcotherapy (Using Sodium Amytal)
Kane and di Scipio – Acupuncture in mental illness
Cerletli – Acroagonine (a substance which appears after ECT in brain) therapy
Zador (1928) – Nitrous Oxide inhalation therapy
Sargent and Slater – Ether Abreaction therapy

II. Psychological Therapies
Sigmund Freud – Psychoanalysis and Free association.
Carl C. Rogers – Client Oriented Psychotherapy
Frederich Perls – Gestalt therapy.
Erich Berne – Transactional analysis
Victor E. Frankl – Existential logotherapy
James Braid – Neuro-hypnotism
Albert Ellis – Rational Emotive therapy
William Glasser – Reality therapy
Arthur Janov – Primal therapy
J.L. Moreno – Psychodrama
Assagioli – Psychosynthesis
Maslow – Self Actualization
Pietro Pisani – Millieu therapy
Aaron Beck – Cognitive therapy (in depression)
T.F Main and Maxwell Jones – Therapeutic communities
John Watson – Behaviorism

Ivan Pavlov – Classical conditioning
Joseph Wolpe – Systematic desensitization
B.F. Skinner – Operant conditioning
Joint commission on Mental Illness (in USA)

Some Contributors to the Development of Drug Treatment
Hippocrates – Herbal remedies for mental illness
Fisher (1903) – Synthesized first barbiturate
Sen and Bose (1931) – Used rauwolfia extract in major Psychosis
Bernthsen (1883) – Synthesized chlorpromazine
Charpentier (1950) – Described properties of chlorpromazine
Delay, Deniker and Harl (1952) – Use of chlorpromazine to treat certain psychotic symptoms and coined term ‘Neuroleptic’
Cade (1949) – Lithium
Zeller (1952) – Described Iproniazid (a MAO inhibitor) as an antidepressant
Janssen et al (1958) – Synthesized large number of butyrophenones
Divry et al (1958) – Described properties of a number of butyrophenones
Kuhn (1957) – Described properties of imipramine
Haflinger and Schindler (1957) – Synthesized imipramine
Sternbach – Discovery of chlordiazepoxide
Cohen (1960) – Described properties of chlordiazepoxide
Hoffer and Osmond (1954) – Megavitamin therapy (niacin + Vit.C + Penicillin)
Hald et al (1948) – Disulfiram (antabuse)
Ferguson (1956) – Calcium carbide cause reaction like antabuse
Taylor et al (1964) – Metronidazole causes Antabuse like reactions
Osterman et al (1959) – Chlormethiazole (used in alcohol withdrawal symptom)
1. The word ‘Social Psychiatry’ was coined by:
   A. Franz Alexander   B. S.R. Slavson
   C. Thomas Rennie   D. Konrad Lorenz
2. Match the following:
   I. Cade        (i) Chlorpromazine
   II. Cohen      (ii) Chlordiazepoxide
   III. Hoffman   (iii) Lithium
   IV. Delay and Deniker (iv) Lysergic acid
   A. I (ii)   II (iii) III (iv) IV (i)
   B. I (i)    II (ii) III (iv) IV (iii)
   C. I (iii)  II (ii) III (iv) IV (i)
   D. I (iii)  II (iv) III (ii) IV (i)
3. Match the following:
<table>
<thead>
<tr>
<th>Stage of Psychosocial Conflict Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Oral (i) Autonomy versus shame</td>
</tr>
<tr>
<td>II. Anal (ii) Initiative versus guilt</td>
</tr>
<tr>
<td>III. Genital (iii) Industry versus inferiority</td>
</tr>
<tr>
<td>IV. Latent (iv) Trust versus mistrust</td>
</tr>
</tbody>
</table>
   A. I (i)   II (ii) III (iv) IV (i)
   B. I (iv)  II (ii) III (i) IV (iii)
   C. I (iv)  II (i) III (ii) IV (iii)
   D. I (iv)  II (iii) III (ii) IV (i)
4. “Hallucination is a perception without a stimulus” (false perception)” was said by:
   A. Bleuler   B. Janet
   C. Schneider D. Esquirol
5. Which of the following is a topographical model of mind by Freud:
   A. Id-Ego-Superego
   B. Unconscious-Preconscious-Conscious
   C. Regression-Repression-Suppression
   D. Denial-Rationalization-Projection
6. The definition of hallucination “It is a false perception, which is not a sensory distortion, or misinterpretation but which occurs at the same time as real perceptions”, was given by:
   A. Esquirol   B. Jaspers
   C. Bleuler    D. Schneider
7. Who has been often called as the “First Psychiatrist”:
   A. Paracelsus   B. Hippocrates
   C. John Weyer   D. Sigmund Freud
8. Match the following:
   I. Morselli   (i) Hypnosis
   II. James Baird (ii) Schizoaffective
   III. Kahlbaum   (iii) Dysmorphophobia
   IV. Kasanin   (iv) Paranoia
   A. I (ii)   II (iii) III (iv) IV (i)
   B. I (i)    II (ii) III (iii) IV (iv)
   C. I (ii)   II (i) III (iii) IV (iv)
   D. I (iii)  II (i) III (iv) IV (ii)
9. The term “Ambivalence” was coined by:
   A. Hippocrates   B. Eugen Bleuler
   C. Kraepelin   D. Sigmund Freud
10. ‘God complex’-a belief sometimes in therapists that one, can accomplish more than is humanly possible or that one’s word should not be doubted, was first discussed by:
    A. Sigmund Freud   B. Erik Erikson
    C. Joseph Breuer   D. Ernest Jones
11. Match the following:
    I. Clifford Beers   (i) Psychopathia sexualis
    II. Otto Rank      (ii) Major studies of Luther and Gandhi
    III. Erik Erikson (iii) A mind that found itself
           (iv) The trauma of birth
    A. I (i)   II (ii) III (iii) IV (iv)
    B. I (ii)  II (iii) III (iv) IV (i)
    C. I (iii) II (iv) III (ii) IV (i)
    D. I (iii) II (ii) III (iv) IV (i)
12. The term “Style of life” was coined by:
    A. Sigmund Freud   B. Alfred Adler
    C. Karen Horney   D. Eric Berne
13. The concept of “Experimental Neurosis” was given by:
   A. Sigmund Freud  B. Karen Horney  C. Ivan P. Pavlov  D. Frederic B. Skinner

