

WHO/MNH/NAT/87.8 Rev.1

ENGLISH ONLY

Distr.: GENERAL



**ANNOTATED DIRECTORY
OF
MENTAL HEALTH TRAINING MANUALS**



DIVISION OF MENTAL HEALTH
WORLD HEALTH ORGANIZATION
GENEVA
1988

17056



WORLD HEALTH ORGANIZATION
ORGANISATION MONDIALE DE LA SANTE

DISTR. : GENERAL(E)
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Division of Mental Health
World Health Organization
Geneva

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Les opinions exprimées dans les documents par des auteurs cités nommément n'engagent que lesdits auteurs.

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Introduction

Over the years the WHO Division of Mental Health has made a collection of manuals and other texts produced in or for developing countries on a variety of topics related to the mental health programme.

At times, mental health workers or tutors, working in countries, have wished to produce manuals. Rather than have to begin from the beginning each time, it would obviously be sensible if the potential authors had access to similar work done elsewhere.

The documents collected by the Division of Mental Health have been available to visitors and it was thought that the time had come to make them available more widely. It was not thought practicable to duplicate all the material and circulate it, but rather it was decided to produce an annotated bibliography of the material, and should any centre or Regional Office wish for a copy of a particular document that appeared relevant to an activity, this could be copied and made available, or the publisher (where applicable) could be contacted directly for a copy.

It is recommended that any learning materials produced should adhere to the guidelines laid down in the Educational Handbook for Health Personnel, WHO Offset Publication No. 35 (Revised Edition 1981).

In addition, the Division of Mental Health has itself laid out a series of principles (listed below) related to the production of learning materials which are congruent with those in the Educational Handbook. The way each annotation is laid out in the bibliography reflects these principles. It would be hoped that any potential author of a manual would try to follow these guidelines as far as possible.

- A. Is a health-related problem clearly defined within the material?
and/or
Are mechanisms suggested for defining such problems in the area under discussion?
- B. Are case examples given illustrating these problems?
and/or
Are suggestions made as to how students should gather their own case examples?
- C. Are possible solutions given to the problem in the case examples?
and/or
Are students encouraged to develop their own solutions?
- D. Is resource material provided or catalogued which will enable students to develop solutions to the defined problems?
- E. Is it clear what the students will be able to do after learning, that they could not do before?
- F. Is any mechanism provided within the material to help the students monitor whether they have acquired the new skill?

- G. Are there suggestions as to how the material can be evaluated; whether a satisfactory proportion of students have in fact learned how to do something?
- H. Does the material encourage students to examine problems out in a community and formulate solutions that require a reaching out into that community?
- I. Does the material encourage a multidisciplinary approach to solving problems?
- J. Does the material need a teacher to get it across or could students learn from it almost as well (or even better) if no teacher were available?

A listing which details the level of worker for which each manual is intended, its language and a few words concerning its content is given at the end of this directory.

MANUAL DE SALUD MENTAL
"Mental Health Manual"

1. Language: Spanish
2. Author: B. Saraceno, F. Asioli, G. Tognoni
3. Date and place of publication: June 1986, Nicaragua.
4. Publisher: Ministry of Health, Nicaragua, with support from WHO/PAHO and from the Instituto "Mario Negri", Italy.
5. Sale: price not specified
6. Field covered:
 - Introduction
 - Diagnosis
 - Variables indicators
 - Intervention strategies
 - Psychopharmacology
 - Emergencies
 - Alcoholism
 - Epilepsy
 - Epidemiology
7. Intended for: Mental health workers (psychiatrists, other physicians, psychologists, social workers, nurses, occupational therapists).
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: is not included, but must be a self-learning manual.
12. Evaluation methods: not included.
13. The length is: 93 printed pages.
14. This manual places strong emphasis on the rational use of psychotropic drugs in the treatment of mental illness, with over one third of the booklet being devoted to the chapter on psychopharmacology (includes MAOI's, Lithum). The chapter on interventions however has a strong emphasis on how to develop services integrated into general health care.

MANUAL DE PSIQUATRIA PARA TRABAJADORES DE ATENCION PRIMARIA
"Manual of Psychiatry for Primary Health Care workers"

1. Language: Spanish
2. Author: C.E. Climent, M.V. de Arango
3. Date and place of publication: 1983, Washington, USA
4. Publisher: Organizacion Panamericana de la Salude, 525 23rd Street, N.W., Washington DC 20037, USA.
5. Sale: price not specified
6. Field covered:

Introduction
Patient's history
General principles in psychiatric interview
Illustrated questionnaire of the symptoms
The more frequent psychiatric syndromes

7. Intended for: health workers in primary health care.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not included but appear suitable for self-learning.
12. Evaluation method: not included.
13. The length is: 100 printed pages.
14. Useful educational material for primary health care workers. It is simple and easy for low-level trained staff.

