

OneShot 4.0

Psychiatry

DBMCI · 2026





PSYCHIATRY

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“

Revision and repetition is the secret of success. I believe in Bruce Lee's words: I fear not the person who knows 1,000 kicks, but I fear the person who knows only one kick, but has practiced 1,000 times.

- Dr. K. S. Vivekanandan

”





<i>Delusion</i>	<i>Hallucination</i>	<i>Illusion</i>
<i>False</i> <i>Fixed</i> <i>Firm belief</i> <i>Subjective certainty</i> <i>Outside one's socio cultural background</i>	<i>Perception without a stimulus</i>	<i>Misinterpretation of stimulus</i>

Reference - *People are plotting against me*

Persecution - *People are talking about me*

Nihilism - *I don't exist, the whole world is going to die* _____ (INI-CET NOV 2025)

Grandiosity - *I have extraordinary powers*





NOTES

DELUSIONAL DISORDERS

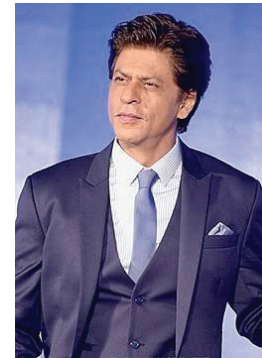
1. Othello Syndrome

- Substance--Alcohol
- Delusion of marital infidelity



2. Declerambault Syndrome

- Love
- Erotomania
- Psychosis-Passionale



3. Cotard Syndrome

Nihilistic delusion



(INI-CET MAY 2023)

4. Ekboms Syndrome

- Delusional parasitosis



5. Delusion of Doubles

- Capgras
 - Familiar Person Replaced by Non Familiar Person
- Fregoli



NOTES

SCHIZOPHRENIA

Delusional perception



4 A;s of Schizophrenia



Utism

Mbivalence

Ssocation of Loss

Pathy

Somative passivity



AUTISTIC THINKING
[NICET MAY 2025]

Prognosis and Types

Treatment

Prognosis	Type
<i>Catatonica</i>	<i>Best</i>
<i>Paranoid</i>	<i>Better</i>
<i>Undifferentiated</i>	<i>Good</i>
<i>Hebephrenic</i>	<i>Bad</i>
<i>Disorganised</i>	
<i>Simple</i>	<i>Worst</i>

Catatonia (INI-CET 2020)

CATALEPSY Abnormal posture against gravity



Rx- 1)
2)

(INI-CET 2020)

Factors	Prognosis	Factors	Prognosis
<i>Gender</i>		<i>Duration of untreated psychosis less</i>	
<i>Age of onset</i>		<i>Treatment compliance Responds to treatment</i>	
<i>Type of onset</i>		<i>Developing country</i>	
<i>With stressor</i>		<i>Emotional support</i>	
<i>With family history of psychosis</i>			
<i>With family history of mood disorder</i>			
<i>Positive sx</i>			
<i>Negative sx</i>			
<i>Affective sx</i>			



NOTES



NOTES



MOOD DISORDERS

3 MAJOR criteria of depression :

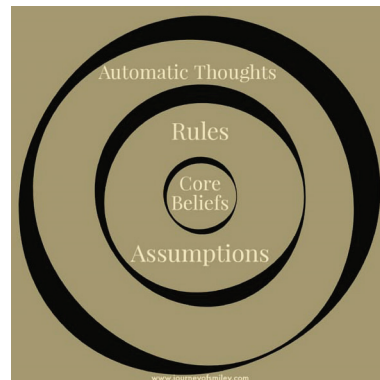
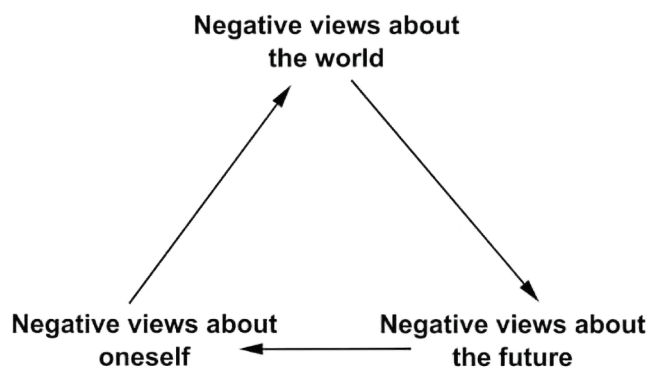
- 1) Low mood
- 2) Anhedonia
- 3) Fatigability

[INICET MAY 2025]

Duration Criteria

- Beck's triad
- Melancholic depression- Rx-
- Atypical depression- Rx-
- Winter depression-Rx-
- Mild depression = Rx-
- Severe depression with psychosis- Rx-

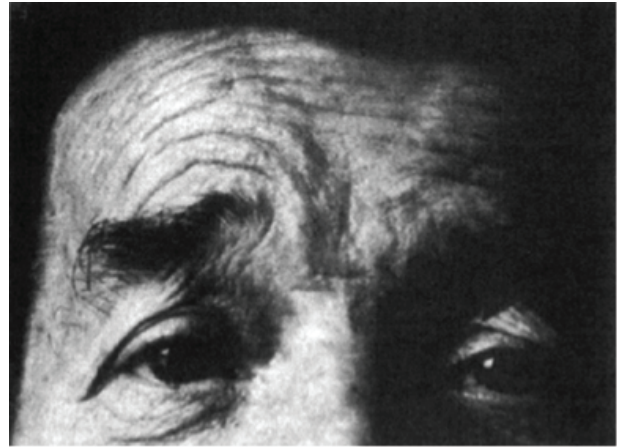
BECK's triad



Verguath Fold

Omega Sign

Coorugtor and Procerus



Triangular Palpebral Fold

- *Melancholic Depression - Intense Misery -*



NEET 2019

Atypical Depression

May AIIMS 2018

- *Neuro Transmitters - Serotonin and Nor Epinephrine*
- *Psychological Model -*



- **POST PARTUM BLUES**

- 75%
- Irritability, Tearfulness, Worries
- No Treatment
- **Emotional Support, Sleep Regulation**

