

NEWSLETTER



**INSTITUTE OF BEHAVIORAL SCIENCES
DR.A.Q.KHAN CENTRE
DOW UNIVERSITY OF HEALTH SCIENCES**



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VISION

Become a State of the Art Research, Teaching, Training and Development Organization in the field of Mental Health.

MISSION

To maintain high standards of services in Mental Healthcare for Patients; in close liaison with Psychiatrists, Psychologists, Occupational Therapists and Paramedics by generating awareness .

GOALS FOR THIS QUARTER

- To provide comprehensive, integrated and quality healthcare services to the psychiatric patients at an affordable price.
- To provide training to healthcare professionals of Psychiatry. To transform the institute into one of the best psychiatry and drug rehabilitation hospitals by providing the best in-patient and out-patient services.
- To do awareness drives about Psychiatric ailments in the community and educational institutions.

ABOUT THE INSTITUTE

For about two decades the Institute of Behavioral Sciences Dr.A.Q Khan Centre (DUHS), has served to improve the mental health wellbeing of the nation by offering consultation for patients with psychiatric illnesses and substance use-disorders, under the supervision of well-known, qualified and experienced professionals of psychiatry, psychology and occupational therapy. At present hundreds of patients are being facilitated daily in OPD. There are 60 fully furnished beds that include VIP Room, Private Rooms, Semi-Private Rooms and General Wards for male and female patients. Fully temperature controlled pharmacy for IPD/OPD patients and a state of the art Rehabilitation Centre, where therapeutic services are being provided by psychologists, occupational therapists & the Rehab Team who are doing their best to instill life and vigor to the affected.



FACILITIES

- Rehabilitation Centre
- In-Patient Department
- Out Patient Department
- Drug Rehabilitation Department
- Clinical Psychology
- Electroconvulsive therapy

Our rehabilitation center is designed to cater to the needs of each patient and provide tailored therapies according to the patient's condition. A variety of cognitive, behavioral, perceptual and physical development therapies are programmed considering the patient's strengths and weaknesses. Vocational training is also provided to improve the quality of their lives and boost confidence.

PERFORMANCE

- Renovation of IPD and OPD areas such as washrooms, general, private, semi-private and VIP rooms.
- Construction of room for guards.
- Overall up-gradation of the hospital like installing more fans, LCDs in the waiting areas, netting of the exterior windows construction of waste bin, new appliances such as water dispensers and upgrading floorings and window coverings.



- Currently, IBS is training 13 post-graduate FCPS trainee doctors.
- Students of 4TH Year MBBS DUHS, visit our institution for their 1 month clinical rotation in Psychiatry.
- Students of Pharmacy, Psychology, Occupational Therapy and Nursing visit IBS to complete their official internship programs.

- Students from Indus Hospital FCPS/MCPS family medicine doctors also visit IBS for their 3 months clinical rotation.
- We regularly organise CMEs to ensure proper learning for our post-graduate trainees.
- We actively take part in attending and organizing seminars on important occasions and International Days related to us.





Dr. Qurat-ul-ain Zafar
Postgraduate trainee

PATIENT NAME: MS.SARA

A 37 years old female Ms.Sara, single bachelor's in BBA from Karachi University with Psychiatric illness for the last 9 years. She was admitted by her younger brother to our facility around 1.5 years back due to the steady deterioration of her functionality and refusal to take medication. At the time of admission, the patient exhibited suspiciousness toward family, self-talking (hallucinatory) behavior, and poor hygiene. A few years back she had been diagnosed with schizophrania with similar complaints of lesser severity. Her mother who already took care of her ailing husband (stroke) had taken it upon herself to ensure the patient underwent proper treatment and maintained compliance. Sadly, 2 years back patient's mother developed Cardiovascular Disease which severely hampered her ability to confine both her husband and daughter's management. This resulted in the patient steadily becoming worse as the mother could not always ensure compliance with medication and the patient herself was stressed by her mother's illness. It was when her younger brother noted that the patient was no longer managing basic tasks such as bathing, cleaning, and even skipping meals then he decided to get her admitted. She was socially withdrawn and displayed suspicious and odd behavior like hiding food in her drawer and letting it rot. She remained admitted for 3 months in our care. We saw very little improvement in the first month. Slowly but steadily we started seeing changes. She finally started showing interest in Daycare activities in our facility and became gradually more responsive and interacting with her doctors while her hallucinatory behavior lessened. By the third month, we saw that the patient had become more concerned with her parent's welfare and expressed a wish to take care of them and support them. She was psycho-educated regarding her illness and the importance of compliance thoroughly before her discharge as she made very good progress. Ms.Sara has since been visiting OPD for her monthly follow-ups. She is now teaching in a school.

She is not only supporting her parents financially but is the main caretaker of both her parents. Her brothers report that Sara takes care of their parent's timely medicines and she is the reason for their good health today. We couldn't be happier to see her not only getting back to life but getting even better.



