



A Short commentary on Psychiatric Illness through Case Studies

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Abstract

During the last few decades the new psychotropic drugs had brought revolutionary changes. Along with pharmacological transformation Cognitive Behaviour Therapy was found to be effective. In this short commentary two case studies -Post Traumatic Stress Disorder & Obsessive Compulsive Disorder were discussed. Findings are found to be interesting and striking. The essence of the findings could be utilized in future researches.

Keywords: Psychopharmacology, Cognitive Behaviour Therapy, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder.

INTRODUCTION

During the last few decades the introduction of new psychotropic drugs has transformed psychiatric treatment and challenges. Psychopharmacology is the study of the pharmacological, neurophysiological, biochemical and therapeutic aspects of psychotropic drugs. Pharmacological agents exert powerful effects on the higher functions of Central Nervous System. Based on clinical features as well as predisposing and precipitating factors pharmacological advises had been provided which had yielded successful results.

Case Study

Post-Traumatic Stress Disorder (PTSD): A 37 year old lady came for psychiatric treatment with a chronic pain with intermittent manifestation-low back pain and tension headaches. Her symptoms included nightmares and intrusive day time recollections. She has lost loved one during this pandemic situation which on and often bring tears in her eyes. She often felt that she has cut off from others even though they reached out to her. On and often she has loved to cry, her professional and social lives have been suffered much due to this self-detrimental behavior.

Obsessive Compulsive Disorder: A 41 year old gentleman was referred for psychiatric assessment and treatment with the symptoms of recurring thoughts of 'Centre to Periphery and periphery to Centre'. He was a mathematician. He understood the problem but was unable to resist it. Most of the times he appeared to be gloomy. Bender Gestalt test, Draw a Person Test, Rorschach Inkblot Test and Thematic Apperception Test were administered on him. His diagnosis reflected 'Melancholic Obsession'.

Findings:

In both cases 'Clomipramine' & 'Fluvoxamine'-medicines were applied-these provide release of tension and emotional distress and well management of withdrawal states.

Cognitive Behavior Therapy was conducted. Once the assessment has been carried out and a conceptualization has been developed, the therapist and the client had been agreed to a common goal. Steps were identified to reach to the common objective chiefly by therapist -generated suggestions, distinguishing negative automatic thoughts and pinpointing cognitive distortions.

Cognitive Behavior Therapy with pharmacological approaches is found to be effective in both the cases. Not only the diagnostic criteria but qualitative assessments are found to be effective.

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