- **MANIA --**

- Increased Mood
- Over Familiarity
- Pressure of Speech
- Flight of Ideas



NEET 2021



NEUROSIS

OCD

- Disorder of Thought --possession _____ (INI-CET 2020)
- M.C Obsession - contamination, pathological doubt ★ _____ (AIIMS 2018)
- M.C Compulsion - checking

- Neuro Anatomy - OFC, Cingulate, Caudate ★
- Comorbidity - depression _____ (INI-CET 2021)
- Prevalance 2-3%- ★ _____ (INI-CET MAY 2022)
- Pharmacological - SSRI
- Non Pharmacological - ERPT - ★ _____ (INI-CET JUN 2021)

- OCRD - ★ _____ (INI-CET JUN 2021)
 - OCD
 - Hoarding - Least Improvement with ERPT ★ _____ (NEET 2019)



- Trichitallomania-- Trichobezor
- Excoriation Disorder
- Body Dysmorphic Disorder ★ _____ (NEET 2024)

• **Panic Attack** - ★ _____ (NEET 2018) (NEET 2020) (NEET 2023)

- Sx - Palpitation, Breathlessness
- Substance Intoxication - Cocaine

Sx- Suicide	X
Neologism	X
Hallucination	X
Tingling	✓

(NEET 2024)

• **Phobia**

- Nyctaphobia- Darkness
- Systematic Desensitization- Joseph Wolpe

• **GAD**



(INI-CET NOV 2022)

- Free Floating Anxiety
- Excessive Worries

• **Conversion Disorder**

- Psychological Pain to Neurological Sx

(INICET MAY 2025)

- **Females**

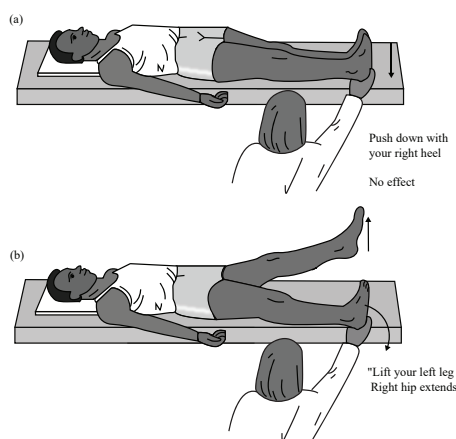
- **Does Not Follow Neurology Anatomical Basis**

_____ (INI-CET NOV 2022)

- **LA Belle Indifference--Apparent Inconcern**

(INI-CET MAY 2023)

- Hoovers Sign



- **Astasia Abasia**

Rx -

(NEET 2024)

Behavior therapy	✓
Aversion therapy	X



• *Dissociative disorder*

(NEET 2025)

• **Adjustment Disorder :** ★ _____ **(INI-CET NOV 2020)**

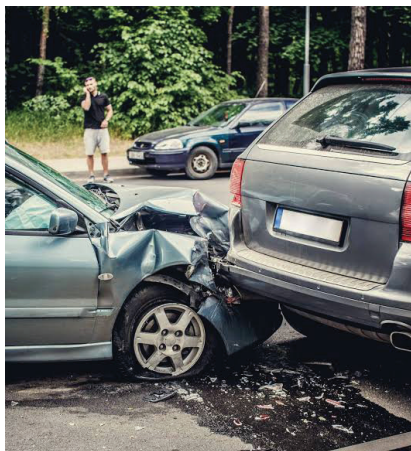
★ _____ **(INI-CET NOV 2020)**

• *PTSD*

_____ **(INI-CET 2022)**

- *Flashbacks, Autonomic Arousal, Avoidance, Low Mood*

- *EMDR*



ACUTE STRESS DISORDER

(NEET 2025)



Type Of Disorder	Presenting Sx	Ask For
<i>Somatization Disorder</i>	<i>Somatic Sx</i>	<i>Treatment</i>
<i>Hypochondriasis</i>	<i>Comes With Fear of Illness</i>	<i>Investigation</i>

Type Of Disorder	Basic	Underlying Need
<i>Manchousens Sx</i>	<i>Produce Sx</i>	<i>Sick Role</i>
<i>Manchousen by Proxy</i>	<i>Produce Sx on Loved Ones</i>	<i>Sick Role</i>
<i>Malingering</i>	<i>Produce Sx</i>	<i>Money Benefits</i>
<i>Gansers Sx</i>	<i>Produce Sx</i>	<i>Exempted FRPM Court Duty</i>



BODY DISMORPHIC DISORDER

(NEET 2024)



NOTES

EAT, SLEEP, SEX, PERSONALITY DISORDERS



Eating Disorders		
Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
<p>LEAN</p> <p>Body image disturbance</p> <p>BMI- LESS THAN 17.5</p> <p>AMNEORRHEA CRITERIA removed ★</p> <p>Refeeding syndrome to be avoided</p> <p>Restrict wash room 2hrs after meals (AIIMS 2019)</p> <p>Increased</p> <p style="padding-left: 20px;">Cortisol CRH, ACTH</p> <p style="padding-left: 20px;">BUN</p> <p style="padding-left: 20px;">LFT</p> <p>Depression comorbidity (NEET 2024)</p>	<p>Binge+ Purging behavior</p> <p>(INI-CET NOV 2022) ★</p> <p>Electrolyte abnormalities</p> <p>RUSSELLS SIGN</p> <div style="text-align: center;"> <p style="font-size: small;">Russell's Sign</p> </div> <p>Parotitis</p> <p>Dental enamel erosion</p> <p>SCOFF QUESTIONERRE ★</p> <p>(INI-CET MAY 2023)</p>	<p>EATING FAST</p> <p>EATING MORE</p> <p>EATING FULL</p>





