

## नेपाली सेना

### प्रा.उ.से. CLINICAL PSYCHOLOGY (खुला) पदको पाठ्यक्रम

समय:- ३ घण्टा

पूर्णाङ्क :- १००

उत्तीर्णाङ्क:- ४०

#### उद्देश्य

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से. CLINICAL PSYCHOLOGY पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । प्रा.उ.से. CLINICAL PSYCHOLOGY पदका उम्मेदवार छनौटको लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धि विषयलाई आधार मानि प्रश्नहरू सोधिने छन् ।

- (क) लिखित परीक्षाको माध्यम अंग्रेजी भाषा हुनेछ ।
- (ख) माथि उल्लेखित पत्रहरूको पाठ्यक्रमको रूपरेखा अनुसार विषयवस्तु एउटै हुनेछ ।
- (ग) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराइनेछ ।
- (घ) नेपाली सेनाको तत्कालिन आवश्यकता तथा विविध परिस्थितिमा नेपाली सेना अनूकूल हुने गरी उल्लेखित विवरणहरूमा हेरफेर हुन सक्नेछ ।
- (ङ) पाठ्यक्रम लागू मिति : २०८८/१०/१५ गते देखि

प्रश्नको किसिम	प्रश्नको संख्या र अंक	कैफियत
लामो उत्तर दिनु पर्ने प्रश्न	$3 \times 10 = 30$	
छोटो उत्तर दिनु पर्ने प्रश्न (SAQ)	$5 \times 4 = 20$	
Multiple Choice Question	$30 \times 1 = 30$	

## **Curriculum for प्रा.उ.से. CLINICAL PSYCHOLOGY**

### **PAPER I: SOCIOCULTURAL FOUNDATION OF BEHAVIOUR**

1. Normality and abnormality  
Concept of mental health  
Attitude towards mental health, stigma and social identity  
Epidemiological studies and socio-demographic correlates of mental illness
2. **Family:**  
Personality formation in the family -patient child dyad-early development and communication pattern –triadic relationship –family norm self image and self esteem  
Impact of mental illness in the family – the attribution of responsibility – decision taking role performance –power orientation
3. **Disturbance in interpersonal process:**  
Personal relationships in different mental disorders.  
Abnormal self-attitudes of self perceptions- other perceptions- social competence-interpersonal perceptions.
4. **Socio-psychological models:**  
Clinical applications of social identity-Interdependence-social skills and interaction models.
5. **Transcultural aspects:**  
Socio-cultural studies of socialization- culture mental illness- social class and mental illness- religion and mental illness-social change.  
Ancient Hindu and other ethnic cultures concepts of mind-cognition- emotion-stress-personality-motivation; their relation to modern psychology.
6. Concept of mental illness and its treatment in ancient hindu and other ethnic cultures through yoga and its applications-promotive aspects of mental health.
7. Contemporary concepts, theories and models used in the field of mental health

### **PAPER II: METHODS OF CLINICAL RESEARCH**

1. **Descriptive statistics:**  
Univariats: central tendency, dispersion, skewness and kurtosis.  
Bivariants: regression and correlation coefficient.
  2. **Probability:**  
Probability laws, binomial, poisson and normal distribution, sampling from finite population. Sample size, sample spare, student t statistic, chi-square and f variate.
- Statistical inference:**  
Estimation, point estimation, interval estimastion, test of hypothesis, type i and ii errors, tests based on student t, chi-sqaure, f variate, proportion tests.  
Tests of goodness of fits 2x2 contingency table 2xr contingency table, rc contingency table.

**3. Analysis of variance:**

Basic models, assumptions, one way and two way classifications, analysis of covariance.

Multi variate analysis:

Principal component analysis, factor analysis, cluster analysis, discriminate function analysis, and multiple regression, data processing and computer analysis.

**4. Non parametric statistics:**

Central limit theorem, one sample and two sample problems, analysis of variance of rank order statistics.

**5. Scientific method:**

Various methods to ascertain knowledge, scientific methods and its features, cause and effect: Mill's canons.

**6. Theory of measurement:**

Measurement, nominal, ordinal, interval and ratio scales, constructions rating scales and attitude scales, reliability and validity.

**7. Epidemiological studies:**

Prospective and retrospective studies, prevalence, incidence, age specific, disease specific and adjusted rates. Life table techniques.