14. The first of the benzodiazepines, synthesized in 1957 was:
   A. Diazepam  B. Chlordiazepoxide  C. Chloral hydrate  D. Lorazepam

15. All of the following are Neo-Freudians except:
   A. Anna Freud  B. H.S. Sullivan  C. Melanie Klein  D. Erik Erikson

16. The important work “The Ego and the Mechanisms of Defense” is attributed to:
   A. Sigmund Freud  B. Anna Freud  C. Alfred Adler  D. Carl C. Jung

17. First mental hospital was founded in:
   A. USA  B. UK  C. Spain  D. France

18. First mental hospital was said to be founded by:
   A. Juan C. Duarte  B. Gilbert Jofre  C. Philippe Pinel  D. William Tuke

19. The term “therapeutic community” was introduced by:
   A. Charles Dederich  B. Tom Main  C. Maxwell Jones  D. Cliford Beers

20. In Freudian theory, Oedipus complex is seen in which stage of the psychosexual development:
   A. Anal  B. Urethral  C. Genital  D. Latent

21. Match the following:
   I. Esquirol (i) Pseudohallucinations
      II. Hagen (ii) Apperceptive hallucination
      III. Kahlbaum (iii) Pale hallucinations
      IV. Griesinger (iv) Hallucination
   A. I (i)  II (ii)  III (iii)  IV (iv)
   B. I (ii)  II (i)  III (iii)  IV (iv)
   C. II (i)  III (ii)  IV (iii)  I (iv)
   D. I (iv)  II (ii)  III (iii)  IV (i)

