



Department of Psychiatry

UG Curriculum Template

1. Goals:

Understanding of human behaviour and mental health is essential for a medical undergraduate. The prevalence of mental health disorders, especially depression, anxiety and suicide are rapidly increasing in the community. At MBBS level, a basic knowledge of Psychiatry is a must in order to cater to the needs of the community.

As a trainee, students need to know the basics of behavioural psychology and etiopathogenesis, clinical features, diagnosis and management of common psychiatric disorders. They should be able to recognize and manage common disorders in a primary care setting as well as refer appropriately if need be.

2. Outcomes (objectives at the end of the course):

At the end of the course the student should be able,

Knowledge:

- Explain aetiology (bio-psycho-social model), clinical features, diagnosis and management of common mental disorders including substance use disorders across all age groups.
- Explain aetiology (bio-psycho-social model), clinical features, diagnosis and management of severe mental disorders.
- Discuss positive mental health and mental hygiene measures

Skills:

- Diagnose and treat common mental & behavioural disorders in a primary care setting, do preliminary management and appropriate referral.
- Identify severe mental disorders and refer them to appropriate centres.
- Identify alcohol / substance use disorders and refer them to appropriate centres.
- Assess risk for suicide, give psychological first aid and refer appropriately.
- Identify mental disability and advise rehabilitative measures.

Affective:

- i. Demonstrate skill and competence to deal/interact with every patient and their relatives with respect, dignity, and empathy.
- ii. Demonstrate respect for the rights of persons with mental illness.

3. Syllabus

Name of system/section	List of topics
Psychology	1. Introduction to behavioural psychology <ol style="list-style-type: none"> a. Definition b. Components c. Applications
	2. Learning <ol style="list-style-type: none"> a. Components of learning b. Classical conditioning c. Operant conditioning d. Cognitive, social, biological & observational learning e. Application of learning theories
	3. Motivation <ol style="list-style-type: none"> a. Definition b. Theories of motivation c. Biological & social motivation d. Maslow's hierarchy e. Motivation conflicts & frustration
	4. Emotion <ol style="list-style-type: none"> a. Theories of emotion b. Type & health impact
	5. Thinking <ol style="list-style-type: none"> a. Definition of thinking b. Thinking: Images & language c. Problem solving d. Creative thinking
	6. Cognitive Process <ol style="list-style-type: none"> a. Sensory process b. Memory c. Intelligence
	7. Intelligence <ol style="list-style-type: none"> a. Theories of intelligence

	<ul style="list-style-type: none"> b. Determinants of intelligence c. Assessment of intelligence
	<p>8. Personality</p> <ul style="list-style-type: none"> a. Definition b. Trait c. Theories of personality d. Assessment
	<p>9. Doctor-Patient relationship</p> <ul style="list-style-type: none"> a. Model of doctor patient relationship b. Rapport & empathy c. Transference & counter transference d. Style & components of communication e. Confidentiality in patient encounter f. Communicating bad news g. Basic counselling skill
Psychiatry	<p>10. Introduction to psychiatry & classification of psychiatric disorder</p> <ul style="list-style-type: none"> a. Normal human behaviour b. Biopsychosocial model of disorders c. Concept & history of psychiatric disorders d. Classification of psychiatric disorders (ICD & DSM) e. Psychiatry in healthcare f. Law & psychiatry (MHCA 17, NDPS, RPWD)
	<p>11. Descriptive psychopathology</p> <ul style="list-style-type: none"> a. Psychiatric history taking b. Mental status examination
	<p>12. Neuropsychiatry & cognitive disorders</p> <ul style="list-style-type: none"> a. Bedside assessment of cognition in delirium & dementia b. Causes, clinical features & management of delirium c. Types, clinical features, management of dementia
	<p>13. Substance use disorders</p> <ul style="list-style-type: none"> a. Medical model & Concept of dependence & harmful use of substances. b. Assessment of substance use disorders (Alcohol, opioids, cannabis, stimulants, tobacco, nutritional substances) c. Clinical features & diagnosis of intoxication & withdrawal of substance use disorders d. Management of substance withdrawal

	<p>e. Management of substance dependence: pharmacological, non-pharmacological & substitution therapy</p>
	<p>14. Schizophrenia & other psychotic disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Acute management e. Long term management & rehabilitation
	<p>15. Bipolar affective disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Acute management e. Long term management & rehabilitation
	<p>16. Depression</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>17. Anxiety Disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>18. Obsessive-Compulsive Disorder</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>19. Psychosomatic & Stress related disorder</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management

	<p>e. Biological management</p>
	<p>20. Dissociative Disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>21. Somatoform Disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>22. Eating Disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>23. Non-organic sleep disorders</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management including sleep hygiene e. Biological management
	<p>24. Sexual Dysfunctions</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Epidemiology, aetiology, course & prognosis c. Differential diagnosis d. Psychosocial management e. Biological management
	<p>25. Disorders of adult personality, behaviour</p> <ul style="list-style-type: none"> a. Clinical features & diagnostic classification b. Differential diagnosis c. Psychosocial management d. Biological management
	<p>26. Psychiatric disorders of childhood & adolescence.</p>