MANUAL OF MENTAL HEALTH FOR MEDICAL OFFICERS

1. Language: English
 2. Author: M. K. Isaac, C.R. Chandrashekar, R. Srinivasa Murthy.
 3. Date and place of publication: 1985, Bangalore, India.
 4. Publisher: Indian Council of Medical Research
P. O. Box 2900
Bangalore 560029
India
 5. Sale: not stated
 6. Field covered:
 - Mental Health as part of General Health
 - Brain and behaviour
 - Mental disorders
 - History taking and mental status examination
 - Major mental disorders
 - Minor mental disorders
 - Childhood mental disorders including mental retardation
 - Epilepsy
 - Treatment of mental disorders
 - Implementation of mental health care at primary health care
- There are also appendices on
- (a) mental health education
 - (b) information needed for case records of patients with psychosis, neurosis, mental retardation and epilepsy
 - (c) timetable for a two-week course given to general medical officers
7. Intended for: general medical officers.
 8. Description of common mental health problems as case studies:
 9. Learner requested to make sequential decisions to tackle problems: No
 10. Learning objectives: not stated
 11. Methods of use: self-learning manual or adjunct to formal instruction.
 12. No evaluation methods included.
 13. The length is: 120 typed pages.
 14. A useful manual which aims to help with the integration of mental health care into the existing general health system by training medical officers to identify people with mental illnesses and manage them in the community.

MANUAL OF MENTAL HEALTH FOR MULTIPURPOSE WORKERS

1. Language: English
2. Author: R. Srinavasa Murthy (ed).
3. Date and place of publication: ICMR, ACMH no. 3 1985, Bangalore, India
4. Publisher: Indian Council of Medical Research
P. O. Box 2900
Bangalore 560029
India
5. Sale: not specified
6. Field covered:
 - Mental health as part of general health care
 - Brain and behaviour
 - Mental illness - features, type, causes and treatment
 - General approach to the mentally ill
 - Psychoses
 - Epilepsy
 - Neuroses
 - Mental retardation
 - Mental health education
 - Responsibilities of health workers
7. Intended for: multipurpose workers of public health centres
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: self-learning manual or as an adjunct for lectures or workshops
12. No evaluation methods included.
13. The length is: 62 printed pages.
14. A short training manual for multipurpose workers to help them deal with the mentally ill and educate people to increase awareness about mental health problems in order to correct their misconceptions and unscientific practices. The manual helps identify people with mental illness in their areas, suggesting bringing them to primary health centres for initiating treatment and then providing instruction on managing them in the community.

MANUAL OF OPERATIONS ON CONTROL OF MENTAL DISORDERS

1. Language: English
2. Author: Department of Health, Manila, Philippines.
3. Date and place of publication: 1977, Manila.
4. Publisher: Department of Health, Manila, Republic of the Philippines
5. Not for sale
6. Field covered:
 - Introduction
 - The control of mental disorders programme
 - Diagnosis of mental illness
 - Modes of treatment
 - Control measures
 - Rehabilitation
 - Preventive education programme
 - Training
 - Research
 - Integrated plan of action
7. Intended for: health workers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not stated
11. Methods of use: self-learning manual
12. No evaluation methods included
13. The length is: 35 typed pages
14. The manual guides non mental health professionals as to how, in the course of their health work, they should deal with people under stress or crisis.

PSYCHIATRY IN PRIMARY HEALTH CARE

1. Language: English
2. Author: Shridhar Sharma
3. Date and place of publication: 1986, Ranchi, Bihar, India
4. Publisher: Catholic Press, Ranchi 834001, Bihar.
5. Not for sale.
6. Field covered:
 - Psychiatry in primary health care
 - Concept of illness
 - Interview techniques
 - History taking and mental status examination
 - Classification of mental disorders
 - Neuroses
 - Psychosocial problems
 - Psychosocial aspects of fertility control
 - Depression
 - Personality disorders, alcohol and drug dependence
 - Psychosexual disorders
 - Psychosomatic disorders
 - Headache
 - Sleep disorders
 - Acute psychotic illnesses
 - Chronic psychotic illnesses
 - Acute organic psychosis
 - Chronic organic psychosis
 - Psychiatric problems among children
 - Epilepsy
 - Psychopharmacology
 - Psychiatric emergencies
 - Psychiatric rehabilitation
 - Psychiatric aspects of death and dying
 - Organizing mental health services in India
 - Appendix
7. Intended for: trainers in mental health and undergraduate medical students and general physicians.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual.
12. No evaluation methods included.
13. The length is: 150 printed pages.
14. This manual is a part of the material used in a mental health training programme carried out in Ranchi, India. It offers useful information in psychiatry which would be helpful in providing necessary knowledge and skills to health workers. It is presented in the form of a mini-textbook.