Post Partum Blues ★ (NEET 2022)	Post Partum Depression	Post Partum Psychosis
Tearfulness Mood swings Sleep decreased Appetite decreased	4th day 14 days Depression Suicidal ideas	Psychotic sx
Emotional support Sleep regulation	Brexenalone Zuranalone	



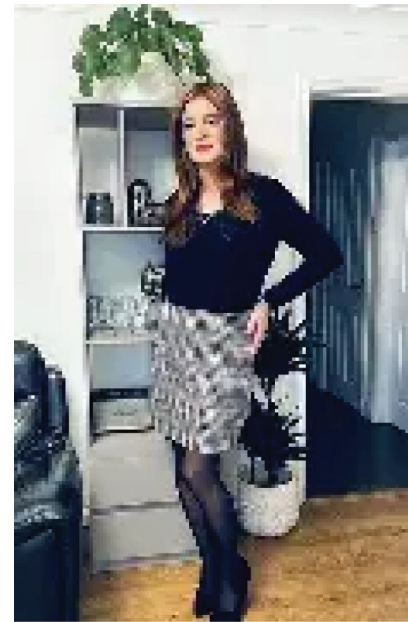
Sexual Disorders			
Desire	Exitement	Orgasm	Resolution
HYPO ACTIVE SEXUAL DESIRE DISORDER	ED	PME shortest phase of sexual response cycle	POST COITAL DYSPHORIA
Treatment BUPROPION			

- ED
 - Phase of Sexual Cycle - **Arousal**
 - Pharmacological
 - Psychological Treatment - **Master and Johnson/ Dual Sex**
- PME
 - Phase of Sexual Cycle - **Orgasm** ★ _____ (NEET 2019)
 - Pharmacological Treatment
 - Psychological Treatment - **Squeeze Technique** ★ _____ (NEET 2023)
- **Exhibitionism**- ★ _____ (NEET 2021)
- Gender Dysphoria/ Gender Identity Disorder



<p><i>Paraphilias</i></p>	
<ul style="list-style-type: none"> • <i>Exhibitionism - Undress - Public - Unexpected Strangers</i> 	
<ul style="list-style-type: none"> • <i>Voyeurism - Peeping Tom / Scopophilia</i> 	
<ul style="list-style-type: none"> • <i>Frotturism - Rubbing - Genital - Public - Unexpected</i> 	
<p><i>Fetichism - Inanimate objects / Non sex body parts</i></p>	
<p><i>Sadism - Giving pain</i></p>	
<p><i>Masochism - Taking pain</i></p>	

- *Transvestism (Eonism) Dressing - Opposite gender - 4 walls*



- *Necrophilia - Cadaver*



- *Telephone Scatalogia - Obscene phone calls*



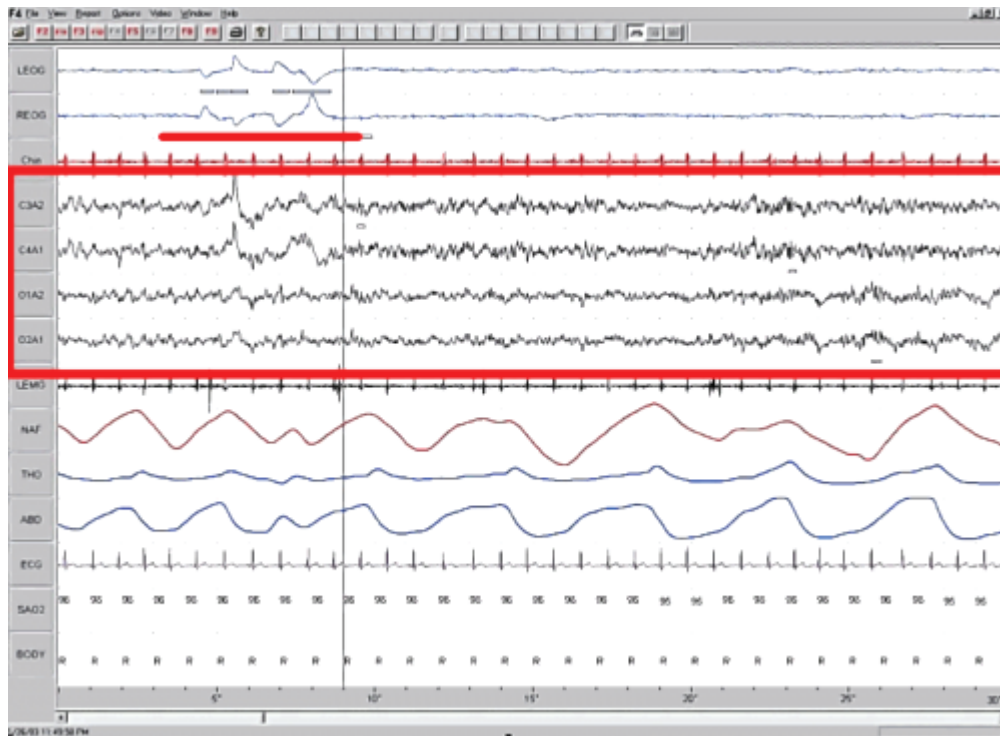
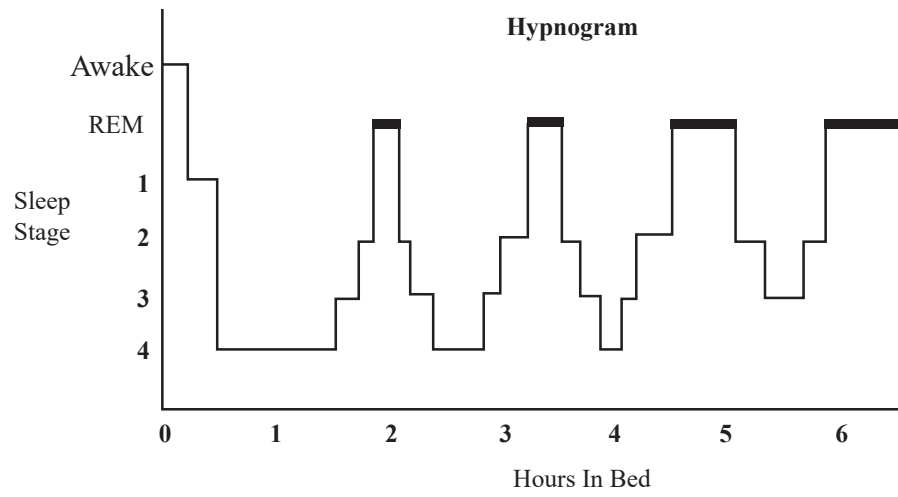