Ms. Mahnoor Zehra
Q/A & Marketing Manager

PATIENT NAME: MR.ZUHAIR

A 53-year-old male Mr.Zuhair, married for 28 years. He owned a factory and was doing well in work and personal life, he had a good relationship with his wife and family. 15 years back he was in good health condition but then he developed gastric ulcers, for which his friend recommended him to take beer so he started taking one can of beer daily. He would leave his home at 6 p.m and drink with his friends. Then eventually it became 5 cans per day for 5 years. In 10 years he started taking dry ginn as he thought beer is not strong enough. The patient started to spend a lot of money on drinks and he has been smoking for 36 years. He became abusive and started cheating on his wife. His relationship with his wife started to suffer. He started to feel numbness in his feet and developed various health conditions due to which he was also facing difficulty in walking. The Patient's daughter was about to get married and his health was starting to deteriorate rapidly. The patient's family was also against these cheating and addiction so the relationship with the kids also got worst. The patient then realized that he should quit substance use and seek medical help. The patient himself came for detoxification and told that he doesn't want any problems in her daughter's marriage. For her daughter, he has to regain his decency and health to have a good and healthy relationship with everyone. Mr.Zuhair took full treatment with us, left drugs, and got treated for other diseases. We are happy that we could help a man to get back to his life. He is living a happy life with his family now.

Real names of the patients are not mentioned to keep the patient confidentiality

ACTIVITIES



I SUDDENLY FREEZE,

MY MIND JUST GETS NUMB AND I AM UNABLE TO ANSWER. THIS CAN BE REALLY EMBARRASSING SOMETIMES. HOW CAN I OVER COME IT



Feeling empty, emotionally numb or blank-mind- particularly the absence of any goal directed response can be a result of emotional detachment or a symptom of depersonalization. At times you can feel the agitation and confusion too. It can be an embarrassing moment for someone when they could not concentrate or focus on the conversation and suddenly start losing focus in the middle of a conversation. Such condition may not accurately point out to a psychological illness rather can result from the deficiency/low levels of vitamin b12, potassium, calcium or sodium. Keep a track of your diet and work on deficiencies. If the symptoms are more than just a loose of attention for more than 3-4 seconds. You should visit a therapist, for self-help one can practice being mindful such as focusing on the five senses and just noticing the things in the present environment (Vision: colors, hearing: tone/voice, touch: textures, taste: spices/desert, smell: fragrance). Make a habit, always pick the first five things whenever you are in a changed environment, a quick observation of the present would enable the person to regain the lost attention to the present and would help you to be in present both psychologically and physically.

MR.SYED HUSSAIN ALI

HERE ARE SOME "COMMONLY ASKED QUESTIONS" ON OUR SOCIAL MEDIA

I am a 37 year old male youngest sibling but I still don't feel confident in front of my siblings as I used to be a shy child, how should I over come this?

Usually it's observed that growing up with older siblings can be difficult as they see you as a child and incapable to do things on your own. This phenomenon can lead you to always doubt yourself and be confused. It's recommended to work on your self esteem and self worth by engaging in healthy activities or therapy sessions.

I feel sad because of problems at work.

Burnout is a common symptom amongst employees globally. It's important to take care of your personal needs while working for your office to act efficiently and proactively.

My wife mostly thinks that when she lies down in bed or sleeps at night or in day time someone is showering water on her or someone is biting on her legs. Sometimes she feels pain in body and chest.

She might be experiencing some sort of mental distress. A psychiatric consultation is highly recommended.

Fear of death

There can be many ways to overcome the fear of death.

- Foremost, accept it as a reality that everyone has to face.
- Make full use of your life. The more you'll be satisfied with your life, the easier it will be for you to overcome your fear.
- Build healthy relationship around your circle.
- Reflect back on the good memories you have left behind.

Why I start crying when I'm studying ?

This is something which can be related to procrastination. To cope up with your exam or academic stress, make an effective time table, rote learning is not the only way to study. Use different modes of learning to make it interesting for you.

I have extreme anger issues, how do I manage my anger?

Taking a moment and using thought-stopping technique will help in letting your anger get out of control. Alternatively, mindfulness techniques like backward counting and deep breathing would also be effective.

When guests come in my house I just hide in the kitchen or lock myself in my room. I don't like talking to people. And I think making new friends is one of the most difficult things in the world.

Feeling anxious in social settings can be very stressful. Self regulation exercises like deep breathing, grounding, distraction and safe space are a few tools which can be utilized to calm down the anxiety in the moment. For long term benefits, therapy is recommended to work on self worth and self esteem.

Overthinking is the biggest problem of my life, if anything hurts me, its stays with me for weeks, I cry whole nights and days. It has ruined my mental health, what can I do?