PROGRAMME FOR IDENTIFICATION AND MANAGEMENT OF MENTAL HEALTH PROBLEMS

1. Language: English. A Spanish translation has been printed and a Portuguese translation is available
2. Author: B. Essex, H. Gosling
3. Date and place of publication: 1982, England
4. Publisher: Longman Group Ltd, Longman House, Burnt Mill, Harlow, Essex CM20 2JE, England
5. Sale: £ 3.95
6. Field covered:
 - Introduction to programme
 - Introduction to mental illness
 - Presenting problems
 - Management flow charts
 - Practical case management
 - Use of charts in the clinic
 - Evaluation
 - Answers
 - Extra recording sheets
7. Intended for: health personnel in outpatient clinics in developing countries.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: Not stated
11. Methods of use: are included.
12. Evaluation method is included in chapter 7.
13. The length is: 70 printed pages.
14. To provide a method of identification and management of mental health problems which can be used in many countries; to be used by health workers in outpatient clinics; start with the presented problem; identify whether the presented problem is caused by a physical or a mental illness; indicate the most appropriate management available; identify what to do when transport or drugs are not available; indicate which patients need follow-up management; enable students to record easily their observations and appropriate management; allow management to be adapted easily to local resources and constraints; provide exercises which allows each student to practice the correct way to use this new method.

A MANUAL FOR THE MANAGEMENT OF SOME COMMON MENTAL DISORDERS

1. Language: English
2. Author: J.M. Ben-Tovin, D.I. Ben-Tovin, M. Bukowski
3. Date and place of publication: February 1983, Botswana.
4. No publisher stated. Copy available from WHO Division of Mental Health, Geneva.
5. Apparently not for resale.
6. Field covered:
 - Chapter 1 - Psychiatric Emergencies:
 - A. Acutely disturbed patient
 - B. Attempted suicide
 - Chapter 2 - Epilepsy
 - Chapter 3 - Schizophrenia
 - Chapter 4 - Alcoholism
 - Chapter 5 - Pelu, palpitations and headaches
7. Intended for: both general nurses and doctors and primary health care workers/family welfare educators. Each section has a special piece dealing with the needs of the latter and practical activities which they can undertake.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated.
11. Methods of use: not stated but could be used as self-learning or as an adjunct for a teaching programme.
12. No evaluation methods included.
13. The length is: 36 A4 typed pages, double space. Offset publication.
14. A useful model of a short training manual covering the topics stated, with fairly clear instructions to health workers about what to do. Others may wish to follow the model when producing a text for their own country. The addition of learning objectives together with a means for evaluating whether these objectives have been reached might be an advantage.

DRUG DEPENDENCE AND ALCOHOL-RELATED PROBLEMS

1. Language: English
2. Author: Members of a WHO Advisory Group
3. Date and place of publication: 1986, Switzerland, Geneva
4. Publisher: World Health Organization, 1986, Geneva.
5. Price: SFR 9.-
6. Field covered:
 - Manual for community health workers on drug dependence and alcohol related problems
 - Guidelines for trainers of community health workers
7. Intended for: community health workers, with guidelines for trainers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To help community health workers deal with drug and alcohol problems by helping them:
 - (a) to acquire knowledge and skill in working with communities, families and individuals.
 - (b) in early recognition of drug and alcohol misuse
 - (c) to assist in the recovery of people with drug and alcohol problems
 - (d) to reduce or prevent misuse at individual and community level.

In addition possible objectives for a curriculum of a training course are set out relating to:

 - (a) Assessment of the problem
 - (b) Management of patients
 - (c) Management at community level.
11. Methods of use: either as part of a training course or as a reference source for the health workers themselves.
12. No evaluation methods included.
13. The length is: 34 printed pages.
14. A useful manual to help the community help workers to recognize cases of drug or alcohol misuse early in their course, to assist in the recovery of people with drug or alcohol related problems and to play an influential role in reducing or preventing problems of drug or alcohol misuse at the individual and at the community level. To help trainers develop the curriculum for a course on drug dependence and alcohol related problems.

