

# List of Learning Targets for the Subject “Psychiatry, Psychosomatic Medicine and Psychotherapy”

Basis of the curriculum as well as the exam is the “Gegenstandskatalog für den schriftlichen Teil des Zweiten Abschnitts der Ärztlichen Prüfung (ÄAppO 2002 IMPP-GK 2)“  
<http://www.impp.de/pdf/gk2neu.pdf> .

The following topics are taught especially extensively in the courses:

## **1. Psychiatric examination and mental state**

### **1.1 Mental status examination (psychopathological findings)**

- Consciousness and orientation
- Conception, attention and concentration
- Immediate retention, recall and memory
- Formal thought disorder
- Delusion
- Obsessions and Compulsions
- Mood
- Drive and psychomotor disturbance
- Perception disorder, hallucinations
- Loss of Ego-boundaries
- Abnormality in behavior (e.g. rituals, social behavior, autism, interaction)
- Intelligence
- Suicidal tendency, suicidal intent
- Aggression

### **1.2 Anamnesis and Exploration**

The structured interview of anamnesis

- 1) History of present illness: chief complaint
  - 2) Medical history from third party
  - 3) Patient-oriented history und family history
- Pregnancy and birth
  - Development in early childhood
  - Physical impairment
  - Current social situation
  - Education/occupation
  - Social integration
  - Medication
  - Drug experience
  - Previous mental illnesses
  - Previous suicidal attempts
  - Structure of personality

- Changes in personality
- Preferences, interests, hobbies

### **1.3 Somatic examination**

- Medical and neurological examination
- Tests particularly relevant for psychiatry (cMRI, lumbar puncture, neurophysiology, etc.)
- Results of consultations (vision, hearing, skin, genetics; e.g. eyesight test for dyslexia)
- Indication for and interpretation of laboratory tests (blood, spinal fluid, urine), neuro-radiologic and neurophysiologic examinations

### **1.4 Diagnostic exploration**

- Patient and relatives
- Child and parents
- Custodian, friends, neighbors etc.

### **1.5 Behavioral analysis**

### **1.6 Psychodiagnostic measures**

- Self- and peer-assessments
- Psychodiagnostic evaluation: development tests, performance tests, personality tests, subjective and objective tests

## **2. Psychopathological Syndromes**

- Confusion
- Delirium
- Twilight state
- Dementia
- Autistic syndrome
- Organic change of personality
- Dependency syndrome
- Paranoid-hallucinatory syndrome
- Manic syndrome
- Depressive syndrome
- Anxiety syndrome
- Obsessive-compulsive syndrome
- Conversion syndrome /somatoform syndrome
- ADHD syndrome
- Aggressive syndrome
- Dissocial behavior
- Suicidal tendency
- Insight into the prevalent mental disorder, insight and judgment
- Syndromes in infants (regulatory disorder, failure to thrive, etc)

### 3. Classification of mental disorders according to ICD 10

Psychopathology, diagnosis, differential diagnosis, systematization, operationalization and classification of mental disorders

Multiaxial classification scheme (MAS) according to ICD-10 in child and adolescent psychiatry:

1st Axis: Clinical psychiatric syndrome

2nd Axis: Specific developmental disorders

3rd Axis: Level of intelligence

4th Axis: Physical pathology

5th Axis: Associated current abnormal psychosocial circumstances

6th Axis: Global rating of psychosocial level of functioning

#### **F00-F09      Organic, including symptomatic, mental disorders**

- Dementia in Alzheimer's disease
- Vascular dementia
- Frontotemporal lobar degeneration (Dementia in Pick's disease, Semantic dementia)
- Symptomatic dementia classified elsewhere (e.g. hyperthyreosis; vitamin B<sub>12</sub> deficiency)
- Delirium
- Organic delusional [schizophrenia-like] disorder
- Organic mood disorders
- Organic personality disorder
- Dementia in children
- Childhood disintegrative disorder

#### **F10-F19      Mental and behavioral disorders due to psychoactive substance use**

(alcohol, opioids, cannabinoids, sedatives, cocaine, stimulants, hallucinogens, tobacco, volatile solvents, multiple drug use)

- Acute intoxication
- Harmful use
- Dependence syndrome
- Withdrawal state and withdrawal state with delirium
- Psychotic disorder (induced by psychotropic substances)
- Amnesic syndrome

#### **F20-F29      Schizophrenia, schizotypal and delusional disorders**

- Paranoid schizophrenia
- Hebephrenic schizophrenia
- Catatonic schizophrenia
- Delusional disorder

- Acute polymorphic psychotic disorder
- Schizoaffective disorders
- Schizophrenia simplex
- Cycloid psychosis according to Karl Leonhard:  
Anxiety-happiness-psychosis, motility psychosis, confusion psychosis
- Unsystematic schizophrenia according to Karl Leonhard:  
Affect-loaden paraphrenia, cataphasia, periodic catatonia

**F30-F39 Mood [affective] disorders**

- Manic episode
- Bipolar affective disorder
- Depressive episode
- Recurrent depressive disorder
- Cyclothymia
- Dysthymia

