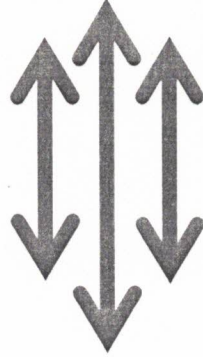


नेपाली सेना

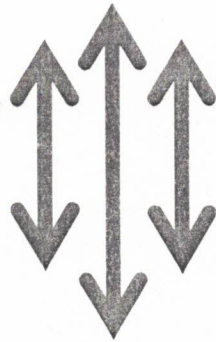
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,

जंगी अड्डा



प्रा.उ.से. Clinical Psychologist (खुला) पदको लिखित

परीक्षाको पाठ्यक्रम



२०७८

EA

## नेपाली सेना

### प्रा.उ.से. Clinical Psychologist (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ४ घण्टा १५ मिनेट

पूर्णाङ्क : १५०

उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से. Clinical Psychologist (खुला) पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरुको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरु सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईनेछ ।
- (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरुलाई यथासंभव समितनेछ ।
- (घ) बस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
- (ङ) बस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
- (च) बस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
- (छ) यो पाठ्यक्रम मिति २०७८/११/२२ गतेबाट लागु हुनेछ ।

### लिखित परीक्षाको योजना र पाठ्यक्रम

| विषय          | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली        |                            | प्रश्न संख्या अङ्क     | समय                 |
|---------------|-----------|--------------|------------------------|----------------------------|------------------------|---------------------|
| पेशा सम्बन्धी | ७५        | ६०           | बस्तुगत<br>(Objective) | बहु वैकल्पिक प्रश्न (MCQs) | ७५ प्रश्न x १ अङ्क=७५  | १ घण्टा<br>१५ मिनेट |
|               | ७५        |              | विषयगत<br>(Subjective) | छोटो उत्तर                 | ९ प्रश्न x ५ अङ्क =४५  | ३ घण्टा             |
|               |           |              |                        | लामो उत्तर                 | ३ प्रश्न x १० अङ्क =३० |                     |

## नेपाली सेना

### प्रा.उ.से. Clinical Psychologist (खुला) पदको लिखित परीक्षाको पाठ्यक्रम

#### 1. CHAPTER I: SOCIO-CULTURAL FOUNDATIONS OF BEHAVIOR

- a. Unit I: Normality and Abnormality
  - i. Concept of Mental health and illness-defining abnormality
  - ii. Attitudes towards mental illness, stigma and social identity
  - iii. Epidemiological studies and socio-demographic correlates of mental illness
- b. Unit II: family
  - i. Personality formation in the family-Patient child-Dual-early development and communication pattern- Triad relationship -family norm self-image and self - esteem
  - ii. Impact of mental illness on the family -The attribution of responsibility-decision taking role performance-power orientation
- c. Unit III: Disturbance in interpersonal process
  - i. Personal relationship in different mental disorders-Abnormal self-attitude self-perceptions-self-other perception -social competence-interpersonal perceptions
- d. Unit IV- Social-Psychological Models
  - i. Clinical applications of social identity-Interdependence-social skill and interaction models
- e. Unit V- Transcultural aspects:
  - i. Sociocultural studies of socialization-culture mental illness-social class and mental illness- religion and mental illness social change.
  - ii. Ancient Hindu and other ethnic culture concepts of mind-cognition-emotion-motivation -stress-personality: their relevance to modern psychology
- f. Unit VI- Concept of mental illness and its treatment in ancient Hindu and other ethnic cultures through- yoga and its applications-promotive aspects of mental health.
- g. Unit VII- Contemporary concepts, theories and models used in the field of mental health

#### 2. CHAPTER II: METHODS OF CLINICAL RESEARCH

- a. Unit I: Descriptive Statistics:
  - i. Univariate - Central tendency,Dispersion,Skewness and Kurtosis Bivariate: Regression and correlation coefficient
- b. Unit II: Probability:
  - i. Probability Laws,binominal,poission and normal size, sample from finite population. Sample size,student t-statistic,chi square statistic and F-variate
  - ii. Statistical inference:
  - iii. Estimation,point estimation,interval estimation,test of hypothesis, type I and II errors,tests based on student t,chi-square,F-variate proportion tests.
  - iv. Tests of goodness of fits 2x2 contingency table 2xr contingency table, r c contingency table