HEALTH CENTRE REFERENCE MANUAL - VOLUME III

1. Language: English
2. Author: Directorate General of Community Health, Department of Health
3. Date and place of publication: 1976, Jakarta, Republic of Indonesia.
4. Printed by: P.T. Repro Indonesia Co., Jakarta.
5. Apparently not for sale.
6. Field covered:
 - School health
 - Dental health
 - Mental health:
 - application of mental health principles by health centre workers
 - mental health for parents and children
 - identification of patients with mental health problems
 - mental health care
 - instructions for referring patients to mental health facilities
7. Intended for: health workers in the field, supervisors at all levels and those engaged in education and training of health workers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: To be used as a guide for health centre staff members in carrying out the daily activities; to serve as a continuous reference for health centre staff in policies, procedures, techniques and methods; to serve as a source of information for supervisors and teachers about health centre activities.
12. No evaluation methods included.
13. The length is: 36 printed pages.
14. This is a guide for health centre workers to get quick information when he or she is faced with any of the situations that are included in the manual. The Ministry of Health plans a system for routine revision which will be made following tests made during implementation of the manual, and following suggestions from users.

CHILD MENTAL HEALTH AND PSYCHOSOCIAL DEVELOPMENT
Supplement to "Family Health". A manual for health workers in Sri Lanka

1. Language: English
2. Author:
3. Date and place of publication:
4. Publisher: Uncertain but presumed to be Ministry of Health, Sri Lanka
5. Apparently not for resale.
6. Field covered:
 - Mental Health and Development
 - Child mental health problems:
 - a) during the pregnancy
 - b) from birth to 5 years
 - c) from 6 to 12 years
 - d) from 12 to 16 years
 - Promotion of mental health and development
7. Intended for: primary health workers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated.
11. Methods of use: self-learning manual.
12. No evaluation methods included.
13. The length is : 19 A4 printed pages.
14. A useful model of a short training manual with instructions to health workers about what to do. This is a close adaptation of the WHO/SEARO manual on Child Mental Health and Psychosocial Development (Part II For the Primary health Worker). This latter is described elsewhere in the bibliography.

COMMUNITY MENTAL HEALTH CARE

1. Language: English
2. Author: V.B. Wankiiri
3. Date and place of publication:
4. Publisher: Duplicated copy of author's typescript available, WHO, Division of Mental Health, Geneva
5. Sale: not for sale
6. Field covered:
 - Introduction - Common causes of mental health problems
 - Promotion of mental health and prevention of mental illness in the community
 - History taking and examination of mental states
 - Society and mental illness
 - Depression
 - Anxiety reactions and related disorders
 - Hysterical reactions
 - Psychosomatic disorders
 - Acute confusional reactions
 - Manic-depressive psychoses
 - Schizophrenia
 - Chronic organic psychoses
 - Alcohol dependence and related disorders
 - Drug dependence and drug abuse
 - Epilepsy
 - Mental subnormality
 - Brief notes on drugs which may be used in mental illness
7. Intended for: health workers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: to enable health workers to promote community mental health, prevent mental illness as well as identify, manage and follow-up patients with mental health problems within the context of the family and the community.
11. Methods of use: self-learning manual.
12. No evaluation methods included.
13. The length is: 107 typed pages.
14. A very useful, detailed manual for the objectives mentioned above.

GOOD HEALTH FOR ALL - A WORKBOOK FOR VILLAGE HEALTH WORKERS

1. Language: English
2. Author:
3. Date and place of publication:
4. Publisher: Ministry of Health, Lesotho
5. Sale: not specified
6. Field covered:
 - Mental health problems in your village
 - Helping when a person is mentally disturbed (includes fits)
 - Some basic mental health messages
7. Intended for: village health workers.
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not stated
11. Methods of use: self-learning manual
12. No evaluation methods included.
13. The length is: 14 pages.
14. This is the mental health section from a manual for village health workers, being pages 253-266 within that manual. This presents some realistic activities that can be undertaken by village health workers to promote better mental health in their villages.