**8. Survey techniques:**

Various tools, mail questionnaire and interview schedule sampling methods: complete enumeration, sample survey, sampling and non-sampling errors, random and non-random samples, sample random, systemic random, stratified random and cluster random sampling designs. Methods of minimizing non-sampling errors.

**9. Experimental design:**

Experiments vs surveys, general principles in experimental design, requirements for a good design, methods of controlling experimental errors, idea of control matching. Local control, concomitant variation, randomization and replication. Completely randomized designs, randomized block design, latin square, factorial designs and cross over designs.

**10. Qualitative research methods:**

Concepts of qualitative research methods, qualitative vs quantitative techniques, techniques of data gathering and analysis in qualitative research, implication and uses of qualitative research methods.

**PAPER III: PSYCHOPATHOLOGY**

**1. Introduction, clinical analysis and biophysical theories.**

**2. Intrapsychic theories: Freudian approach, Jungian approach, Adlerian approach, Interpersonal and social approaches, Ego theories.**

**3. Phenomenological theories: Existential development, Humanistic development  
Behavioral theories : Classical & operant conditioning theories, Cognitive theories, Drive reduction & reciprocal inhibition theories, Social learning & other psychological approaches**

**4. A etiology & development : Biogenic factors, Psychogenic factors, Sociogenic factors**

5. **Psychopathology of specific conditions: Neurotic, stress - related and somatoform disorders.**
  - Phobic anxiety disorders.
  - Obsessive - compulsive disorders.
  - Dissociative (conversion) disorders
  - Somatoform disorders.
  - Specific personality disorders.
6. **Psychopathology of the following conditions:**
  - Disorders of perception
  - Disorders of thinking
  - Disorders of affect
  - Disorders of mobility
  - Disorders of body image
  - Disorders of memory
  - Psychopathology of acute and transient psychotic disorders.
7. Psychopathology of childhood psychiatric disorders :

## **PSYCHODIAGNOSTICS**

1. **Orientation :**

Psychological assessment - introduction - rationale - pre-requisite factors for testing - testing at different age levels - different functions - use of psychological tests in understanding psychopathology.

Behavioral observation - response recording - synthesis of information from different sources - interpretation and report writing.
2. Case history taking - mental status examination
3. **Test of primary Mental Functions:**
  - a. Test of attention & concentration
    - Test of attention & concentration (numbers of direct & reversed)
    - Cancellation tests
    - Know cube imitation test
    - Digit span (DF-C3)
  - b. Perception
    - Bender gestalt scale
  - c. Memory
    - Wechsler memory scale
    - P.G.I. scale
    - Benton visual retention test
  - d. Thinking & Reasoning : Tests of concrete & abstract thinking
  - e. Intelligence :
    - Bhatia's full & short scale
    - Benet karat test of intelligence (current version)
    - Raven's progressive matrices tests (Standard and advanced)
    - Wechsler adult intelligence scale (Mrs. ramalingaswamy's)
    - Wechsler adult intelligence scale -original

**4. Test of Differential Diagnosis:**

- a. Test of thought disorder (test of over inclusion)
- b. Questionnaire for differential diagnosis:
  - Multiphasic personality questionnaire
  - Minnesota multiphasic personality inventory - Nepali version
- c. Rating scales:
  - Hamilton anxiety rating scale
  - Hamilton depression rating scale
  - Beck's depression inventory
  - Zung depressive inventory

**5. Personality tests:**

- a. Questionnaires and Inventories:
  - 16 personality factor questionnaire
  - Maudsley obsession inventory
  - Eysenck personality questionnaire
- b. Projective tests:
  - Rorschach ink Blot test
  - Draw - A - person (Mach over)

**6. Interpersonal Relationship, Adjustment:**

- a. Projective test:
  - Thematic apperception test (Murray's Uma Chuddar's)
  - Sack's sentence completion test
  - Picture frustration test (Udai Pareek)
- b. Adjustment inventories:
  - Bell's adjustment inventory: students + adult
  - Personal adjustment inventory (boys + girls) of Rogers

**7. Test for Children:**

- a. Developmental schedules & intelligence tests:
  - Gesell's developmental schedule
  - Seguin form board test
  - Vineland social maturity scale (Doll & Malin)
  - Benton visual retention Test
  - Raven's colored progressive matrices
  - K-ABC (Kaufman assessment battery for children)
  - Movement ABC (movement assessment battery of children)
  - Wechsler intelligence scale for children (Malin version)
  - Social adaptability scale (Nat. Inst. f. mentally handicapped)
  - Porte's maze test
- b. Checklists and personality test:
  - Behaviors questionnaire, (Ratter)
  - Picture frustration test (Udai pareek)