Thought stopping and mindfulness techniques will help us orient ourselves to the present rather than get sucked into our mental traps.

I came out of an abusive relationship, but I have nightmares even after 3 years, I wake up crying.

Unresolved trauma can come to the surface in many ways. i.e. nightmares, bouts of anxiety, or panic attacks. But it is possible to heal from these traumatic memories. Do quiet, calming activities —such as reading books, doing puzzles, or soaking in a warm bath — before bed. Meditation, deep breathing, or relaxation exercises may help, too.

Anything that hurt me in past or present, keeps coming back and I feel the same pain all over again. I just cannot get over it.

If something from our past keeps on bothering us we need to analyse why our mind is reacting to that particular event and why. It is triggering some deep seated belief that we have about ourselves and that is what needs to be worked on.

How to recognise between what we feel is true or are we projecting something on to ourselves and making it seem like a mental disease?

It's important to pay attention to the gut feeling and what's the secondary gain of projecting your feelings on to a mental disease. Once the answers of these 2 questions are compared, things would become much clearer.

Negativity is a part of my mind but how can I have a command on it ? How can I control where to use and where not to?

Negativity is caused by unhelpful thinking patterns referred to as cognitive distortions. Altering faulty perceptions by the use CBT (Cognitive Behavioural Therapy) helps us get a less biased, more well rounded perspective on things.

I got divorced, my husband was abusive. With my family's support I am doing good in life, but all my happy moments are ruined by painful memories, it feels like I will never forget what this pain made me feel.

Here are some ways that can help you deal with painful memories

- Practicing mindfulness (this encourages an individual to stay in the present moment)
- Journaling painful thoughts helps you declutter your mind, which leads to better thinking.
- Recognize what's happening. The more you ruminate, the easier it is to get stuck in a cycle of negative thinking.
- Sharing your thoughts with loved ones as talking brings a sense of relief.

DID YOU KNOW?



Brig. Dr. Shoaib Ahmed Rtd.
Sitara-e-Imtiaz
M.B.B.S., D.P.M., F.C.P.S. (Psych) Lead Auditor,
EMDR Consultant
Life Member PPS, Fellow American Psychiatric
Association
Executive Director :
Dr. A. Q. Khan Centre, IBS/DUHS
H.O.D. Psychiatry Department, DIMC/DUHS

SLEEP

Sleep is an old phenomenon as old as life started on our planet. However different animals behave differently to it. Some sleep with one brain hemisphere awake and the other dozing (Dolphins) while some in standing position like horses.

Sleep has always stayed as a mystery to mankind, different gods were created in the name of sleep and in Egypt a temple was built in the name of sleep where dream interpretation used to be done. Sleep has two types NREM (Non-Rapid Eye Movement) and REM (Rapid Eye Movement). NREM has four stages I, II, III and IV (from light to deep sleep and after 90 minutes to REM sleep).

REM is characterized by Rapid Eye Movements, b-activity of brain (awake) that's why it is called **PARADOXICAL** sleep. In this we have irregular breathing, active dreaming, memory consolidation and paralysis of limbs. We usually get up from a REM sleep and remember the dreams. In NREM sleep we do see dreams but have no memory of our dreams. Parasomnias occurs during NREM sleep like night terrors, bed wetting and sleep walking. Average human needs an eight hour sleep to rejuvenate. Many substances interfere with our sleep like caffeine, smoking and alcohol.



Ms. Hiba Khalid
Clinical Psychologist

REVENGE BEDTIME PROCRASTINATION

“Revenge bedtime procrastination” describes the decision to sacrifice sleep for leisure time that is driven by a daily schedule lacking in free time. For people in high-stress jobs that take up the bulk of their day, revenge bedtime procrastination is a way to find a few hours of entertainment even though it results in insufficient sleep. Although revenge bedtime procrastination can be tempting at the moment, late nights followed by early mornings can directly lead to serious sleep deprivation. Cutting back on sleep can have significant negative effects on mental, physical, and emotional health with short- and long-term consequences. Three factors are required for a late sleep time to be considered bedtime procrastination.

- A delay in going to sleep that reduces one's total sleep time
- The absence of a valid reason for staying up later than intended, such as an external event or an underlying illness
- An awareness that delaying one's bedtime could lead to negative consequences

Bedtime procrastination behaviors reflect procrastination in other contexts. Sleep procrastination is still an emerging concept in sleep science. As a result, there are ongoing debates about the psychology behind this voluntary sleep reduction. People who engage in bedtime procrastination know and generally want to receive enough sleep, but they fail to do so. This is known as an intention-behavior gap.

One explanation for this gap is a failure in self-regulation or self-control. Our capacity for self-control is already at its lowest. Bedtime procrastination can cause sleep deprivation. Without enough hours of sleep, the mind and body can't properly recharge, which can have widespread negative effects on health.

