

## SOCIODEMOGRAPHIC DETAILS

Name:	Kartika
Age:	31 years
Gender:	Female
Educational Qualifications:	Post Graduate (pursuing P.hd)
Occupation:	Student
Marital Status:	Unmarried
Family:	Lives with family
Socio-economic status:	Middle socio economic status
Languages known:	Hindi/English
Place of Residence:	Derabassi/Delhi
Informants:	Father
Quality of Information:	Reliable and adequate <sup>1</sup>
Consultant psychiatrist:	Dr Prabhat Sood
Clinical Psychologist:	Harleen Rehill
Tests administered:	HFDI & RIT
Date of administration:	29.10.2024

## PRESENTING COMPLAINTS:

Self talk

Reduced personal hygiene

Suspiciousness

'Someone watching her through a camera'

Anger outbursts

Argumentative

People conspiring against her

past 2-3 years

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<sup>1</sup> Dr Prabhat Sood Neuro-Psychiatry and de-addiction clinic, # 199, sector 10, Panchkula-13410  
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## CASE SUMMARY<sup>2</sup>

Onset – insidious, Course – continuous, Progress – deteriorating

The informant reported that the index patient talks to herself, talks to the walls, is suspicious that someone is watching her, some camera is on her, watching her, has not maintained any personal hygiene, gets angry and annoyed and snaps back, is convinced that someone is conspiring against her. He reported that she lives separately in a room in the same building as theirs; has not been able to complete her PhD due to issues with her health and being suspicious about her guide; he further shared she has been extremely religious from past few years, is following Christianity and previously was following mahatma Buddha's Buddhism. The index patient further reported that she has not been able to go to her university from past 1 year as she feels that people are targeting her, conspiring against her, those people are 'flying monkeys', who stalk her, has followed her, want to make her dysfunctional, telling her that they'll kill her, kill her dad, break her legs in the form of voices.

## BEHAVIOURAL OBSERVATION

MSE findings on observation revealed unkempt appearance, appeared appropriate to age, lean built, touch with surroundings present, eye contact maintained, dressed appropriately, rapport established, attitude tensed, manner tensed, motor behavior appropriate, speech audible, pitch normal, reaction time normal, speed appropriate, ease of speech spontaneous, coherent, goal directed, productivity normal, affect distressed, reactivity present, communicable, restricted, nil significant thought stream, thought possession, thought content of persecutory delusion, auditory perceptual disturbances with insight of grade 1.

## TESTS ADMINISTERED

1. Human Figure Drawing Test (HFDT)
2. Rorschach Inkblot Test (RIT)

## RATIONAL FOR TESTING

To illicit psychopathology and assess severity of symptoms present.

## TESTING BEHAVIOR

She was found to be cooperative during the test administration.

## TEST FINDINGS

1. Human Figure Drawing Test (HFDT)

### Quantitative analysis

Impairment scale: 56; distortion scale: 49; simplification- scale 50 and cognitive factor index: 1

Impression: mild cognitive impairment

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<sup>2</sup> Dr Prabhat Sood Neuro-Psychiatry and de-addiction clinic, # 199, sector 10, Panchkula-134109  
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## Qualitative analysis

The intra psychic themes reflected in the features present in her drawings suggest feelings of aggression, fantasy self esteem; aloofness, difficulty attaining goals, low energy; self orientation, emotional focus with past events; poor reality contact; lapse in judgment, possible psychosis.

## 2. RORSCHACH INKBLOT TEST (RIT)

**Interpretation:** The Rorschach protocol suggests average intellectual endowment. The protocol suggests poor impulse control, adjustment difficulties along with paranoid tendency. The findings suggest high imagination breaking reality during imagination. Findings suggest she tends to interpret minute details. Presence of lower ego strength suggests disturbance in reality testing in the client. Marginal magnitude of popular responses is suggestible of inability to conform to social standards. The Pathognomic signs of mutilation contamination and incongruence were present suggesting inner tension, anxiety and possible unmindful thinking and disturbed reality testing. Findings also suggest over involvement of the client in fantasy life, reflecting deficient social skills and difficulty in interpersonal relationships.

## SUMMARY

Index patient Kartika, 31 years, female, PhD scholar, unmarried, student, lives with family, belongs to middle socio-economic background presented complaints of self talk, persecutory delusions, auditory hallucinations, anger, reduced personal hygiene. The HFDT suggests poor reality contact. Rorschach Protocol suggests psychosis.

## IMPRESSION

Over all, case history, mental status findings and test findings suggest psychotic features.

## MANAGEMENT

1. Psycho education
2. Cognitive Behavior Therapy

Harleen Rehill  
(Clinical Psychologist, Associate)