- c. Unit III: Analysis of variance
  - i. Basic models, assumptions, one way and two-way classifications, analysis of covariance.
  - ii. Multivariate analysis
  - iii. Principal component analysis, cluster analysis, discriminate function analysis and multiple regression, data processing and computer analysis
- d. Unit IV: Non parametric statistics:
  - i. Central limit theorem, one sample and two sample problems, analysis of variance of rank order statistics.
- e. Unit V: Scientific method:
  - i. Various methods to ascertain knowledge, scientific method and its features, cause and effect: Mill's Canons
- f. Unit VI: Theory of measurement:
  - i. Measurement, nominal, ordinal, interval and ratio scales, construction rating scale and attitude scales, reliability and validity.
- g. Unit VII: Epidemiological studies
  - i. Prospective and retrospective studies, prevalence incidence, age specific, disease specific and adjusted rates. Life table techniques
  - ii. 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, systematic random, stratified random and cluster random sampling designs. Methods of minimizing non-sampling errors.
- h. Unit VIII: Survey techniques
- i. Unit IX- Experimental design
  - i. 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 design, randomized block design, Latin square, factorial designs and cross-over designs
- j. Unit X: Qualitative research methods:
  - i. Concept of qualitative research methods, qualitative Vs quantitative techniques, techniques of data gathering and analysis in qualitative research, implication and uses of qualitative methods.

### 3. CHAPTER III: PSYCHOPATHOLOGY

- a. Unit I: Introduction, clinical analysis
  - i. Biophysical theories
- b. Unit II: Intrapsychic theories, Freudian approach, Jung approach, Adlerian approach, Interpersonal and social approaches, ego theories
- c. Unit III:
  - i. Phenomenological theories-Existential Development, Humanistic development
  - ii. Behavioral theories: Classical and operant conditioning theories

Handwritten signatures and initials at the bottom of the page, including a large green signature on the right and several smaller ones in black and green ink on the left.



- iii. Cognitive theories
- iv. Drive reduction and reciprocal inhibition theories
- v. Social learning and other psychological approaches
- d. Unit IV: Etiology and development
  - i. Biogenic factors
  - ii. Psychogenic factors
  - iii. Sociogenic factors
- e. Unit V: Psychopathology of specific conditions:
  - i. Neurotic, stress-related and somatoform disorders
  - ii. Phobic anxiety Disorder
  - iii. Obsessive-compulsive disorder
  - iv. Dissociative (Conversion) Disorder
  - v. Somatoform Disorder
  - vi. Specific personality disorders
- f. Unit VI: Psychopathology of following conditions:
  - i. Disorders of Perception
  - ii. Disorders of Thinking
  - iii. Disorders of affect
  - iv. Disorders of mobility
  - v. Disorders of body image
  - vi. Disorders of memory
  - vii. Psychopathology of acute and transient psychotic disorders.
- g. Unit VIII: Psychopathology of childhood psychiatric disorders

#### 4. CHAPTER IV: PSYCHODIAGNOSTICS

- a. Unit I: Orientation
  - i. Psychological assessment - introduction - rationale - pre-requisite factors for testing - testing at different age levels - different functions - use of psychological tests in understanding psychopathology
  - ii. Behavioral observation- response recording- synthesis of information from different sources – interpretation and report writing
- b. Unit II: Case history taking - Mental Status Examination
- c. Unit III: Test of Primary Mental Functions
  - i. Test of attention & concentration
    - 1. Test of attention & concentration (numbers of direct & reversed)
    - 2. Cancellation tests
    - 3. Knox cube imitation test
    - 4. Digit span (DF- C3)
  - ii. Perception
    - 1. Bender gestalt scale
  - iii. Memory
    - 1. Wechsler memory scale
    - 2. P.G.I. scale
    - 3. Benton visual retention test
  - iv. Thinking & Reasoning: Tests Of concrete & abstract thinking
    - 1. Intelligence:

Handwritten signatures and initials at the bottom of the page.