Insufficient sleep degrades thinking memory, and decision-making. Sleep deprivation also raises the risk of daytime sleepiness, which can harm productivity and academic achievement while heightening the risks of drowsy driving.



Dr Mehwish Qadeer
Postgraduate trainee Psychiatry

How to Empower your Brain

Do you know that surprising situation where you can't remember why you entered a room or called someone? With that immense memory loss, you feel as if the thought was never in your brain before. To get going, you must create an environment where your brain would operate optimally. The good news for your 100 billion neurons is that ways are being discovered by researchers that can help stimulate your brain. Start with these clever techniques.

1. Watch your thoughts: Become aware of the thoughts you have. As soon as you become conscious of your thoughts, you may decide whether or not they are beneficial to you. You have the option of keeping it or letting it go.
2. Use it or lose it: According to studies, mental decline is not a necessary element of aging. Your brain lives longer if you keep it engaged. This can be done by reading books, playing puzzles or crosswords, playing mind-stretching games like chess, and staying socially active.
3. Unlock the Endorphins: Exercise gives you endorphins, and endorphins make you happy. Regular exercisers experience improved emotional and mental well-being.
4. Lift your mood with healthy food: According to studies, consuming a lot of saturated fats (like cake, biscuits, and pastries) can hasten mental decline, contrasted with fruits, green vegetables, and fish which are beneficial to the brain.

There is an intimate connection between your brain and the enteric nervous system. The billions of bacteria living in your GI tract have an impact on the production of neurotransmitters, most frequently dopamine and serotonin, which are continually sending messages from the stomach to the brain. Eating nutritionally dense food affects the production of these chemicals and your mental health can reflect it.

5. Good sleep is the best meditation: In a world that never stops, falling asleep has become a challenge for many. Working too many hours might have a negative impact on sleep. Getting enough sleep is essential for optimal mental health and learning.



Dr Sadia Jamshed Soleja
Postgraduate trainee Psychiatry

Current National Crisis and Its Impact on Mental Health

The people of Pakistan are currently going through one of the most difficult periods, making survival challenging. People's mental health is directly impacted by the nation's simultaneous economic, political, and environmental problems.

Pakistan's declining economy makes its citizens more susceptible to mental health problems. Researchers have found a strong correlation between rising mental health concerns among Pakistani citizens and factors including food insecurity, a lack of resources, mounting debt, an increase in fuel prices, and natural disasters. The households' anxiety levels gradually increased, and the suicide rate rapidly rose as a result.

The Pakistan Association for Clinical Psychologists (PACP) has issued a warning over the country's ongoing political unrest's potential impact on an increase in mental health disorders. They contend that people take strong stances about their political convictions, preventing any room for debate or conversation. This causes societal division and political unrest, which ultimately lead to a catastrophic economic collapse. All of these consequences contribute to the deterioration of the mental health of those living under these conditions.

With monsoon rains from June to October 2022, the nation experienced one of the most disastrous floods, which killed 1,739 people, caused Rs 3.2 trillion in damage, and resulted in Rs 3.3 trillion in economic losses. According to Pakistan Humanitarian Situation Report No. 4, loss and displacement had a significant impact on children's and their carers' psychosocial well-being, with an estimated 50% displaying signs of distress.

The majority of mental health conditions go unreported and untreated, according to psychiatrists in Pakistan, because there aren't enough resources and money to seek treatment. The frequency of dropouts rises even after patients start their therapy due to their inability to pay for medical bills which further leads to an increase in mental health being neglected.



Dr. Zoobia Haji Ramzan
M.B.B.S., F.C.P.S (Psychiatry)
Assistant Professor/ Faculty Consultant

Why Mental Health Is Important

With time the importance of Mental Health is increasing day by day, but why should we talk about Mental Health? There is a famous quote about Mental Health by Lauren Fogel Mersy

“Being able to be your true self is one of the strongest components of good Mental Health.”

As we all know, stress, anxiety and depression are caused when we ignore who we are and start living to please others. Hence to maintain their well-being, individuals need to recognize their own inner strengths.

Mental Health is as important as our Physical Health, which we all came to know after Covid-19 era. The ramifications of COVID-19 reaffirmed the fact that the mental well-being of individuals is imperative for them to deal with the challenges of our recent times. Mental Health includes our emotional, psychological and social well-being, it affects how we think, feel and act. It also helps us to determine how we handle stress, relate to others and make healthy choices. Thus Mental Health is important at every stage of life from childhood till old age.

Poor Mental Health makes us more vulnerable to physical health problems mostly heart disease, stroke and type 2 Diabetes. Thus by nurturing our own Mental Health we can protect and prevent the likelihood of Mental illnesses.

The top advertising slogans are also made to promote Mental Health of an individual like Nike- Just Do It, Apple- Think Different, Coca-Cola- Open Happiness, L Oreal- Because You're Worth It and Burger King- Have it Your Way.