<i>Nymphomania</i>	↑	<i>F</i>
<i>Frigidity</i>	↓	<i>F</i>
<i>Don Juanism</i> (or) <i>Satyriasis</i>	↑	<i>M</i>

Images



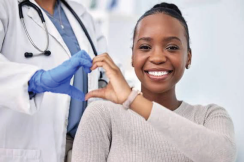


(INI-CET MAY 2025)





N REM	REM
<p>Muscle tone is present</p> <p>Initial part of the sleep</p>	<p>Absent</p> <p>Late part of sleep</p>
<p>Somnambulism _____ (NEET 2019)</p> <p>Night terrors ★</p>	<p>Night mare</p> <p>Narcolepsy</p> <p>Cataplexy</p> <p>Hypnagogic hallucinations</p> <p>Sleep paralysis</p> <p>Sleep attacks</p> <p>Hypocretin and orexin</p> <p>Modafinil and psychostimulants</p>
<p>RLS</p>	<p>Gabapentin</p> <p>Rotigatone</p> <p>Pramipexole</p> <p>Ropinirole</p>

Personality Disorders		
Cluster A	Cluster B	Cluster C
PARANOID	HISTIRIONIC Seductive Centre of stage Multiple superficial Relationships	ANXIOUS
		DEPENDENT
SCHIZOID (AIIMS 2018) ★ - Born loners - Cold - Alone	NARCISSITIC	ANAKASTIC  Rigid Persistent Perfectionist Punctual Rules Ego- Syntonic
	ANTI SOCIAL -- (NEET 2024) No guilt No shame Police cases Criminal Substance 	
SCHIZOTYPAL - ODD DRESSING - ODD THOUGHT - ODD BEHAVIOR	BORDERLINE Impulsive SUICIDAL IDEAS EUPD SPLITTING Black and white thinking DBT Marsha lienhan 	



NOTES



NOTES



SUBSTANCE USE



Alcohol

- 72 Hours--delirium tremens ★ _____ (NEET 2018)
 _____ (NEET 2021)

Altered sensorium

Clouding of consiousness

Disorientation to time, place, person

Attention and concentration

Visual hallucination

Lilliputian hallucination

Sundowning phenomenon

- Infection Sudden Stopping _____ (NEET 2019)
- Wernicke Encephalopathy - Global Confusion, Ophthalmo Plegia and Ataxia ★ _____ (NEET 2023)

THIAMINE DEFICIENCY

Rx- First treat with THIAMINE AND THEN GLUCOSE

_____ (NEET 2024, AIIMS 2020)

Korsakoff Psychosis- Anterograde Amnesia+ Confabulation

★
(INI-CET NOV 2021)

• **Detoxification** ★ _____ (INI-CET NOV 2022)

• **Chlordiazepoxide**- Normal LFT

• **Lorazepam**- Deranged LFT
(NEET 2024) (AIIMS 2020)

Deaddiction ★ (INI-CET NOV 2022)

Naltrexone, Acamprosate

Disulfiram

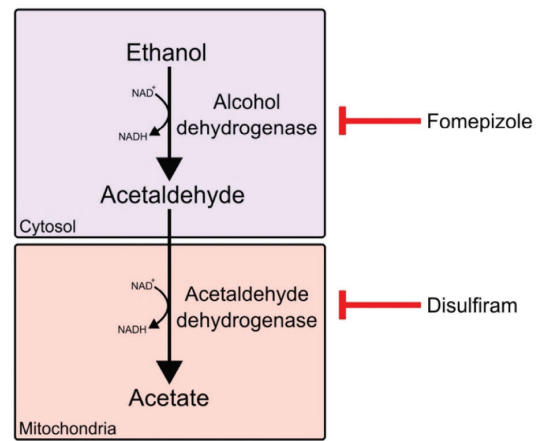
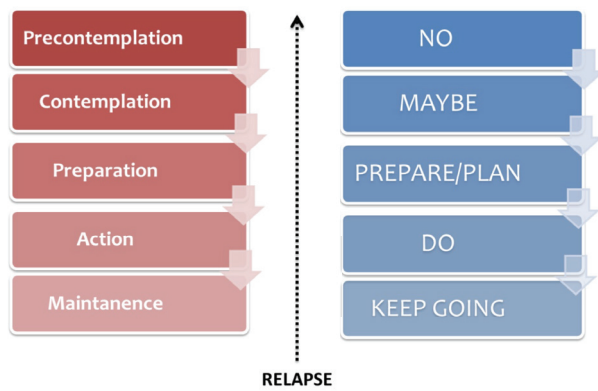
250 mg

