

PG Notes in Psychiatry 2nd Edition

Authors: Cijo Alex

Publication: Notion Press, Chennai, India 2019

Paperback **Pages:** 504 **Price:** Rs.894.00

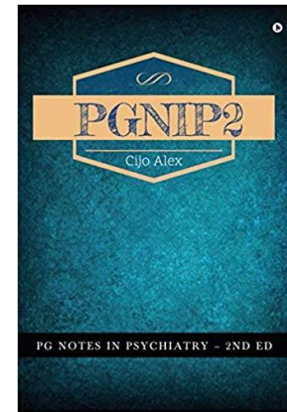
ISBN: 978-1-64546-974-2

Reviewers: Kamlesh Kumar Sahu

Associate Professor, I/C Psychiatric Social Work

Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh, India

Email: withkamlesh@gmail.com



I am happy to write this review for the *Journal of Psychiatric Social Work*. Exploring a book explicitly labeled as "PG Notes" poses a dual challenge and fascination, particularly for someone who has transitioned from being a postgraduate to a postgraduate teacher. Embarking on this journey, I approached the task with a blend of complexity and curiosity. "PG Notes in Psychiatry" 2nd Edition by Cijo Alex, is a comprehensive guide for postgraduate students studying psychiatry and allied disciplines. It includes essential notes, key concepts, and updated information in the field. The second edition stands out as a well-rounded and succinct resource. It manages to be both thorough and concise, offering a comprehensive yet detailed update on the subject matter.

With six sections encompassing a total of 50 chapters, "PG Notes in Psychiatry" seems to provide a structured and in-depth exploration of its subject matter. Each section and chapter likely contributes to a well-organized and comprehensive understanding of psychiatry, making it a valuable resource for those diving into the complexities of the field.

The initial section, Introduction to Psychiatry, provides only a limited space for the history of Psychiatry, focusing more on concise yet adequate coverage of topics such as clinical evaluation, symptoms and signs, and classificatory systems.

Moving to the second section, Basic Sciences, trainees find ample space and detailed information. It encompasses fundamental principles of neuroanatomy, neurophysiology, neurochemistry, genetics related to psychiatric disorders, and basic research methods, all presented in a few pages.

The third section, Psychology, offers a sufficiently elaborate exploration. The author

simplifies complex topics like psychoanalysis, personality theories, learning, and intelligence. Additionally, separate sections are dedicated to emotions, motivation, memory, learned helplessness, attachment theory, social psychology, and psychodiagnostics due to their frequent appearance in examinations.

The fourth section delves into core psychiatry, covering substance use disorders, psychoses, mood disorders, anxiety spectrum disorders, neurobehavioral problems, and personality disorders. While schizophrenia receives extensive coverage, other psychoses get comparatively less space. The chapter on neurotic, stress-related, and somatoform disorders covers anxiety disorders, OCD, stress-related disorders, dissociative and conversion disorders, somatoform disorders, and entities like neurasthenia, depersonalization-derealisation, culture-bound syndromes, and chronic fatigue syndrome. Behavioural disorders related to eating, sleep, and sexual function are grouped together, and a chapter on personality disorders, impulse control disorders, and factitious disorders raises questions about its rationale. The chapter on biological therapies outlines psychopharmacological principles, drug classes, major side effects, and mentions other physical treatment methods.

Section five, titled Specialty Psychiatry, covers special populations (child and adolescent, women, geriatric) and includes dedicated chapters for forensic, emergency, and community psychiatry. It also incorporates psychotherapy, mental health act, neuroimaging, neurophysiological tests, biomarkers, etc.

The subsequent section addresses organic psychiatry, neurological disorders in relation to psychiatry, psychosomatic medicine, and medicine in relation to psychiatry.

Written in a simple and readable language, the

book has a well-organized layout with an appropriately large font size, large pages, and good paper quality and binding. However, its size may be a limitation for day-to-day use, despite the inclusion of blank spaces after each chapter.

The book adopts a simple and easily understandable language, making it accessible to readers. However, it's not designed for a continuous cover-to-cover reading session. The layout is well-structured, featuring an appropriately large font size, spacious pages, and excellent paper quality and binding.

Absolutely, notes serve a different purpose—they're more like condensed versions, quick references, or memory aids. They're handy for revisiting key concepts and facts, but they don't replace the depth and comprehensive coverage that textbooks provide. It sounds like this book maintains that balance, offering a practical companion rather than a standalone resource.

It sounds like this book caters to a broad audience, including postgraduate students in psychiatry and related disciplines such as Psychiatric Social Work, Clinical Psychology, and Psychiatric Nursing. Additionally, individuals gearing up for entrance tests in these fields may find it to be a valuable read. The comprehensive coverage and concise nature of the notes could potentially make it a useful resource for exam preparation and academic study in these disciplines.

Source of Funding: Nil

Conflict of Interest: None

Received on: 20-07-2019

Published on: 26-07-2022

How to Cite the Article:

Sahu KK. PG Notes in Psychiatry. Indian J Psychiatr Soc Work 2022;13(2):104-5.