Mental Health isn't a choice, it is our right. Therefore Mental Health awareness is essential and those who are living with Mental Health issues deserve care, understanding, compassion and pathways to hope and fulfilment.



Dr. Washdev Amar
M.B.B.S., F.C.P.S (Psychiatry), I.C.A.P
Assistant Professor/ Faculty Consultant

Substance Use Disorder and the Motivation to Quit

Substance use refers to use of any drug usually by self-administration, in a manner that deviates from approved social or medical pattern. Over the years, there has been a sharp increase in trends of substance use in most countries of the world. Health care providers are facing new challenges as patterns of substance use are progressively becoming more complicated. The previous report by The United Nation Drug Control Program stated Pakistan as among the hardest affected countries by substance use in the world.

Repeated substance use induces a series of changes in various neuronal circuits in the brain that are involved in motivation, memory and behaviour control. That results in an increased and long-lasting reward value associated with the use of opioids and other substances. It's now known that certain areas of the brain play an important role in regulating pleasurable behaviours, and those neuronal pathways of these areas form "reward circuits". Most of the substances used have significant harmful effects on physical as well as on mental health. These effects may present in the form of alterations in mood, perception and thoughts. It is therefore necessary to eliminate the use of these substances from the community and the world as whole so as to limit its destructive patterns. In addition to pharmacological treatment, motivation should be the focus which is unfortunately an overlooked dimension in the treatment regimen leading to high relapse rate. There are multiple motivations to quit substances and other drugs. Recovery from substance use is a long process that requires time, commitment, motivation and support. It has been observed that substance users who do not enter treatment regimen have deficits in their motivation. First step in treatment is to decide to make a change. Substance use must be treated before the development of full dependency and in order to achieve this, motivation is the essential step. Studies have shown that higher motivation leads to better treatment outcome. If a person with proper motivation to give up is managed, the long term effects are positive. Therefore it is necessary to assess the patient and determine motivational factors to quit. This is done by motivational Interviewing which is an important part of bio psycho social management in patients with Substance Use Disorder.



Dr. Ayesha Nadeem
Postgraduate trainee Psychiatry

Impact of Excessive Screen Time

In the era of science and technology, many gadgets have become indispensable in our lives. This has made our lives a lot easier but like with everything, there are drawbacks as well. Excessive screen time is one of them. Overuse of gadgets has adverse effects on our mental and physical health. Studies show that the increased screen time negatively impacts our sleeping patterns, eyesight and even disturbs our cognition. The recommended screen time differs for all age groups. Below the age of two, this should be limited to zero minutes other than video calls with family members. From the age of two to five years, it should be as low as one hour per day, that too with under parental supervision. After that, it can increase upto 2 hours, including homework time.

Giving children cell phones or tablets as a distraction is not a healthy way to deal with their tantrums. Studies have shown that kids below 3 who are spending more time on gadgets score less in reading and writing in addition to exhibiting deficits in attention. A study reveals that increased screen time of more than 7 hours per day causes cortical thinning. Another study says that blue light from screens inhibit the release of melatonin, a sleep hormone, causing disturbances in sleep. A study conducted in Canada concluded that every 30 minutes increase in screen time leads to 49% expressive language delay. Steps should be taken by adults for themselves and by parents for their children to limit screen time like replacement with some physical activities, spending quality time with friends and family members, reading and other hobbies.



Dr. Fareea Mahmood
Postgraduate trainee Psychiatry

Breaking the Stigma and Stereotype

A mother was extremely worried about her teenage son, who she had recently noticed was constantly in a low mood, had weeping spells and was irritable at social and household events.

The mother desperately wanted to help her child out of his emotional turmoil. However she was afraid that her child would be labeled mentally unfit and the society would point fingers at him, or judge him for what might be a completely treatable health issue. This is a classic example of the anguish faced by the families in fear of the stereotyping and stigmatization of psychiatric illness. Due to this, time and again, the families hesitate visiting psychiatrists and get redirected by close family members to quacks who promise to “fix” the issue without having any actual medical expertise. This needs to be changed. The first step towards a healthy future of our society is creating awareness that there is “No Health Without Mental Health”. Our minds have the immense power of keeping our entire physical health in check, and once the mind is unhealthy, it has an effect on all aspects of a person’s life. Education, awareness and easy access to mental health facilities is the first step towards a progressively healthy society. Let us all be a part of this and break the chains of stigma encasing us all.



Dr Aiman Aqib
Postgraduate trainee Psychiatry

Separation Anxiety

Separation anxiety disorder (SAD) is a condition in which a child becomes fearful and anxious when away from home or separated from a loved one—usually a parent or other caregiver—to whom the child is attached. It is a normal part of children’s development. It can start at around 8 months and peak in babies between 14-18 months.