2. Bhatia's full & short scale
  3. Binet-Kamat test of intelligence (current version)
  4. Raven's progressive matrices tests (standard and advanced)
  5. Wechsler adult intelligence scale (Mrs Ramalingaswamy's)
  6. Wechsler adult intelligence scale – original
- d. Unit IV: Test of Differential Diagnosis
- i. Test of thought disorder (tests of over inclusion)
  - ii. Questionnaire for differential diagnosis: Multiphasic personality questionnaire- Minnesota multiphasic personality inventory - Nepali version
  - iii. Rating scales: Hamilton anxiety rating scale- Hamilton depression rating scale- Beck's depression inventory- Zung depressive inventory
- e. Unit V: Personality tests:
- i. Questionnaires and Inventories:
    1. 16 personality factor questionnaires
    2. Maudsley obsession inventory
    3. Eysenck personality questionnaire
  - ii. Projective tests:
    1. Rorschach Ink Blot test
    2. Draw - A - Person (Machover)
- f. Unit VI: Interpersonal Relationship, Adjustment:
- i. Projective tests
    1. Thematic apperception test (Murray's, Uma Choudary's)
    2. Sack's sentence completion test
    3. Picture frustration test (Udai Pareek)
  - ii. Adjustment inventories:
    1. Bell's adjustment inventory: students + adult
    2. Personal adjustment inventory ( boys + girls ) of Rogers
- g. Unit VII Tests for Children:
- i. Developmental schedules & intelligence tests:
    1. Gesell's developmental schedule
    2. Seguin form board test
    3. Vineland social maturity scale (Doll & Malin)
    4. Benton visual retention Test
    5. Raven's colored progressive matrices
    6. K-ABC (Kaufman assessment battery for children)
    7. Movement ABC (movement assessment battery of children)
    8. Wechsler intelligence scale for children (Malinversion)
    9. Social adaptability scale (Nat. Inst f mentally handicapped)
    10. Porteu's maze test
  - ii. Checklists and personality test.
    1. Behaviour questionnaire. (Rutter)
    2. Picture frustration test (Udai Pareek)
    3. Achenbach- child behaviour check list
    4. Children's apperception test (Nellak & Uma Chowdary)
    5. Raven's controlled projection test
    6. Draw a person (Gooenough & Praila Pathak)

7. Eysenck's junior Inventory
  8. Cattell's personality test (for children)
- iii. Test for specific disabilities:
1. Learning disabilities
  2. Reading disabilities
  3. Dyslexia
- h. Unit VIII: Neuropsychological tests
- i. Clinical neurological examination
  - ii. Attention process
  - iii. Delayed response ability
  - iv. Psychomotor functions
  - v. Speech functions
  - vi. Visual Integration
  - vii. Learning and memory
  - viii. Agnosia and body Schema disturbances
  - ix. Apraxia
  - x. Spatial perception
  - xi. Focal dysfunction tests

## 5. CHAPTER V NEUROPSYCHOLOGICAL FOUNDATION

- a. Part 'A' Genetics and Neurophysiology (general concepts only)
- i. Unit I: Concepts of inheritance
    1. Chromosomes and behavioral disorders
    2. Genetic aspects of major psychoses and mental retardation
    3. Genetic, Biochemistry and Counselling
  - ii. Unit II: Chemical and metabolic aspects of CNS:
    1. Neural transmitters and pharmacological aspects
    2. Neurochemistry and memory mechanisms
    3. Neurochemistry of behavioral disorders
  - iii. Unit III: Organization of the nervous system. cellular elements and their connections, neural pathways. anatomy of the brain
  - iv. Unit IV: The endocrine system, neurophysiology of primary drives, motivation and emotion.
  - v. Unit V: Neurophysiology Of perception, learning, memory functions, sleep and wakefulness.
- b. Part 'B' Neuropsychology:
- i. Unit VI: Clinical neurophysiology - nature, definition, scope current trends in clinical neurophysiology
  - ii. Unit VII: Neurophysiological test procedures:
    1. Single test
    2. Neurophysiological test batteries- labile / fixed
    3. Standard cognitive and personality test

- iii. Unit VIII: Need relevance and application of clinical neurophysiology in Neurology, neurosurgery, neuropsychiatry, pediatric neurology, substance use and HIV states
- iv. Unit IX: Neurophysiological assessment in:
  - 1. Space occupying lesions, Neuro-trauma, cerebrovascular accidents
  - 2. Dementia, epilepsy, alcoholism, HIV+ AIDS patients and in children.
- v. Unit X: Brain dysfunction in Focal Lesions
  - 1. Frontal lobe.
  - 2. Temporal lobe
  - 3. Occipital lobe
  - 4. Subcortical lesions
- vi. Unit XI: Neurophysiology management rehabilitation
  - 1. Remedial models for basic disorders in-
    - Attention
    - Memory
    - Visual perception
    - Language
    - Reasoning and problem-solving ability
  - 2. Neurophysiological rehabilitation in cases with: space occupying lesions, Neuro-trauma, CVA, dementia, epilepsy, alcoholism, and HIV AIDS.