MENTAL HEALTH MANUAL FOR CLINIC NURSES IN LESOTHO

1. Language: English
2. Author: V.B. Wankiri
3. Date and place of publication:
4. No publisher stated, but it has been produced through the technical and financial assistance of WHO.
5. Apparently not for sale.
6. Field covered:
 - Unit 1: Introduction
 - Unit 2: Promotion of mental health and prevention of mental illness in Lesotho
 - Unit 3: Identification and management of acutely disturbed patients
 - Unit 4: Identification and management of patients with chronic psychiatric illness
 - Unit 5: Identification and management of a depressed patient
 - Unit 6: Identification and management of an epileptic patient
 - Unit 7: Identification and management of persons who are dependent on alcohol
 - Unit 8: Physical disorders of emotional origin
 - Unit 9: The use of flow charts for identification and management of patients with mental health problems
 - Unit 10: Definitions of psychiatric terms
7. Intended for: clinic nurses
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual
12. No evaluation methods included
13. The length is: 68 A4 typed pages, double space. Offset publication.
14. It is a useful model for promotion of mental health and prevention of mental illness in Lesotho. It gives general information for identification and management of acutely disturbed patients, patients with chronic psychiatric illnesses, depressed patients, epileptic patients, persons who are dependent on alcohol and patients with physical disorders of emotional origin.

THE MANAGEMENT OF ANXIETY AND DEPRESSION

1. Language: English
2. Author: H.W. Hannah
3. Date and place of publication: 1984, Tanzania
4. Publisher: Mirembe Hospital, POB 910, Dodoma, Tanzania
5. Sale: not specified
6. Field covered:
 - Section 1: Emotions
 - Section 2: Anxiety
 - Section 3: Causes of anxiety in Tanzanian psychiatry
 - Section 4: Muscle tension pains
 - Section 5: Anxiety neuroses: attack and course
 - Section 6: The management of anxiety neuroses
 - Section 7: Psychotherapy
 - Section 8: Relaxation therapy
 - Section 9: Depression
 - Section 10: Endogenous depression as seen in outpatients
 - Section 11: Severe endogenous depression
7. Intended for: psychiatric nurses (practical handbook)
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use: not stated but could be used as self-learning manual in the management of anxiety and depression.
12. No evaluation methods included.
13. The length is: 24 A3 printed pages, single spaced. Offset publication.
14. A useful handbook to inform psychiatric nurses about anxiety and depression in general and to give some methods of their management.

RECURSOS TERAPEUTICOS PSIQUIATRICOS PARA EL MEDICO GENERAL
"Psychiatric Therapeutic Resources for the General Practitioner"

1. Language: Spanish
2. Author: Ricardo Gonzalez Menéndez
3. Date and place of publication: 1984, La Habana, Cuba
4. Publisher: Ministry of Public Health, Psychiatric Hospital, La Habana, Cuba
5. Sale: Price not stated
6. Field covered:
 - Psychotherapy
 - Concept
 - Classification
 - Therapeutic Methods:
 - Methods based upon the exploration of the unconscious:
 - Psychoanalysis
 - Methods based upon the effect of the word: Rational Psychotherapy
 - Methods based upon the results of psychological experimentation:
 - Behavioural psychotherapy
 - Methods based upon the Existential Orientation
 - Biological Resources in Psychiatric Therapy:
 - Insulin Therapy
 - Electroconvulsive Therapy
 - Psychopharmacological Therapy
7. Intended for: Primarily for General Practitioners, but could be used by Medical Students, Occupational Therapists, Nurses, Social Workers
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning Objectives: To encourage the development of knowledge, abilities and attitudes for General Practitioners to deal with the most frequent disorders found in the first level of health care.
11. Methods of use: It may be used as resource material for inservice training courses.
12. Evaluation Method: not included
13. The length is: 94 printed pages
14. This manual is intended to provide a review of the various therapeutic resources for the use of General Practitioners in rural and urban areas.

EL MEDICO ANTE EL TRASTORNO PSIQUIATRICO MENOR
"The Physician in the Presence of the Minor Psychiatric Disorders"

