लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, विविध समूह, नवौं (९) तह, वरिष्ठ क्लिनिकल साइकोलोजिष्ट पदको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II - (Technical Subject)

1. **Psychopathology**
   - 1.1 Major psychiatric classification systems (Overview of DSM, ICD)
   - 1.2 Diagnostic criteria, differential diagnosis (based on latest DSM, ICD), etiology and evidence based management of :
     - 1.2.1 Neurodevelopmental and neurocognitive disorders
     - 1.2.2 Schizophrenia or other primary psychotic disorders
     - 1.2.3 Mood disorders
     - 1.2.4 Anxiety or fear related disorders, obsessive compulsive or related disorders
     - 1.2.5 Disorders specifically associated with stress, dissociative disorders and factitious disorders
     - 1.2.6 Disorders due to substance use or addictive behaviors
     - 1.2.7 Impulsive control disorders, disruptive behavior or dissocial disorders
     - 1.2.8 Paraphilic disorders, sexual dysfunction and gender incongruence
     - 1.2.9 Personality disorders
   - 1.3 Eastern models of personality, mental health and mental illness
     - 1.3.1 Ayurveda perspectives on mental illness (manas roga, tridosa balance)
     - 1.3.2 Buddhist psychology (mindfulness, kleshas, suffering, liberation)
     - 1.3.3 Indigenous beliefs about spirit possession, karma, withcraft and their clinical implications

2. **Neuropsychological Foundation and Psycho-diagnostic Process**
   - 2.1 Neurobiological basis of behavior (attention, emotion, motivation, learning, memory, executive function, stress)
   - 2.2 Neuropsychological Assessment : domains of assessment, standardized batteries vs, test in Nepalese context
   - 2.3 Cognitive rehabilitation strategies
   - 2.4 Principles and purpose of psychological assessment and report writing
   - 2.5 Case history, Mental Status Examination and Diagnostic Interviews
   - 2.6 Projective and Objective Psychological Assessments
   - 2.7 Tools developed or adapted/ validated in Nepalese context, including tools for screening in community
   - 2.8 Ethical and cultural considerations in assessment
   - 2.9 Disability certification processes and role of clinical psychologists

3. **Counseling and Psychotherapy**
   - 3.1 Counseling and Psychotherapy Approaches: Psychodynamic, Behavioral, Person-centered, CBT, DBT, ACT, Existential, Gestalt and Postmodern approaches : Solution focused, Narrative Therapy, Motivational Interviewing
   - 3.2 Counseling skills and competencies; competencies in group therapy, family systems therapy, couple therapy and working with special populations - elderly,

trauma survivors, substance users

3.3 Child and Adolescent Interventions - School-based mental health programs, individual/group/family interventions

3.4 Suicide and suicide prevention : Nepal's suicide epidemiology, stigma, prevention strategies, risk assessmemt and intervention

3.5 Community-based mental health interventions and rehabilitation in Nepal

3.6 Yoga, Meditation and culturally adapted psychotherapy models in Nepal

3.7 Ethical issues involved in therapy work; rights and responsibilities in psychotherapy; issues related to consent (assent in case of minors), NHPC and international ethical guidelines

3.8 Eastern and indigenous practice related to spirituality, wellbeing, stress management and integration of traditional healing practices with modern clinical care in Nepal

4. **Training, Supervision and Community Mental Health**

4.1 History of clinical psychology as a profession in Nepal

4.2 Clinical Supervision Models & Ethical code of conduct

4.3 Contemporary models of training in clinical psychology (e.g. scientist practitioner, scholar practitioner, clinical scientist)

4.4 History, development and current status of community mental health programs in Nepal (integration in primary healthcare, task sharing and shifting)

4.5 Promotion and prevention of mental health in community (concept of mental health and wellbeing, healthy practices regarding mental health in community, awareness, stigma reduction, application of positive psychology)

4.6 Mental Health Interventions in disaster and crisis

4.7 Current status, adaptation and scalability of psychological intervention in Nepal

4.8 Coordination with other allied professionals in research and service delivery

5. **Statistics and Research Methodology**

5.1 Overview of quantitative, qualitative and mixed research methods

5.2 Primary and secondary data and data collection techniques

5.3 Descriptive and inferential statistics: Measures of central tendency, dispersion, correlation and regression; concept of probability, sampling and hypothesis testing

5.4 Qualitative data analysis: thematic, grounded theory, Interpretative Phenomenological Analysis (IPA)

5.5 Test development, reliability and validity evidences, methods of cross-cultural adaptation / validation of psychological tools, current status of psychometric research in Nepal

5.6 Types of reviews, including systematic reviews and meta-analyses

5.7 Ethical Considerations in Mental Health Research

5.8 Publication Process & Scientific Writing : Structure of a scientific paper writing, Selecting right journal, Peer review process, considerations in publishing and procedures in research grant application

5.9 Critical appraisal of literature and Evidence-Based Practice (EBP) : Evaluating research quality using appraisal tools, Applying research findings to clinical decision-making, levels of evidence in EBP

5.10 Epidemiological Studies in Mental Health in Nepal and South Asia : Major studies, prevalence, risk factors, burden of disease and mental health service utilization

6. **Acts, Policies and Programs Regarding Mental Health**

6.1 Latest policy, strategies and action plan related to mental health and services

6.2 Role of federal, provincial and local government in mental health

6.3 Act on the Rights of Persons with Disabilities, 2074

6.4 Convention on the Rights of Persons with Disabilities (CRPD) and Right based approaches in mental health

6.5 International Frameworks and Agreements : WHO Mental Strategies and Action Plan, InterAgency Standing Committee guideline for crisis (IASC), Sustainable Development Goals related to mental health

6.6 Mental Health Project and Programs: Needs Assessment, Project Design, Implementation Strategies, Monitoring, Outcome, Evaluation, Impact Assessment