- Achenbach child behavior check list
  - Children's apperception test (Nellie & Umea Chowdhary)
  - Raven's controlled projection test
  - Draw a person (Coo enough & Praia Pataki)
  - Eysenck's junior inventory
  - Chattel's personality test (for children)
- c. Test for specific disabilities:
- Learning disabilities
  - Reading disabilities
  - Dyslexia

## **8. Neuropsychological test**

- Clinical neurological examination
- Attention process
- Delayed response ability
- Psychomotor functions
- Speech functions
- Visual integration
- Learning and memory
- Amnesias and body Schema disturbances
- Aphasias
- Spatial perception
- Focal dysfunction tests

## **PAPER IV: NEUROPSYHOLOGICAL FOUNDATION**

### Part 'A' Genetics and Neurophysiology (general concepts only)

1. **Concepts of inheritance.**  
Chromosomes and behavioral disorders  
Genetic aspects of major psychoses and mental retardation  
Genetic, Biochemistry and Counseling
2. **Chemical and metabolic aspects of CNS:**  
Neural transmitters and pharmacochemical aspects  
Neurochemistry and memory mechanisms  
Neurochemistry of behavior disorders
3. Organization of the nervous system, cellular elements and their connections, neural pathways, anatomy of the brain
4. The endocrine system, neurophysiology of primary drives, motivation and emotion.
5. Neurophysiology of perception, learning, memory functions, sleep and wakefulness.

### Part 'B' Neuropsychology:

6. Clinical neurophysiology - nature, definition, scope-current trends in clinical neurophysiology

7. Neurophysiologic test procedures:
  - a. Single test
  - b. Neurophysiologic test batteries- labile/fixed
  - c. Standard cognitive and personality test in neurophysiologic assessment.

8. **Need, relevance and application of clinical neurophysiology in:**

Neurology, neurosurgery, neuropsychiatry, pediatric neurology, substance use and HIV states.

9. **Neurophysiological assessment in:**

Space occupying lesions; neurotrauma, cerebrovascular accidents; Dementia; epilepsy, alcoholism; HIV+AIDS patients, and in children

10. **Brain dysfunction in Focal Lesions:**

Frontal lobe; temporal lobe, occipital lobe; and in subcritical lesions.

11. **Neurophysiology management and rehabilitation**

- a. Remedial models for basic disorders in-
  - attention
  - memory
  - visual perception
  - language
  - reasoning and problem solving ability
- b. Neurophysiologic rehabilitation in cases with:  
space occupying lesions; neurotrauma; C.V.A; dementia; epilepsy; alcoholism, and HIV+AIDS.

## **PAPER V: PSYCHIATRY**

1. **Introduction:**  
Classificatory systems (ICD & DSM)
2. Organic, including symptomatic, mental disorders
  - Dementia in Alzheimer's disease
  - Vascular dementia
  - Dementia in other disease classified elsewhere
  - Delirium
  - Personality and behavioral disorders due to brain damage, damage and dysfunction
3. Mental and behavioral disorders due to psychoactive substance use
4. Schizophrenia, schizotypal and delusional disorders
  - Schizophrenia

- Schizotypal disorder
  - Persistent delusions disorders
  - Acute and transient psychotic disorders
  - Schizoaffective disorders
5. Mood [affective] disorders
- Manic episode
  - Bipolar affective disorder
  - Depressive episode
  - Recurrent depressive disorders
  - Persistent mood (affective) disorders
6. Neurotic, stress-related and somatoform disorders
- Phobic anxiety disorders
  - Other anxiety disorders
  - Obsessive - compulsive disorders
  - Reaction to severe stress and adjustment disorders
  - Dissociative [conversion] disorders
  - Somatoform disorders
7. Behavioral syndromes associated with physiological disturbances and physical factors
- Eating disorders
  - Non- organic sleep disorders
  - Sexual dysfunction, not caused by organic disorder to disease
  - Mental and behavioral disorders associated with the puerperium, not elsewhere classified
  - Abuse of non-dependence-producing substances
8. Disorders of adult personality and behavior
- Specific personality disorders
  - mixed and other personality disorder
  - Enduring personality changes, not attributable to brain damage and disease
  - Habit and impulse disorders
  - Gender identity disorders
  - Disorders of sexual preference
  - Psychological and behavioral disorders associated with sexual development and orientation
9. Mental retardation
10. **Disorders of psychological development**
- Specific development disorders of speech and language
  - Specific development disorders of scholastic skills
  - Specific development disorders of motor function
  - Mixed specific developmental disorders
  - Pervasive development disorders