1. Language: Spanish
2. Author: Ricardo Gonzalez Menéndez
3. Date and place of publication: 1980, Santiago de Cuba
4. Publisher: Editorial Oriente, José Antonio Saco 356, Santiago de Cuba
5. Sale: price not stated
6. Field covered:
 - Introduction
 - The physician-patient relationship
 - Personality. Normality criteria
 - Situation reactions
 - Neurosis
 - Psychophysiological disorders
 - The most frequent sexual disorders in consultation
 - Psychopathology of the elderly
 - Mental retardation
 - Symptomatic manifestations in psychiatry
 - Psychotic symptomatology in medical emergencies
 - Psychotropic drugs
 - Psychotherapy in general practice
7. Intended for: General practitioners, different medical specialists, medical students and health workers
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: to increase knowledge in order to be able to treat those patients suffering from minor psychiatric disorders
11. Methods of use: not stated, but it may be used as a reference source for training purposes
12. Evaluation method: not included
13. The length is: 128 printed pages
14. A manual for the general practitioner, other medical specialists and students to help them understand the necessity and importance of acquiring a basic knowledge for the provision of the appropriate treatment to those patients suffering from minor psychiatric disorders. It also provides some material for the psychological and pharmacological management of those common psychiatric disorders found in medical practice. It emphasizes the necessity of improving the physician-patient relationship.

PSICOLOGIA PARA MEDICOS GENERALES
"Psychology for General Practitioners"

1. Language: Spanish
2. Author: Ricardo Gonzalez Menéndez
3. Date and place of publication: 1984, La Habana, Cuba
4. Publisher: Editorial Científico-técnica, Calle 2, No. 58, entre 5a y 3a, La Habana, Cuba
5. Sale: price not stated, apparently not for sale
6. Field covered:
 - Importance of the environment in the concept of health and illness
 - Conscience, personality and environment
 - The biopsychosocial unity
 - Some psychologic aspects of health dissemination
 - The physician-patient relationship
 - Some details in the physician-patient relationship
 - The physician in the presence of those seriously ill and their supportive company
 - The physician-patient relationship in the expert consultation
 - The physician-patient relationship from the patient's point of view
 - The patient-institution relationship
 - The medical interview
 - The comprehensive clinical history
 - The hierarchy of the different organs according to people's evaluation
 - Psychosocial aspects of cardiovascular diseases
 - Psychosocial aspects of arterial hypertension
 - Hypertension in the patient's perception
 - The hypertensive patient and his reaction to collective psychotherapeutic resources
 - Psychosocial aspects of: respiratory diseases, bronchial asthma, pulmonary tuberculosis, digestive diseases, peptic ulcer, ulcerative colitis, vascular diseases of the nervous system, psychiatric diseases, diseases liable to surgical treatment, endocrine diseases
 - Some notions about sexual disorders for the general practitioner
 - Iatrogeny
7. Intended for: physicians, medical and psychology students, health workers and public health personnel
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: to help those dealing with psychological problems to improve the care of the patients concerned
11. Methods of use: as a reference source for the health workers
12. Evaluation methods: not included
13. The length is: 186 printed pages
14. This manual is intended for the transmission, in a practical way, of some useful aspects of the practice of medicine in both the medical and paramedical levels. It is also aimed at developing the general practitioner's ability to evaluate those psychosocial factors intervening in the phenomenon health-illness.

DRUG AND ALCOHOL DEPENDENCY NURSING

1. Language: English
2. Author: J.M. Faugier
3. Date and place of publication: September 1985
4. Publisher: English National Board for Nursing Midwifery and Health Visiting
5. Sale: unknown
6. Field covered:
The nature of drug and alcohol misuse and nursing responses.
Intervention techniques and strategies
Pathology and the problem-drinker/drug taker
7. Intended for: General nurses
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Long list of objectives stated
11. Methodes of use: Model for training course consisting of teaching programme and field work/clinical practice placements.
12. Evaluation methods: No strict evaluation available
13. The length is: 154 A4 typed pages. Offset publication
14. As a model, this course could be used elsewhere

ALCOHOL EN DRUGS IN HET POLITIE-ONDERWIJS
"Alcohol and Drugs in Police Training"

1. Language: Dutch
2. Author: A. Elling de Boer
3. Date and place of publication: November 1985
4. Publisher: Federatie van Instellingen voor Alcohol en Drugs, Postbus 171, 3720 AD Bilthoven, Netherlands
5. Sale: unknown
6. Field covered:

Information on alcohol and drug abuse related to police work

7. Intended for: Staff and pupils at police schools
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: clearly stated
11. Methods of use: guide for inserting alcohol - and drug abuse - related components into curricula of police schools, containing information material, references to audio-visual materials, didactic suggestions, etc.
12. Evaluation methods: suggestions for evaluation included
13. The length is: 40 A4 pages, double column printed
14. Very good model which can be used in other similar settings. Drawback: language.