## 6. CHAPTER VI: PSYCHIATRY

- a. Unit I: Introduction
  - i. Classificatory systems (ICD & DSM)
- b. Unit II Organic, including symptomatic, mental disorders
  - i. Dementia and Alzheimer's disease
  - ii. Vascular dementia
  - iii. Dementia and other disease classified elsewhere
  - iv. Delirium
  - v. Personality and behavioral disorders due to brain damage, damage and dysfunction
- c. Unit III: Mental and behavioral disorders due to psychoactive substance use
- d. Unit IV: Schizophrenia, schizotypal and delusional disorders
  - i. Schizophrenia
  - ii. Schizotypal disorder
  - iii. Persistent delusional disorders
  - iv. Acute and transient psychotic disorders
  - v. Schizoaffective disorders
- e. Unit V: Mood (affective) disorders
  - i. Manic episode
  - ii. Bipolar affective disorder
  - iii. Depressive episode
  - iv. Recurrent depressive disorders
  - v. Persistent mood (affective) disorders

Handwritten signatures and initials at the bottom of the page, including a large green signature on the right and several smaller ones in black and green ink on the left.



- f. Unit VI: Neurotic, stress-related and somatoform disorders
  - i. Phobia and anxiety disorders
  - ii. Other anxiety disorders
  - iii. Obsessive-compulsive disorders
  - iv. Reaction to severe stress and adjustment disorders
  - v. Dissociative (conversion) disorders
  - vi. Somatoform disorders
- g. Unit VII: Behavioral syndromes associated with physiological disturbances and physical factors
  - i. Eating disorders
  - ii. Non-organic sleep disorders
  - iii. Sexual dysfunction, not caused by organic disorder to disease
  - iv. Mental and behavioral disorders associated with the puerperium, not elsewhere classified
  - v. Abuse of non-dependence-producing substances
- h. Unit VIII: Disorders of adult personality and behavior
  - i. Specific personality disorders
  - ii. Mixed and other personality disorder
  - iii. Enduring personality changes, not attributable to brain damage and disease
  - iv. Habit and impulse disorders
  - v. Gender identity disorders
  - vi. Disorders of sexual preference
  - vii. Psychological and behavioral disorders associated with sexual development and orientation
- i. Unit IX: Mental retardation
- j. Unit X: Disorders of psychological development
  - i. Specific developmental disorders of speech and language
  - ii. Specific development disorders scholastic skills
  - iii. Specific development disorders of motor function
  - iv. Mixed specific developmental disorders
  - v. Pervasive development disorders
- k. Unit XI: Behavior and emotional disorders with onset usually occurring in childhood and adolescence
  - i. Hyperkinetic disorders
  - ii. Conduct disorders
  - iii. Mixed disorders of conduct and emotions
  - iv. Emotional disorders with onset specific to childhood
  - v. Disorders of social functioning with onset specific to childhood and adolescence
  - vi. Tic disorders
  - vii. Other behavioral and emotional disorders with onset usually occurring in childhood and adolescence
- l. Unit XII: Current status in treatment and management of:
  - i. Drug management and side effects
  - ii. Rehabilitation

- iii. ECT and psychosurgery
- iv. Principles of epidemiology and preventive psychiatry
- v. Legal aspects of mental illness

## 7. CHAPTER VII: COUNSELING AND PSYCHOTHERAPY

- a. Unit I: General Orientation: Part I
  - i. Definition, objectives, training and professional issues and current status in counseling/psychotherapy
  - ii. The humanistic approach - the client - centered therapy - personal growth
  - iii. Psychotherapeutic relationship: genuineness – unconditional positive regard – empathy – acceptance – warmth – attending skills – facilitate self-exploration
  - iv. Interviewing – non – verbal aspects of communication – eye – contact – body language – active listening – mirroring – reflecting feeling – paraphrasing
  - v. Clinical assessment and use of psychological tests
  - vi. Indications, contraindications, planning and recording in psychotherapy
- b. Unit II: General Orientation: Part II
  - i. Psychotherapy in Nepalese context
  - ii. Key concepts
    - 1. Resistance
    - 2. Transference
    - 3. Termination
- c. Unit III: Techniques of psychotherapy: Part I
  - i. Supportive psychotherapy
  - ii. Rational emotive therapy
  - iii. Client centered therapy
  - iv. Family therapy (including marital and parental counseling)
    - 1. The systemic approach – analysis of family interaction – partner relationship – theme of the family – communication style-triadic problemdefinition – conflict management – observation and information gathering – circular questioning – paradox strategy – reframing – relabeling – utilization – confusion – denormalization – sculpture – body work
  - v. Existential therapy
  - vi. Directive therapy
- d. Unit IV: Techniques of psychotherapy: Part II
  - i. Brief psychotherapy
  - ii. Gestalt psychotherapy
  - iii. Group psychotherapy
- e. Unit V: Psychotherapy for special groups/ conditions
  - i. Therapy with children (Klein, Anna Freud), play therapy
  - ii. Crisis intervention (sick, survivors of bereaved family cases with suicidal attempts etc.)
  - iii. Borderline states and psychotics