Children often go through a phase where they are “clingy” and afraid of unfamiliar people and places. It usually subsides during early childhood. If this fear affects a child over the age of 6, is severe, or lasts longer than 4 weeks, they may have separation anxiety disorder. Separation anxiety affects approximately 4 to 5% of children ages 7 to 11. It affects boys and girls equally. Many people associate this condition with children, but adults can experience separation anxiety as well. An adult may develop extreme anxiety due to separation or anticipated separation from a particular attachment figure. It can be a person, a place or even an animal. The person may show excessive stress before and during separation, excessive concern about losing the attachment figure, excessive worry about events that may cause separation from the attachment figure, reluctance to leave, persistent and excessive fear of being alone, recurring separation nightmares and physical symptoms during actual or perceived separation. Separation anxiety often develops after childhood adversity, such as the death of a family member or a traumatic childhood event such as abuse or significant life changes such as moving away from family or support structures. Adults who grew up with domineering parents may also be at increased risk. People with this disorder may be socially withdrawn or show extreme sadness or difficulty concentrating when they are away from loved ones. For parents, the disorder can lead to strict, over-involved parenting.



Rabeea Saleem
Clinical Psychologist

Compassion Fatigue

Compassion fatigue is the physical, emotional, and psychological impact from prolonged exposure to other people’s trauma. Professionals who work in caregiving capacity like healthcare professionals, psychologists, first responders, social workers and legal professionals are at higher risk of this type of fatigue. This form of fatigue is also referred to as secondary traumatic stress or vicarious trauma.

Emotional burnout is an integral component of compassion fatigue which happens when one feels emotionally depleted due to long term accumulated stress. This involves feeling emotionally exhausted, drained and unable to regulate their emotions. People with demanding jobs, going through a major life change like the loss of a loved one or an illness, caregiving for people with chronic illnesses and being in a toxic relationship are at a higher risk of burnout. The major warning signs of burnout are - feelings of apathy; mental detachment or feelings of cynicism related to one’s relationships or work; reduced professional efficacy, disrupted sleep, numbness, a decreased sense of purpose, social withdrawal, self-contempt, and difficulties with personal relationships.

Emotional fatigue can be overcome by practicing self awareness and setting strong emotional boundaries which means choosing to remain compassionate and empathetic without becoming overly involved and carrying another person's pain. Other ways include committing to indulge in self-care through a healthy lifestyle, developing hobbies apart from work, taking regular vacations and seeking therapy.



Dr Sheema Mustafa
Postgraduate Trainee Psychiatry

Work-life Boundaries

The COVID-19 pandemic has led to a major paradigm shift when it comes to our personal well-being. These difficult times have forced us to self-reflect and realize we took so much for granted in life like family dinners, celebrating achievements with friends, attending weddings, or simply grabbing a cup of coffee at our favorite café. However, at the same time, it has created new challenges when it comes to navigating a balance between our work and personal life.

Many people now find themselves squeezing in work in their schedule whenever and wherever they can. As it turns out, taking work calls at the dinner table, answering emails from the couch, and constantly thinking about to-do lists for work have led to fatigue and burnout. So how can we disconnect ourselves from work and redefine boundaries between work and home?

It is incredibly important to learn to switch off. When your sense of worth is directly linked to your job and you find it particularly challenging to disengage from work, you may be facing what psychologists term as "obsessive passion". To restore some harmony in your passion for work, you should take scheduled breaks i.e., make it a habit to eat your lunch away from your desk and force yourself to go out for a mindful walk during the day.

More additional activities unrelated to work should consume more of your time throughout the week. This will allow you to destress yourself and lessen the chances of burnout. Getting involved in new hobbies such as, Pilates, baking, painting, or community service would contribute to a positive sense of self and reduce the reliance on the automated mode of life.

Prioritizing your overall physical, mental, and emotional health would not only nurture your connection with the present moment but would also improve your productivity at work. Take deliberate actions to spend more time with yourself and your loved ones, write a gratitude journal to boost happiness and positivity and make a sincere effort to connect with nature. If you struggle with anxiety or depression, then taking therapy sessions would facilitate channeling your emotions in a safe space.

So, as we continue to adapt to the changing world, never again will we take our health for granted. By adopting sustainable routines and setting boundaries between work and home, we can ensure that we thrive in life and not merely survive.



Dr. Mariam Akhtar
Postgraduate Trainee Psychiatry

Dealing with Loneliness and Depression in Pandemic

The COVID-19 pandemic was declared as a public health emergency in 2020. The pandemic not only heightened the risk of death, but also aggravated mental health problems all over the world. Since the virus began to spread in early 2020, the threat of death from infection, strict social distancing regulations, and the delayed opening of schools and universities had an inevitable negative impact on mental health and led to an increase in loneliness, death anxiety, and depression among the general public.