NET NUT VAN (VROEGE) AANDACHT VOOR VERSLAVING IN DE MEDISCHE OPLEIDING
"The usefulness of attention given to addiction (early) in medical training"

1. Language: Dutch
2. Author: W. Buisman and P. Geerlings
3. Date of publication: March 1984
4. Publisher: Federatie van Instellingen voor Alcohol en Drugs, Postbus 171,
3720 Ad Bilthoven, Netherlands
5. Sale: Price not indicated
6. Field covered:

Addiction problems in medical practice
7. Intended for: Staff and students of medical schools
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Objectives include improving attitudes re alcohol
and drug abusers, providing necessary knowledge and skills
11. Methods of use: Agenda and learning material plus didactic suggestions
for application in medical schools
12. Evaluation methods: Formal evaluations carried out were very positive
13. The length is: Two mimeographed books containing each approximately 200
A4 pages
14. A useful model for application in medical schools giving at the same time
material plus valuable reference

ALCOOLOGIE
"Alcohol studies"

1. Language: French
2. Author: D. Barrucand
3. Date of publication: 1984
4. Publisher: Riom Laboratories, CERM 1984
5. Sale: price not indicated
6. Field covered:
Aspects of alcohol abuse and alcoholism
7. Intended for: Participants in medical schools in special course on "alcoologie" and others
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives not stated
11. Methods of use: Reference texts
12. Evaluation methods: No evaluation
13. The length is: 360 A5 pages, double column
14. The book contains guidelines on subjects to be treated in medical schools and provides reference texts

HANDBUCH FÜR MITARBEITER
"Manual for Coworkers"

1. Language: German
2. Author: G. Bühringer and F. Klett
3. Date and place of publication: Cologne, 1980
4. Publisher: Bundeszentrale für gesundheitliche Aufklärung, Cologne,
Federal Republic of Germany
5. Sale: Free
6. Field covered:

Guidelines on planning and intervention techniques in youth centres
with special reference to alcohol problems
7. Intended for: Staff and participants in education for personnel of youth
centres
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Improving planning and implementation of action
preventing alcohol abuse in youth centres
11. Methods of use: Reference texts plus suggestions on elaborating subjects
12. Evaluation methods: no formal evaluation study
13. The length is: Approx. 200 A4 pages, double spaced. Offset publication
14. A useful model giving good guidelines on curricula and practical work for
target group as well

MANUAL OF MENTAL DISORDERS FOR PHC PERSONNEL

1. Language: English and Hindi
2. Author: N.N. Wig and R. Srinivasa Murthy
3. Date and place of publication: 1981, India, reprinted 1983
4. Publisher: Department of Psychiatry
National Institute of Mental Health and
Neurosciences
P.O. Box 2900
Bangalore 560029
India
5. Sale: price not stated
6. Field covered: Five priority conditions:

Acute and Chronic Psychosis
Epilepsy
Depression
Mental Retardation
7. Intended for: Primary health workers and supervisory staff including nurses
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: Well-stated with help of flow-charts
11. Methods of use: The material can be used for self-learning as well as an adjunct for lectures.
12. Evaluation methods: At the end there is useful section of self-assessment and evaluation with the help of case history vignettes
13. The length is: 46 pages
14. It deals with recognition and simple management of the conditions at primary care level. There is useful section of health education material related to the above priority conditions. Much of this has been incorporated into the Manual of Mental Health for Multipurpose Workers (described on p. 4)

MANUAL OF MENTAL DISORDERS FOR PHC PHYSICIANS

1. Language: English
2. Author: N.N. Wig and R. Parhee
3. Date and place of publication: 1984, India
4. Publisher: Department of Psychiatry
National Institute of Mental Health and Neurosciences
P.O. Box 2900
Bangalore 560029
India
5. Sale: price not stated
6. Field covered:
 - Organization of training programmes
 - Methods of evaluation and follow up
 - Common psychiatric conditions seen at primary health care level
(divided into nine common groups of mental disorders)
 - Counselling
 - Psychotherapy
 - Psychotropic drugs

 - Appendices: List of common psychotropic drugs
Pre and post training assessment procedures including
some good case history vignettes
Glossary of common psychiatric terms
7. Intended for: Doctors working at primary health care level as well as for their trainers
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives:
11. Methods of use:
12. Evaluation methods:
13. The length is:
- 14.