**F40-F48 Neurotic, stress-related and somatoform disorders**

- Phobic anxiety disorders
  - Agoraphobia (with or without panic disorder)
  - Social phobias
  - Specific (isolated) phobias  
(Animal Type: spiders, snakes, dogs; Natural Environment Type: thunderstorm;  
Blood-Injection-Injury-Type: blood, injection; Situational Type: elevator, height)
- Anxiety disorders
  - Panic disorder
  - Generalized anxiety disorder
- Emotional disorders with onset specific to childhood (F93)
  - Phobic anxiety disorder of childhood
  - Separation anxiety disorder of childhood
- Obsessive-compulsive disorder
  - Obsessional thoughts
  - Compulsive acts
- Reaction to severe stress and adjustment disorders
  - Acute stress reaction
  - Post-traumatic stress disorder
  - Adjustment disorders
- Dissociative [conversion] disorders
  - Amnesia, stupor, motor disorders, convulsions, sensory loss
- Somatoform disorders
  - Somatization disorder
  - Hypochondriacal disorder
  - Somatoform autonomic dysfunction (irritable bowel syndrome, non-ulcer dyspepsia)

- Persistent somatoform pain disorder

**F50-F59 Behavioral syndromes associated with physiological disturbances and physical factors**

- Eating disorders
  - Anorexia nervosa
  - Bulimia nervosa
  - Obesity
- Sleep disorders

**F54 Psychological and behavioral factors associated with disorders or diseases classified elsewhere**

- Cardiopulmonary diseases (coronary heart disease, bronchial asthma)
- Gynecological diseases
- Gastroenterological diseases (ulcerative colitis, Crohn's disease)
- Oncological diseases
- Dermatological diseases (neurodermatitis)

**F60-F69 Disorders of adult personality and behavior**

- Personality disorders
  - Paranoid personality disorder
  - Histrionic personality disorder
  - Anankastic personality disorder
  - Emotionally unstable personality disorder: impulsive type, borderline type
  - Specific personality disorder
  - (e.g. passive-aggressive, narcissistic, immature ...)
- Habit and impulse disorders
- Gender identity disorders
- Disorders of sexual preference

**F70-F79 Mental retardation**

- Very high /high / average / low intelligence
- Mild / moderate/ severe / profound mental retardation

**F80-F89 Disorders of psychological development**

- Specific developmental disorders of speech and language
  - Articulation disorder
  - Expressive language disorder
  - Receptive language disorder
- Specific developmental disorders of scholastic skills
  - Reading/Writing Disability
  - Specific spelling disorder

- Specific disorder of arithmetical skills
- Specific developmental disorder of motor function
- Pervasive developmental disorders
  - Childhood autism (Kanner's syndrome)
  - Atypical autism
  - Rett's syndrome
  - Asperger's syndrome

**F90-F98 Behavioral and emotional disorders with onset usually occurring in childhood and adolescence**

- Hyperkinetic disorders
  - Attention deficit hyperactivity disorder
  - Characteristics of development, adult ADHD
  - Hyperkinetic conduct disorder
- Conduct disorders
  - Attachment disorder
  - Elective mutism

**4. Epidemiology of mental disorders**

- Prevalence, incidence (depending on gender and social status)
- Comorbidity
- Familial clustering

**5. Conditions of development and course of mental disorders**

- Somatic, psychological, psychodynamic, psychosocial and familial factors influencing predisposition for, release and course of mental disorders

**6. Psychotherapeutic viewpoints and basics of treatment:**

- Behaviorist, cognitive, psychodynamic and systemic models

**7. Neurobiological basics**

- Functional and anatomical areas of the brain
- Neurochemical systems
- Neuroradiological, neurophysiological, neurochemical and molecular genetic results and mental disorders

**8. Therapy of mental disorders**

- **Therapeutic dialog (psychosomatic primary health care)**
- **Psychotherapeutic treatment:** theory, methodology und differential indication
  - Psychoeducation
  - Cognitive-behavioral therapy
  - Psychodynamic and analytical psychotherapy

- Client-centered therapy
- Interpersonal therapy
- Supportive und suggestive treatments
- Parent training
- Family therapy
- Play therapy
- Multimodal concept of therapy
  
- **Psychopharmacological therapy – basics for prescription and specialties for children and adults**
  - Antipsychotics
  - Antidepressants
  - Lithium and other mood stabilizers
  - Anxiolytics und hypnotics
  - Antidementiva
  - Stimulants
  - Admission of psychotropic drugs, off-label-use, education and declaration of informed consent
  
- **Other methods of medical treatment:**
  - Electroconvulsive therapy (ECT)
  - Repetitive transcranial magnetic stimulation (rTMS)
  - Phototherapy
  - Therapeutic sleep deprivation
  
- **Social psychiatric und rehabilitative treatment methods**
  - Principles of socio-therapeutic treatments
  - Institutions of psychiatric care
  - Special socio-therapeutic treatments
  - Medical, educational and occupational rehabilitation
  - Welfare, child and youth services
  - Forster care of underage patients

## 9. Psychiatric emergency examination, diagnostics and therapy

- Acute suicidal tendency
- State of agitation and aggression
- States of confusion
- Delirium
- Stupor
- Drug emergencies
- Dyskinesia induced by antipsychotics

## **10. Forensic aspects and procedures of treatment of mental disorders**

- Involuntary admission: seclusion and restraint
- Informed consent
- Legal guardianship
- Testamentary and contractual capacity
- Criminal responsibility
- Ability to drive
- Professional discretion
- Right of insight into medical records
- Credibility
- Right of custody
- Individual support according to BSHG and KJHG
- Special aspects of research in child- and adolescent psychiatry, e.g. ethical aspects