22. All of the following are the characteristics of hypnagogic hallucinations except:
   A. Occur during drowsiness  B. Are discontinuous  C. Appear to force themselves on the subject  D. Form a part of an experience in which the subject participates

23. Sigmund Freud is famous for:
   A. Structure of brain  B. Inferiority complex  C. Behaviour therapy  D. None of the above

24. Oedipus complex (given by Sigmund Freud) is seen in:
   A. Boys of 1–3 years of age  B. Girls of 1–3 years of age  C. Boys of 3–5 years of age  D. Girls of 3–5 years of age

25. Life span of Sigmund Freud was:

26. Sigmund Freud passed most of his life in:
   A. USA  B. Germany  C. Austria  D. France

27. Defect of conation is typically seen in:
   A. Simple schizophrenia  B. Hebephrenic schizophrenia  C. Catatonic schizophrenia  D. Paranoid schizophrenia

28. Auditory hallucinations in clear consciousness is seen in:
   A. Senile dementia  B. Multiinfarct dementia  C. Alcoholic hallucinosis  D. Alcoholic intoxication

29. Which of the following is a wrong matching:
   A. Waegner-Malaria treatment in GPI  B. Meduna-Convulsive therapy  C. Sakel-Insulin coma  D. Adler-Superiority complex

30. “Body-Mind dualism”, was written by:
   A. Pierre Janet  B. Sullivan  C. Anna Freud  D. Rene Descartes
31. Match the following:
I. Hallopeau  (i) ‘Babel of Tongues’ (Problems in communicating among psychiatrists)
II. Pinel and Esquirol  (ii) Kleptomania
III. Marc  (iii) Instinctive monomania
IV. William Meninger  (iv) Trichotillomania
A. I (ii) II (iii) III (iv) IV (i)
B. I (iii) II (iv) III (i) IV (i)
C. I (iv) II (iii) III (i) IV (i)
D. I (iv) II (i) III (ii) IV (iii)

32. Match the following:
I. Gockel  (i) First mental hospital in Valencia
II. Paolo Zacchia  (ii) First Psychiatric book (Praxis Medica)
III. Felix Platter  (iii) Father of legal medicine
IV. Gilbert Jofre  (iv) Coined word “Psychology”
A. I (i) II (iv) III (iii) IV (ii)
B. I (ii) II (i) III (iv) IV (iii)
C. I (iii) II (ii) III (i) IV (iv)
D. I (iv) II (iii) III (ii) IV (i)

33. Which of the following is not a contribution of Sigmund Freud:
A. Effects of cocaine
B. Interpretation of dreams
C. Psychosexual stages of development
D. Superiority-Inferiority complex

34. First antipsychotic drug introduced was:
A. Chlorpromazine  B. Haloperidol
C. Trifluoperazine  D. Lithium

35. The latency phase of psychoanalytic theory occurs at the same time at which of the following Erikson’s stages?
A. Trust vs mistrust
B. Identity vs role confusion
C. Industry vs inferiority
D. Autonomy vs shame & doubt

36. Match the following:
I. Oral stage  (i) Shame, ambivalence and personal achievement
II. Anal stage  (ii) Tendency and autoeroticism
III. Genital stage  (iii) Swings between asceticism, eroticism and altruism
IV. Latency  (iv) Strong patterning after heroes and limited sexual curiosity
V. Puberty  (v) Castration complex develop
A. I (i) II (ii) III (iii) IV (iv) V (v)
B. I (ii) II (i) III (v) IV (iv) V (iii)
C. I (ii) II (iii) III (iv) IV (v) V (i)
D. I (iii) II (i) III (ii) IV (iii)