No antic craving property

Blocks acetaldehyde dehydrogenase

Causes allergic reaction

**Transtheoretical Model
Stages of change**



Nicotine

• **NRT**

- Gums- Avoid Taking Coffee

• **Drugs**

• **Varenicline**- Alpha 4 Beta 2 Partal Agonist

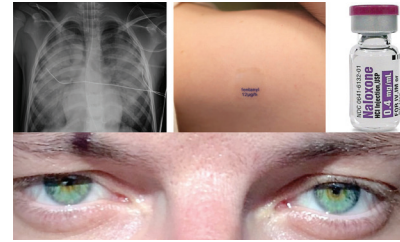
- Drug of Choice

- Bupropion- Both Antidepressant and Anti Craving



Opioids

- **Heroin, Morphine**
- **Opioid Intoxication**
 - Pin Point Pupil, Respiratory Depression
 - IV Naloxone
- **Opioid Withdrawal**
 - All Orifices Bleed, Mydriasis
 - Symptomatic



(INI-CET NOV 2024)



- **Cocaine**
 - Snorting
 - Panic Attack
 - Tactile Hallucinations



- **Hallucinogens**
 - Lsd- Yellow Sunshine
 - Pcp-Angel Dust
 - Ketamine-Anti Suicidal
 - Synesthesia, Bad Trips, Flash Backs

[INICET MAY 2025]



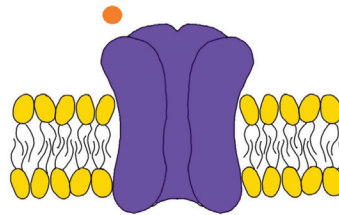
- **Inhalants**

- *Huffing*
- *Bagging*



- **Caffeine**

- *Adenosine receptor*



(NEET 2024)



- **Anabolic Androgenic Steroids**





NOTES



NOTES

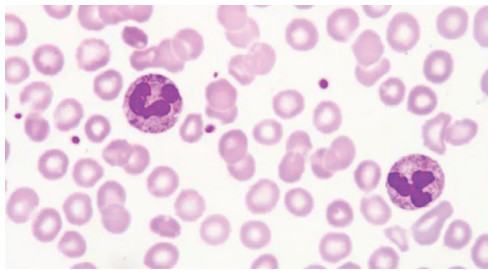
PSYCHOPHARMACOLOGY

Anti psychotics

- *Maximum Weight Gain*
- *Least Weight Gain*
- *Trs*

Clozapine

_____ (NEET 2024)



Risperidone**(NEET 2018)***2nd generation AP- acts like first generation antipsychotic*

Type	Presentation	Treatment
Dystonia Torticollis		Im Promethazine Benztrrophine Prophylactic Thp (Tri Hexyphenidyl)
Akathisa	Restlessness	Propanalol
EPS	Parkins Sx	Tri Hexy Phenidyl ★ (NEET 2020)
Tardive Dyskinesia	Chorea Movements Super Sensitivity Of Receptors	Tetra Benazine Valbenazine[NEET 2025]
Neuroleptic Malignant Syndrome	106 F CPK Elevation Myoglobinuria Delirium	1. 2. 3. Dantrolene [NICET NOV 2025] 4. Levodopa, Bromocriptine 5. ECT



Long Acting - 2 Track

_____ (AIIMS 2019)

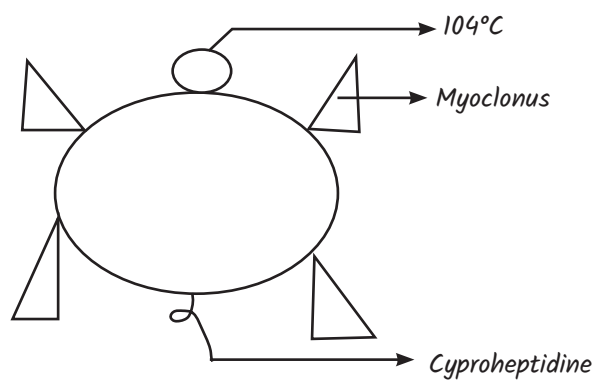
Haloperidol Deconate

Class	Names	Side Effects	
MAOI	Phenelzine, Tranylcypromine	Cheese Reaction	
TCA	Amitriptyline Imipramine Clomipramine	Suicidal Thoughts ★ (INI-CET 2020) Hyperthermia Arrythmia Sodium Bi Carbonate Manic Switch	1° SODIUM BICARBONATE
SSRI	Paroxetine Dapoxetine	★ (AIIMS 2018) ★	Adhd Delayed Milestones Low Apgar Sscore Persistent Pul Ht [PPH] (INI-CET NOV 2022) ★ Suicide Occur When Patient Starts to Recover

Serotonin S

104°C

_____ (NEET 2024)



Class	Names	Side Effects
SNRI	Venlafaxine Desvenlafaxine Duloxetine	Diastolic Hypertension ★ Discontinuation Sx (AIIMS 2018)
NDRI	Bupropion	Seizures ★ Least Sexual Side Effects Smoking Cessation (NEET 2019) ★
SARI	Trazadone, Nefazadone	Trazadone-Priapism (INI-CET MAY 2023)
SPARI	Vilazadone ★	