	<ul style="list-style-type: none"> a. Intellectual disability: aetiology, assessment, classification, behavioural management b. Autism spectrum disorder: concept, clinical features, classification, management c. Specific learning disability: concept, clinical features, assessment d. Hyperkinetic disorder: clinical features, management e. Conduct disorders: clinical features, management
	<p>27. Psychiatric emergencies</p> <ul style="list-style-type: none"> a. Suicide & self-harm: aetiology & risk factors, epidemiology, assessment, crisis management, prevention b. Violent behaviour: aetiology & risk factors, assessment, crisis management c. Sexual abuse: assessment, crisis management
	<p>28. Psychotherapies</p> <ul style="list-style-type: none"> a. Behaviour therapy: overview & application b. Cognitive therapy: concept, overview, indications. c. Supportive therapy: concept & application d. Psychoanalysis: overview e. Group therapy: overview f. Psychoeducation
	<p>29. Biological therapies in psychiatry</p> <ul style="list-style-type: none"> a. Psychopharmacotherapy b. Management of side effects of psychopharmacotherapy c. Electroconvulsive therapy (ECT)

Note: any additional information can be given as annexure

4. Teaching programme

a. Semester wise teaching hours

Semester	Lectures (hrs)	Seminar, Demonstration, integrated teaching, Tutorial (hrs)	SDL (hrs)	Clinical postings (hrs)
IV th Semester	24			
V th semester				04 weeks (60 hrs)
VI th Semester	06			
VIII th Semester			06	02 weeks (30 hrs)
Total	30		06	90

b. Teaching Learning Method

S.No	List of topics	Lecture (Hours)	Tutorial (Hours)	Integrated teaching (Hours)	Practical/ Clinics (Hours)
1	Introduction to Behavioural Psychology	01			
2	Learning & Conditioning	01			
3	Motivation	01			
4	Emotion & application to health	01			
5	Thinking & problem solving	01			
6	Cognitive processes & memory	01			
7	Perception	01			
8	Intelligence	01			
9	Personality	01			
10	Patient doctor relationship	01			
11	Introduction & classification in Psychiatry	01			03
12	Descriptive psychopathology: History & MSE				09
14	Neurobiology of psychiatric disorders	01			
15	Schizophrenia & other psychotic disorders	02			09
16	Bipolar affective disorders	01			09
17	Depressive disorders	01			09
18	Anxiety disorders	01			09
19	Obsessive compulsive disorders	01			06
20	Psychosomatic and stress- related disorders	01			06
21	Somatoform and Dissociative disorders	01			03
22	Substance use disorders:	02			09
23	Neurocognitive disorders	01			06
24	Personality disorders	01			
25	Eating, sexual and non- organic sleep disorders	01			03

26	Child psychiatry	02			06
27	Psychiatric Emergencies	01			
28	Biological therapies in Psychiatry			01(Pharmacology)	03 (ECT Dem0)
29	Psychotherapy: General principles	01			
30	Community Psychiatry	01			
31	Forensic Psychiatry			01(Forensic Medicine)	

5. Assessment plan

a. List certifiable competencies: NIL

b. Internal Assessment

IA number	Theory (Question types & marks)	Theory Timing (semester)	Practical (Pattern & marks)	Practical Timing (semester)
IA 1			a) MCQ's (10 Marks) b) OCSE's (20 marks) 30 marks to be converted to 10 marks.	V th
IA 2	General Medicine Paper II: Section B Question type: SAQ Marks: 20 (Any 4 of 5, 5 marks each)	VI th		
IA3	General Medicine Paper II: Section C Question type: SAQ Marks: 20 (Any 4 of 5, 5 marks each)	VIII th	a) Case Presentation (20marks) b) General Viva (10 marks) c) OSCE/Assignment (10 marks) 40 marks to be converted to 20 marks	VIII th
Pre professional	General Medicine Paper II: Section B Question type: SAQ Marks: 25 (Any 5 of 6, 5 marks each)		Clinical case (20 marks)	

Note

1. Eligibility criteria to appear in final professional exam: Students must score minimum 35% marks in theory and practical's separately
2. A minimum attendance of 75% in clinical posting is mandatory to appear for Internal Assessment Practical exam (End posting examination)
3. A minimum of 75% attendance is mandatory in both theory and practical for appearing in Final Professional Exam
4. Internal Assessment marks will not be added in the final professional exam

c. Summative Assessment

Theory (Pattern & marks)	Total Marks	Professional Practical (Pattern & Marks)	Total Marks
General Medicine Paper II: Section B	25	Clinical case	20

d. Topic distribution for theory papers- Not applicable

Paper number	Topic

6. Recommended Reading List

a. Textbooks:

1. Shorter Oxford Textbook of Psychiatry (Paul Harrison, Philip Cowen, Tom Burns, Mina Fazel)
2. IPS Textbook of undergraduate psychiatry
3. Introduction to psychology (Morgan & King)

b. Reference books:

1. Comprehensive Textbook of Psychiatry (CTP) (Kaplan & Saddock)
2. New Oxford Textbook of Psychiatry Hardcover (John R. Geddes, Nancy C. Andreasen, Guy M. Goodwin)