11. Behavior and emotional disorders with onset usually occurring in childhood and adolescence
  - Hyperkinetic disorders
  - Conduct disorders
  - Mixed disorders of conduct and emotions
  - Emotional disorders with onset specific to childhood
  - Disorders of social functioning with onset specific to childhood and adolescence
  - Tic disorders
  - Other behavioral and emotional disorders with onset usually occurring in childhood and adolescence

12. **Current status in treatment and management of:**

- drug management and side effects
- rehabilitation
- ECT and psychosurgery
- principles of epidemiology and preventive psychiatry
- legal aspects of mental illness.

## **PAPER VI: Counseling and Psychotherapy**

1. General orientation: Part I
  - a. Definition, objectives, training and professional issues & current status in counseling/psychotherapy - the humanistic approach - the client - centered therapy - personal growth
  - b. Psychotherapeutic relationship: genuineness - unconditional positive regard - empathy - acceptance - warmth - attending skills - facilitate self exploration
  - c. Interviewing - non - verbal aspects of communication - eye - contact - body language - active listening - mirroring - reflecting feeling - paraphrasing
  - d. Clinical assessment and use of psychological tests
  - e. Indication, contraindications, planning and recording in psychotherapy.
2. General orientation: Part II
  - a. Psychotherapy in Nepalese context
  - b. Key concepts-
    - Resistance
    - Transference
    - Termination

3. **Techniques of psychotherapy** : Part I

- a. Supportive therapy
- b. Rational emotive therapy
- c. Client centered therapy
- d. Family therapy (including marital and parental counseling)

The systemic approach - analysis of the family interaction - partner relationship - theme of the family - communication style - triadic problem definition - conflict management - observation and information gathering - circular questioning - paradox strategy - reframing - relabeling - utilization -confusion - denominalisation -sculpture - body work

- e. Existential therapy
- f. Directive therapy

4. **Techniques of psychotherapy**. Part II

- a. Brief Psychotherapy,
- b. Gestalt therapy
- c. Group therapy

5. Psychotherapy for special groups/conditions

- a. Therapy with children (Klein, Anna Freud), play therapy
- b. Crisis intervention (Sick, survivors of bereaved families' cases with suicidal attempts etc.)
- c. Borderline states and psychotics.

**Paper VI : Behavioral interventions**

6. Introduction

7. **Foundations:**

Learning - Biological - Cognitive.

Behavioral analysis - behavioral formulation of neuroses and psychoses

8. **Relaxation and desensitization procedures:**

Jacobson's progressive relaxation - autogenic training-shavasana and yoganindra-systemic desensitization (imaginable and invite) - assisted desensitization-enriched desensitization-emotive imagery-assertive training - modeling and behavioral rehearsal.

9. Operant and aversion conditioning therapies

Operant therapies-faradic aversion-chemical aversion-covert sensitization-aversion-relief procedure-avoidance conditioning -contingency management and token economy.

10. Self - control and cognitive behavioral modifications biofeedback procedures - rational emotive therapy cognitive restructuring - thought - stopping - behavioral counseling - paradoxical intention- stimulus satiation - hypnotic procedures - self - monitoring procedure stress - inoculation procedures.

11. **Comprehensive approaches:**

Behavior therapy in speech disorders - apostrophic therapy - group behavioral approaches - negative practice, habit reversal and response prevention - suppulated writing and other retraining procedures - flooding and implosion - evaluation of current trends and critical issues in research and therapeutics.

12. Social skill training, rehabilitation

In addition to the syllabus

Each student has to deal with the whole life span:

- (1) Children and adolescents (2) adults (3) elderly

Each must be taken for minimum of 25%, besides this a specialization is possible.

In psychotherapy each student has to deal with:

- (1) Counseling (2) Behavior therapy (3) Family therapy

Each must be taken for a minimum of 25%, beside this a specialization is possible.