Depression patient with past history of mania

Patient on anti depressant had mania sx - _____ (NEET 2020)





• Mood Stabilizers

• **LITHIUM**

- Friendly to
- Eliminated by
- Narrow therapeutic index 0.8-1.2mEq
- **Tremors**

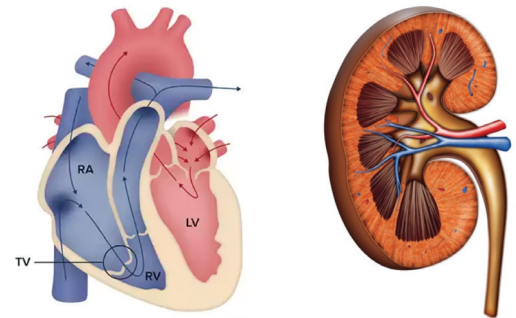


- If patient comes with git sx, coarse tremors- you will ask for -

- **Teratogenic potential [EBSTEINS ANOMALY]**

- Pre lithium workup

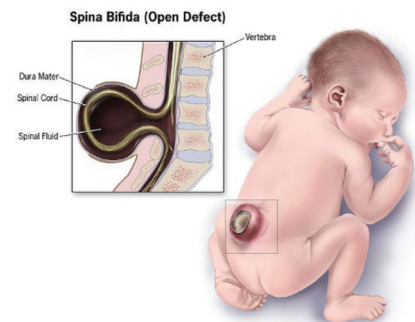
- Drug interactions



- **Preganancy and lithium**

_____ (INI-CET 2023)

- VALPROATE



[INICET MAY 2025]

- CARBAMEZEPINE



- IF CBZ AND VALPORATE IS GIVEN TOGETHER - LIVER DAMAGE

(AIIMS 2018)

- OX CARBAMEZEPINE

- ECT---- modified ECT

- Succinyl choline+ methexitol



(AIIMS 2020)

- ACUTE MANIA-

x

ANTI DEPRESSANTS

[INICET MAY 2025]



NOTES



NOTES

PEADIATRIC

MR-----

★ _____ (NEET 2018)

- **Intellectual Disability, Intellectual Developmental Disorder -**
- **Adaptive Skills Given More Importance**

ADHD-- **Minimal Dysfunction S_x**

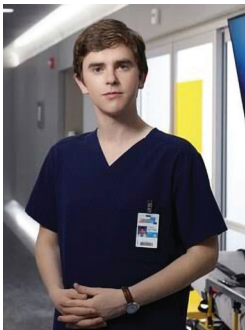
_____ (NEET 2018)

- **Inattention, Hyper Activity, Impulsivity**
- **Stimulants**
 - **Methyl Phenidate, Dextro Amphetamine**
- **Non Stimulants**
 - Atomoxetine, **Reboxetine**, Clonidine _____ (NEET 2024)

PDD - Develop conduct disorder

- **Autism/ Autism Spectrum Disorder**
- **Verbal and non verbal communication, social interaction, RRBI**
- **RETTS-- Mecp2 GENE MUTATION**
 - **FEMALES with head deceleration**
 - **TROFINETIDE** ★ _____ (INI-CET MAY 2023)

- **ASPERGERS SYNDROME-**



- **KLEPTOMANIA** ★



- **PYROMANIA**



- **NYMPHOMANIA**

- **DIPSOMANIA** -

_____ (INI-CET NOV 2022)

- **ONIOMANIA**

- **TRICHITALLOMANIA**





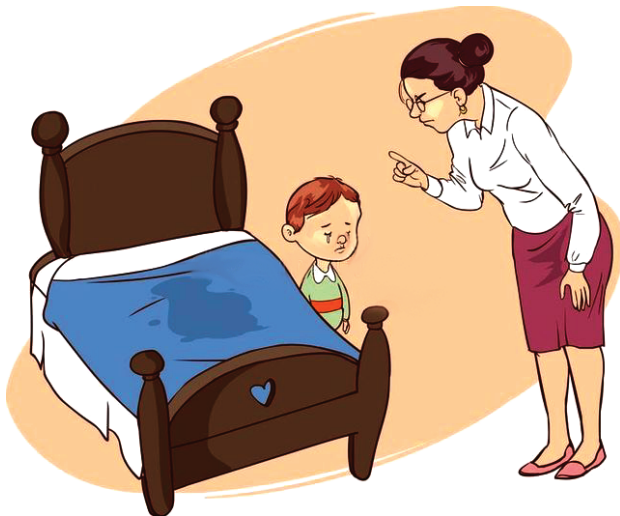
<p><i>Dysruptive Mood Dysregulation Disorder-</i></p>	
<p><i>Intermittent explosive disorder</i></p>	

[NICET NOV 2025]

- **Selective Mutism**

(INI-CET 2020)

Enuresis





NOTES

PSYCHOLOGY

Sigmund Freud

- **Psychoanalysis**
- **Psychosexual Stages of Development**
- **5 Stages**
- *Free Association, Couch Technique*
- **Topographic Theory of Mind - Pre, Un, Consious**
- **Structural Theory of Mind**
- **Abreaction** ★

