

KAMINENI INSTITUTE OF MEDICAL SCIENCES
Narketpally - 508 254

QUESTION AND ANSWER WITH NAMES NOTED BY CHAIRPERSON - CLINICAL MEETING ON 29.05.2014

1. **Question:** - Can Homicidal tendencies occur in depression? (Dr. A.K. Deshpande, Assoc. Professor of Pathology)
Answer: - Yes. Depression can present with homicidal tendencies (Dr. P. Sai Krishna, Asst. Professor of Psychiatry)

2. **Question:** - Students don't want to attempt exams and say that they get depressed if they fail. How to tackle the situation? (Dr. Sikinder Hayath, Professor & HOD of Transfusion Medicine).
Answer: Students do suffer from exam phobia and their personality will influence a lot on interpretation of the situation. We can help them by supportive counseling and starting cognitive behavioral therapy (Dr. P. Sai Krishna, Asst. Professor of Psychiatry).

3. **Question:** - Can depression be prevented in society? (Dr. K. Nagaraj, Professor & HOD of Community Medicine).
Answer: Yes. With the help of NGO's, Govt. support screening questionnaires can be prepared. They can help in identifying the depressed individuals. At risk individuals, can be referred to mental health practioners for proper treatment (Dr. M. Dattatreya, Professor & HOD of Psychiatry).

4. **Question:** - It there any rationale for minimum duration of 2 weeks for diagnosing depression? (Dr. K. Nagaraj, Professor & HOD of Community Medicine).
Answer: Yes. ICD-10 & DSM-V had laid down guidelines for diagnosing disorders. If duration <2 weeks, they are labeled as Acute Stress Reaction. They are treated with supportive psychotherapy (Dr. P. Sai Krishna, Asst. Professor of Psychiatry).

5. **Question:** - What is the basis of combining benzodiazepines with SSRI'S? (Dr. P. Karuna Sree, Asst. Professor of Pharmacology).
Answer: SSRI'S initially have anxiogenic effects. To reduce this side effect and to improve patients sleep, anxiolytics are added initially for short durations. (Dr. Aparna K P, PG in Psychiatry).