37. Match the following:
I. Bibring  (i) Depression, is a conflict within ego rather than between ego and super-ego is associated with loss of self-esteem
II. Abraham  (ii) Melancholia is a despairing cry for love
III. Melanie Klien  (iii) Inability to solve the normal depressive position leads in later life to depression
IV. Sigmund Freud  (iv) In mania-there is fusion of ego and super ego while in melancholia, there is an incorporation of ambivalently loved lost object
V. Rado  (v) Compared melancholic depression with grief
A. I (i) II (v) III (iii) IV (iv) V (ii)
B. I (i) II (ii) III (v) IV (iv) V (v)
C. I (ii) II (i) III (iv) IV (v) V (i)
D. I (iii) II (i) III (ii) IV (iii) V (ii)

38. Moral treatment of mentally ill patients was first stressed by:
A. Pinel  B. Morel
C. Kraepelin  D. Sigmund Freud
39. The classification of hallucinosis into confusional, self reference, verbal and fantastic was given by:
A. Jaspers B. Sedman C. Hagen D. Schroeder

40. Pick up wrong matching:
A. Freud - Cocaine B. Cade - Lithium C. Adler - Imipramine D. Cerletti and Bini - ECT

41. Oedipus complex is seen in:
A. A male child towards mother B. A female child towards mother C. Mother towards male child D. Mother towards female child

42. Delusion is a disorder of:
A. Cognition B. Conation C. Will D. Affect

43. Freud was born in:
A. 1836 B. 1856 C. 1896 D. 1902

44. ‘Elektra (Electra) complex’ a term first used by:
A. Sigmund Freud B. Anna Freud C. Janet D. Melanie Klein

45. Which of the following types of ambivalence was not given by Bleuler:
A. Ambivalence of will B. Ambivalence of thinking C. Affective ambivalence D. Ambivalence of act

46. Pavlov is associated with:
A. Operant conditioning B. Classical conditioning C. Inferiority complex D. Habit disorders

47. Pick up wrong matching:
A. Freud - Cocaine B. Delay & Deniker – chlorpromazine C. Kuhn - Imipramine D. Janssen - Haloperidol

48. Pick the wrong match:
A. Phillippe Pinel - Psychiatric reforms B. Emile Kraepelin - Early study of schizophrenia C. Sigmund Freud - Dream analysis D. Joseph Wolpe - Test of intelligence

49. Match the following classifications and authors:
I. Dimensional (i) Pavlov and Skinner
II. Typological or International categorical Classification of Diseases (ICD-9), WHO
III. Multiaxial (iii) Rutter’s
IV. Behavioural (iv) Eysenck
A. I (i) II (ii) III (iii) IV (iv) B. I (iii) II (i) III (i) IV (iv) C. I (iv) II (i) III (ii) IV (i) D. I (iv) II (ii) III (ii) IV (i)

50. All of the following were Post-Freudians (“Human Potential Movement or Growth therapies”) except:
A. Winnicot B. Erikson C. Carl Rogers D. Bowlby

51. All of the following were said to be Neo-Freudians except:
A. Horney B. Anna Freud C. Melanie Klein D. Eric Berne

52. Theory of control and communication between man and machine is:
A. Primal therapy B. Existential logotherapy C. Basic Encounters D. Cybernatics

53. First Neurotransmitter discovered was:
A. Norepinephrine B. Dopamine C. Serotonin D. Acetylcholine

54. Sigmund Freud opined that ‘Religious ideas’ are:
A. Delusions B. Overvalued ideas C. Illusions D. Hallucinations

55. According to Sigmund Freud, all of the following are the Ego’s defence mechanisms except:
A. Restitution B. Reversal C. Regression D. None of the above

56. Superego differs from the conscience in that:
A. It belongs to a different frame of reference i.e. metapsychology not ethics.
B. It includes unconscious elements
C. Injections and inhibitions emanating from the subject’s past and may be conflict with his present values
D. All of the above