- Emotional Release by Reliving of Experience

_____ (NEET 2018)

- **Interpretation of Dreams**

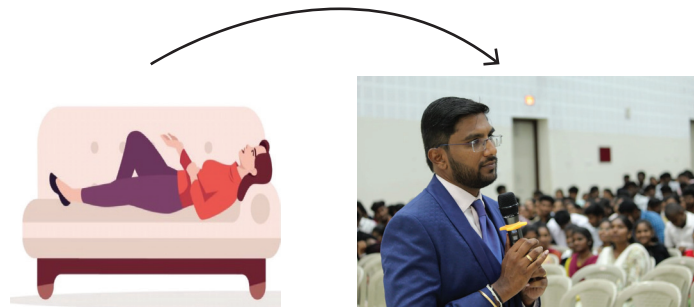
- Condensation
- Symbolization
- Displacement



_____ (NEET 2018)



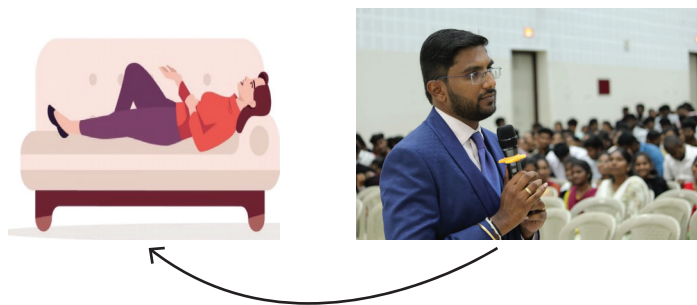
• **Transference**



• **Counter Transference -**



_____ (NEET 2021)



Stress

- *Body's Response to Anything that Requires Attention or Action that Requires Physical, Emotional Or Psychological Strain*



_____ (INI-CET NOV 2022)

Suicide

- *Womens physician, relationship problems, substance abuse*

Burn Out -



_____ (INI-CET JULY 2021)

- *Physical and emotional exhaustion*

Over Working-

- *Feeling goes away once u finish ur shift*

Depression

- *Difficult to diagnose-- physicians probe*

Psychotic Narcissitic	Mature
Denial	Anticipation
Distortion	Altruism
Projection	Ascetism
	Sublimiation
	Suppression
	Humor

Displacement Reaction Formation Rationalization	
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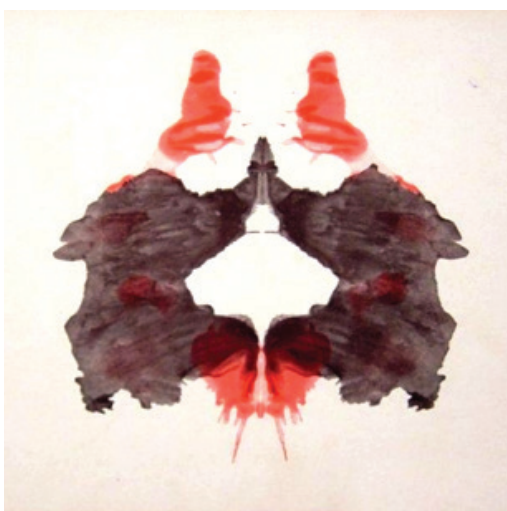
• **Spikes Protocol-- Breaking Bad New--**

- **H**ome,
- **E**ducation/ Employment,
- **A**ctivities,
- **D**rugs,
- **S**ex and relationships,
- **S**elf harm and depression,
- **S**afety and abuse.

★ _____ (AIIMS 2018)

• **CANCER -ICU- patient crying**

[NEET 2025]



Significance

- *Projective Test*

Thematic Apperception Test

Significance

- *Dynamics of Patients Personality*

- *Apperception Test*





NOTES

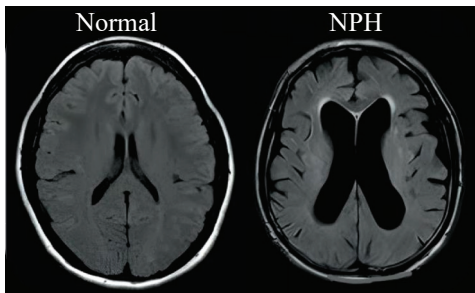
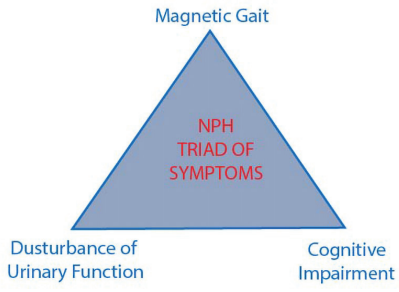


NOTES



DELIRIUM AND DEMENTIA

Cortical Dementia	Sub Cortical Dementia
Amnesia Apraxia Agnosia Executive dysfunction	Movement side effects Psychiatric disorder
Alzheimers Fronto temporal dementia- PICKS DEMENTIA- (INI-CET NOV 2020) CJD <div style="text-align: center; margin-top: 20px;">★</div>	DLB (AIIMS 2019) Huntingtons Wilsons parkinsons

Reversible	Vitamine B1, B12, Niacin Normal Pressure Hydrocephalus ★ AIIMS 2019 <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 20px;">  </div> Hypo Thyroidism ★
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CAM Screening Components:

_____ (NEET 2019)


CAM screens for the presence of four clinical features of delirium (does not identify severity)

- Acute onset and Fluctuating Course _____ (INI-CET 2020)
- Inattention
- Disorganized Thinking
- Altered Level of Consciousness _____ (INI-CET 2020)

Mini-Mental State Examination (MMSE)

Patient's Name _____ Date _____

Instructions: Ask the questions in the order listed.**Score one point for each correct response within each question or activity.**