Transient loneliness does not lead to psychological and behavioral disorders but long-term or severe loneliness may result in certain emotional disorders and deteriorating mental health. Different studies have shown that loneliness is an early predictor of depression and social anxiety.

There are many strategies that you can employ to ensure your well-being and good mental health during a pandemic like adhering to a schedule, doing something meaningful, connecting with others, taking a bath, cooking healthy comfort food, watching your favorite TV shows or reading favorite books, practicing sleep hygiene to make sure you are getting enough rest, creating something, distracting yourself and practicing self compassion.



Dr Muhammad Umair Siddiq
Postgraduate trainee Psychiatry

Suicide and It's Prevention

Suicidal thoughts, ideations and attempts are higher among adults aged from 18 to 25 than among adults over the age of 26. Suicide is the third leading cause of death among 15- to 24-year-olds. Mostly suicides are attempted by people with depression, substance use disorders and psychosis. However, anxiety, personality, eating, and trauma-related disorders, as well as organic mental disorders, also contribute to the high risk. To prevent suicide, it's important to identify and take note of suicidal tendencies as soon as possible. If you notice something unusual in the behavior, any loss of interest in their life or their idea about death then be vigilant and try to approach them and be a bridge between their problems, their approaches to problems, their hopelessness and their way to get rid of this hopelessness.



Dr. Subhash
Postgraduate trainee Psychiatry

Stress Management

Stress is inevitable. It is something we should learn to cope with rather than avoid.

Management of stress:

- **Coping skill:**

The process in which a person attempts to manage stress. It has two forms:

1. **Problem -focused coping:** In this form firstly problem is identified and focused. Then data is collected for alternate solution. One can change some thing about one self rather than changing environment. Hence these one directed inward. One can learn new skills.

People who tend to use problem solving skills show lower level depression both during and after stress. (Taylor and Stanton 2007).

2. **Emotion- Focused Coping :** This form focused on emotional disturbances after stressful condition by coping in terms of catharsis (talking and expressing emotions to others). Positive Reappraisal of problem and some times avoidance.

- **Behavioral Techniques:** - Biofeedback Training:

People receive information about physiological state and attempt to change that state.

In procedure electrodes are placed on participant forehead so that so any movement In forehead muscle can be electronically detected, amplified and fed talk to person as an auditory canal. The muscles contract and relapse. In 4 to 8 week of biofeedback participant learn to understand onset of tension and to reduce it without feedback form of relaxation.

- **Relaxation Training:**

Individuals are taught to deeply relax muscle and slow down and focus their thoughts.

People are taught to tense their muscles and release tension, this technique is fruitful for alleviating stress. Some people thinks it time consuming and for some people it is helpful in reduce heart rate and Blood Pressure.

- **Exercise:** another important factor in controlling stress. Physical fitness, aerobic exercise, jogging, swimming persistently shows significant lower Heart Rate and Hypertension in response to stress.

- **Cognitive Techniques.** Focus on changing individual's cognitive responses to stressful situations.

CBT attempts to assist people to find out the kinds of stressful situation that produces physiological and emotional symptoms and change a way of coping such problems. E.g. Keeping the records of headaches occurred in person and the circumstances behind them.

. Next would be taught how to response to these situation and record feeling, thoughts and behaviors before, after

and during the event, identify the stressors, behaviors, change something about stressful situation.

Combination of cognitive and Behavioral techniques has shown to reduce Type A behavior (Friedman at all 1994).



Shaheer Jawaid
Clinical Psychologist

Trauma, Dissociation, and Salutogenic thinking.

Trauma is a deeply disturbing and often life-threatening event (acute trauma) or a repetitive adverse experience (chronic trauma) or persistent perception of perceived threat (complex trauma) that can have lasting effects on a person's mental and physical health. One of the ways the body copes with trauma is by dissociating or disconnecting for safety. This can happen either during or after the traumatic experience. Dissociation is a natural and adaptive response that helps people to cope with overwhelming stress. Complex trauma can cause physical and emotional damage that may last a lifetime. One of the ways our bodies and minds protect us from trauma is by dissociating. Dissociation is a natural defense mechanism that helps us to cope with overwhelming experiences. When we dissociate, we disconnect from our surroundings and tune out what is happening around us. This can help us to feel less overwhelmed and more in control. Dissociation can be a short-term response to trauma, or it can become a long-term coping strategy. When the drive to avoid negative feelings and sensations become chronic, it can lead to serious problems, including addiction, depression, and anxiety.

Particularly when one has experienced complex trauma, Salutogenic treatment, which is a compassion-based approach that focuses on promoting health and well-being, rather than simply treating illness. This model has been found to be particularly effective in the treatment of dissociation, as it helps to address the root causes of the condition. Salutogenic treatment focuses on building social support networks, improving self-image, increasing self-regulation and increasing resilience. This approach has been found to be particularly effective in helping individuals with dissociation to recover from trauma and to develop a more positive sense of self. Salutogenic treatment is an evidence-based approach that can help individuals with dissociation to recover and thrive.