## 8. CHAPTER VIII: Behavioral interventions

- a. Unit VI: Introduction
- b. Unit VII: Foundations
  - i. Learning – Biological – Cognitive
  - ii. Behavioral analysis – behavioral formulation of neuroses and psychosis
- c. Unit VIII: Relaxation and desensitization procedures
  - i. Jacobson's progressive muscular relaxation – autogenic training – shavasana and yoganindra – systemic desensitization (imaginal and in vivo) – assisted desensitization – enriched desensitization – emotive imagery – assertive training – modeling and behavioral rehearsal
- d. Unit IX: Operant and aversion conditioning therapies
  - i. Operant therapies – faradic aversion – chemical aversion – covert sensitization – aversion – relief procedure – avoidance conditioning – contingency management and token economy
- e. Unit X: 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 procedures stress-inoculation procedures
- f. Unit XI: Comprehensive approaches
  - i. Behavioral therapy in speech disorders- apotrophic therapy- group behavioral approaches- negative practice, habit reversal and response prevention- supinated writing and other retraining procedures- flooding and implosion- multimodal approach and higher order conditioning – evaluation of current trends and critical issues in research and therapeutics
- g. Unit IX: Social Skill Training, rehabilitation

यस बिषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

| Chapter number | MCQs |                             | Long answer question |                             | Short answer question |                            |
|----------------|------|-----------------------------|----------------------|-----------------------------|-----------------------|----------------------------|
| 1.             | ✓    | 75 questions x 1 marks each | ✓                    | 3 questions x 10 marks each | ✓                     | 9 questions x 5 marks each |
| 2.             | ✓    |                             | ✗                    |                             | ✗                     |                            |
| 3.             | ✓    |                             | ✓                    |                             | ✓                     |                            |
| 4.             | ✓    |                             | ✗                    |                             | ✓                     |                            |
| 5.             | ✓    |                             | ✓                    |                             | ✗                     |                            |
| 6.             | ✓    |                             | ✓                    |                             | ✓                     |                            |
| 7.             | ✓    |                             | ✗                    |                             | ✓                     |                            |
| 8.             | ✓    |                             | ✓                    |                             | ✗                     |                            |
| <b>Total</b>   |      | <b>75 marks</b>             |                      | <b>30 marks</b>             |                       | <b>45 marks</b>            |

P.N: Marks distribution:

1. MCQ: 75 MCQ questions of 01 marks each may be from any of the 8 chapters.
2. Long Answer Questions: 3 Long answer questions of 10 marks each may be from any of the chapters as listed here: 1, 3, 5, 6 and 8.
3. Short Answer Questions: 9 Short answer questions of 05 marks each may be from any of the chapters as listed here: 1, 3, 4, 6, 7

प्रा.उ.से. Clinical Psychologist (खुला) पदको प्रयोगात्मक परीक्षाको पाठ्यक्रम

समय: २ घण्टा

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

| SN    | Topic  | Full marks | Time                  |
|-------|--|------------|-----------------------|
| 1     | History taking                                     | 10         | 45+10 min<br>(55 min) |
| 2     | Examination of patient (Mental Status Examination) | 10         |                       |
| 3     | Psychological Intervention                         |            |                       |
|       | A. Psychological assessment                        | 10         | 45+10 min<br>(55 min) |
|       | B. Treatment Plan                                  | 10         |                       |
| 4     | Viva   | 10         | 10 min                |
| Total |  | 50         | 120 min               |

P.N:

1. Each individual will be given 45 minutes with the patient for the History taking and examination (Mental Status Examination).
2. Subsequently, there will be 10 minutes for presentation of the history and examination.
3. In the third phase individuals will be given 45 minutes to perform psychological intervention which will be presented to the examiners. 10 minutes is allotted for same.
4. Finally, 10 minutes is allotted for viva.

समाप्त

*[Handwritten signatures and marks]*