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day of the week? Month?"
5		"Where are we now: State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible. Number of trials: _____
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65, ...) Stop after five answers. Alternative: "Spell WORLD backwards." (D-L-R-O-W)
3		"Earlier I told you the names of three things. Can you tell me what those were?"
2		Show the patient two simple objects, such as a wristwatch and a pencil, and ask the patient to name them.
1		"Repeat the phrase: "No ifs, ands, or buts."
3		"Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1		"Please read this and do what it says." (Written instruction is "Close your eyes.")
1		"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)
1		"Please copy this picture." (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.) 
30		TOTAL




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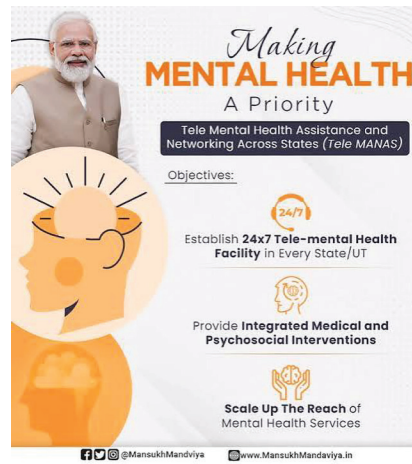
FORENSIC AND COMMUNITY PSYCHIATRY

- **MHE**
- *Emergency Treatment*
- **Advanced Directive-**  _____ **(AIIMS 2018, AIIMS 2019)**
- *Nominated Representative* -

<i>Legal guardian</i>

- **Voluntary Admission-- Maximum is 30 days**
- *Only Modified ECT*
- **Decriminalisation of Suicide**
- **30 mg/dl - Above This Drunkenness**
- **Posco-Aggravated Sexual Offence** _____ **(AIIMS 2018)**

• **MHGAP**



(AIIMS 2018)



[NICET NOV 2025]



NOTES



NOTES

MENTAL STATUS EXAMINATION

Thought

- **Form** ★ _____ (NEET 2021)
 - D
 - T
 - LO
 - N

Stream

- **Flight of Ideas**
 - Jumps from one thought to another
 - Goal not reached
- **Circumstantiality**
 - Adds unwanted details before reaching goal
 - Goal reached
- **Perseveration**
 - Persistence beyond point of relevance
- **Possession - Obsession** ★
- **Content** - Delusion
- **INSIGHT**
- **GRADE 1 - Denial of Illness** ★ _____ (AIIMS 2019)



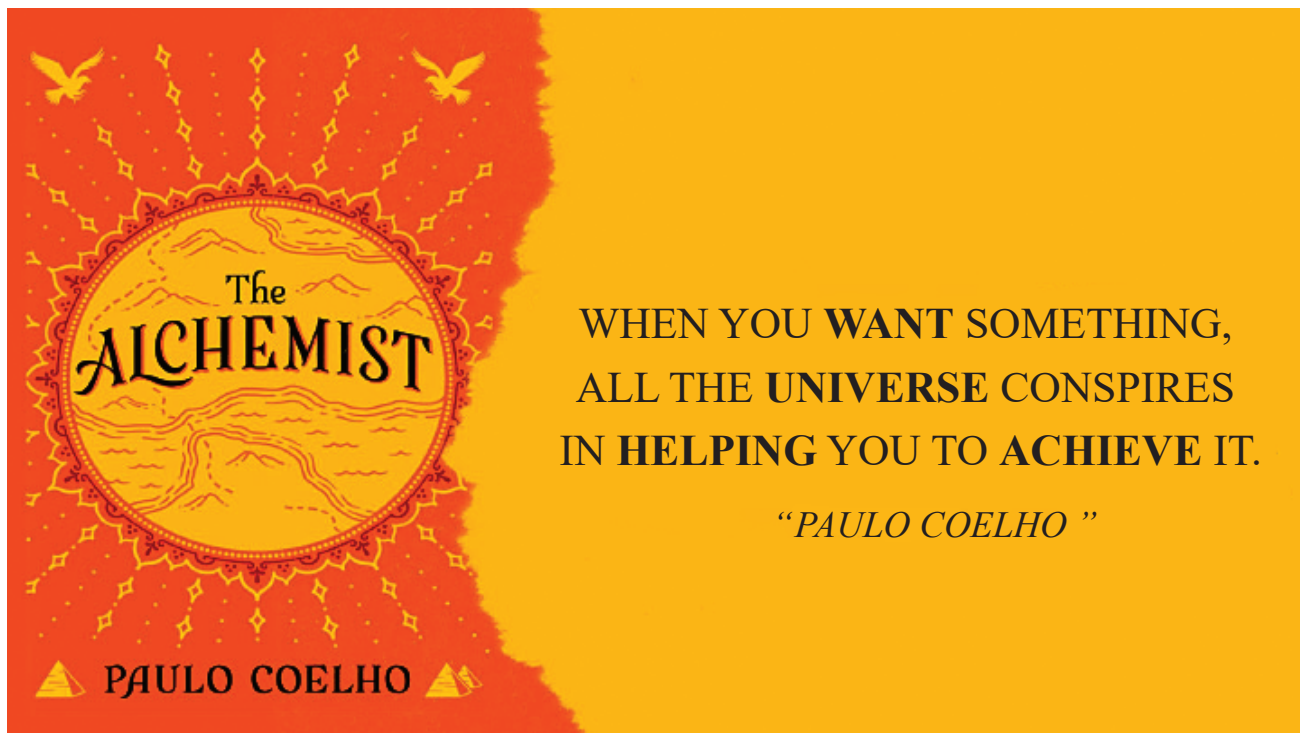
Emotions

- *Labile affect - rapid fluctuations in emotions*
- *Mania*



- *Twilight State - Altered Sensorium*
- *Oneroid State - Dream Like State*
- *Oligophrenia - Subnormal Intelligence*

————— (INI-CET JUL 2021)





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