Mr. Syed Hussain Ali
Clinical Psychologist

Depression: Symptoms and treatment

What's Depression?

Depression is more than just a low mood, our capacity to perform can be affected by depression. Feeling down, worried, or hopeless are depressive symptoms. The disease may also make it difficult to think, remember, eat, or sleep. When you are diagnosed with clinical depression, you may experience these negative emotions on a daily basis for at least two weeks in addition to other symptoms such as trouble sleeping, losing interest in previously enjoyed activities, or changes in appetite. Without therapy, depression may worsen and persist longer. In extreme circumstances, it may result in self-harm or even death. Fortunately, there is treatment available such as psychotherapy and medicines that can significantly reduce depressive symptoms.

What are the symptoms of depression?

Depression can affect your emotions, mind and body. Depression symptoms include:

- Feeling low and hopeless.
- Anhedonia.
- Being easily irritated or frustrated.
- Eating too much or too little.
- Sleeping too much or too less.
- Difficulty to concentrate or forgetfulness.
- Experiencing headache, stomachache or sexual dysfunction.
- Thinking about hurting or killing yourself.

Please contact the Institute of Behavior Sciences at Dow University of Health Sciences if you or someone you know develops suicidal thoughts. People in suicidal crises or emotional distress can access private psychological therapy and emotional support.

How is depression syndrome treated?

• **Psychotherapy and counselling:** Speaking with a mental health practitioner during counselling or psychotherapy. Your therapist aids in problem-solving and coping skill development. Chronic depression may benefit from cognitive behaviour therapy (CBT).

• **Medication:** Antidepressants, a class of prescription drugs, can help alter the brain chemistry that underlies depression. It may take a few weeks for antidepressants to start working. Although some antidepressants have adverse effects, they frequently get better over time.

What can I do if I have depression?

- Go to the emergency department of your hospital.
- Contact a healthcare provider.
- Speak to a trusted friend, family member or spiritual leader.

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Ms. Ifrah Naveed
Student councillor

Sex Orientation

"Is homosexuality due to biological or psychological factors" is a considerable debate, but has this ever crossed anyone's mind that sex and gender can be psychological or biological. Sex is a biological term to categorize people as male, female, or intersex while gender is a psychological term associated with maleness and femaleness. How homosexuality connects gender and sex? To what extent homosexuality guides people's sexual attraction toward specific gender? The origin of the theoretical concept depicts that homosexuality is an individual's mental state (James Kiernan) While Alfred Kinsey implies homosexuality based on sexual feeling and sexual experience. Researches implies homosexuality is more significant due to mental state than the biological cause. Moreover, individuals exposed to homosexuality as their first are involved in homosexual behavior e.g. the subject could have gotten raped or had consensual sex with their cousins/peers. The neurohormonal approach highlights the fetus exposed prenatally to male-typical or female-typical sex hormones will prefer a female or male partner at puberty respectively. After discussing all the possible factors, Major steps should be taken to prevent homosexuality such as educate parents about instilling a sense of good and a bad touch in their children, kids spending excessive time with their elder cousins should be kept in a keen eye, when children talk about their attraction toward their peers of any gender, parents must address their issues instead of moral policing them. Moreover, The hostel system should monitor students to see whether the children are maintaining ethical codes of privacy and secrecy, pornography is the leading cause that triggers homosexual attraction. Furthermore, Health professionals should educate about transmitting disease such as Aids, Individuals who have issues regarding their gender identity should get counseling sessions. There are underlying biological factors to make someone vulnerable to homosexuality; therefore, it is suggested to monitor hormonal levels from conception to delivery.

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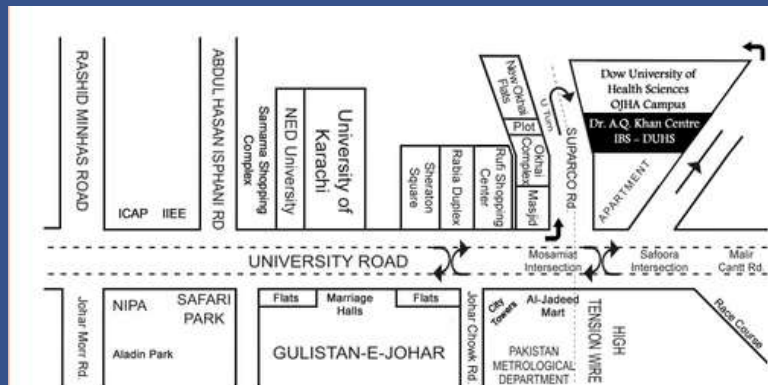
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