RAHNUMAI TARBIAT ZAHNI SEHAT
"Training Guide for Mental Health"

1. Language: Urdu
2. Author: Professor M.H. Mubbashar
3. Date and place of publication:
4. Publisher: Available from author: Professor M.H. Mubbashar
Department of Psychological Medicine
Rawalpindi Medical College
Rawalpindi
5. Sale: no charge
6. Field covered:

Introductory chapters: Role of mental health in general health
Causes of mental illness

Psychosis
Epilepsy
Mental Retardation
Drug Abuse
Responsibilities of multipurpose workers
Health education material
7. Intended for: Multi-purpose workers
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: not stated
11. Methods of use:
12. Evaluation methods: Flowcharts and case history vignettes have been used
for illustration
13. The length is: 83 pages
14. Language is simple. Stress is on learning skills.

A MANUAL ON CHILD MENTAL HEALTH AND PSYCHOSOCIAL DEVELOPMENT

Part I: For Primary Health Care Physicians

Part II: For the Primary Health Worker

Part III: For Teachers

Part IV: For Workers in Children's Homes

1. Language: English
2. Author: A working group convened by WHO/SEARO
3. Date of publication: 1982
4. Publisher: WHO/SEARO as offset documents
SEA/MENT/65, 66, 67 and 68
5. Not for sale
6. Field covered:
 - Part I is divided largely according to problems
1. Introduction, 2. General Principles in Management of Child Mental Health problems, 3. Epilepsy, 4. Severe Overactivity, 5. Severe Mental Retardation, 6. Enuresis, 7. Functional Complaints, 8. Stammering
 - Part II: General Introduction, Child Mental Health Problems: General, During the Pregnancy, From Birth to Three Years, From Three to Six Years, From Six to Twelve Years, From Twelve to Sixteen Years.
 - Part III: General Introduction, Mental Health and Development, Promotion of Mental Health and Development, Child Mental Health Problems: General, From Six to Twelve Years, From Twelve to Sixteen Years
 - Part IV: General Introduction, From Birth to Six Years, From Six to Twelve Years, Adolescence
7. Intended for: As stated in the titles to each section
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not stated
11. Method of use: Written for self-learning but in most instances would be better used to complement teaching sessions
12. Evaluation methods: Not included
13. Length: Part I: 6 pages, Part II: 45 pages, Part III: 25 pages and Part IV: 37 pages.
14. These are produced as a set so that the information provided in each is compatible. The manual for the physicians is not intended as an exhaustive text but is meant to provide the physician with sufficient resources to be able to handle referrals from say primary health care workers, made according to the recommendations of part 2, in such a way that the physician's actions complement those of the primary health care worker.

PRACTICAL PSYCHIATRY FOR HEALTH WORKERS AND NURSES

1. Language: English
2. Author: J.M. Cushnie and D.I. Ben Tovim
3. Date and place of publication: 1987, London, UK (ISBN 0 582-77708-9)
4. Publisher: Churchill Livingstone (Tropical Health Series) Longman Group UK Ltd, Longman House, Burnt Mill, Hove, Sussex BN1 3PJ, UK
5. Sale: 4.95 pounds sterling
6. Field covered: 20 chapters starting with introductory ones on psychiatry in primary health care, normal development, taking a psychiatric history and talking to patients. This is followed by chapters covering the various mental disorders and their management.
7. Intended for: General health workers including nurses
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives:
11. Method of use:
12. Evaluation method:
13. The length is: 160 printed pages
14. This practical manual was developed from training programmes carried out in Botswana.

PRACTICAL PSYCHIATRY FOR THE HEALTH PROFESSIONAL

1. Language: English
2. Author: Carlos E. Climent and Barbara J. Bruns
3. Date and place of publication: 1984, New York (ISBN 0-89335-198-9)
4. Publisher: SP Medical and Scientific Books, Spectrum Publications, Inc.,
175-20 Wexford Terrace, Jamaica, NY 11432, USA
5. Sale:
6. Field covered:
 1. Approaches to Interviewing and Evaluation
 2. Clinical Problems in Adults
 3. Clinical Problems in Children
7. Intended for: general health professionals/front line workers
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: Not specifically stated
11. Methods of use: Self-learning, with practical advice on what health
workers should do and giving many flowcharts/algorithms
12. Evaluation method: not included
13. The length is: 220 printed pages
14. This is a very easy to read and practically oriented book based on
training which was carried out in Cali, Colombia.

PRIMARY CARE IN MENTAL HEALTH. MANUAL FOR CLINICAL TRAINING AND PRACTICE

1. Language: English
2. Author: Hauli, J.G., Coche, B.A., Neki, J.S., Tomov, T.
3. Date and place of publication: Undated (About 1982), Dar es Salaam
4. Publisher: Draft only available in mimeograph. Mental Health Resource Centre, Muhimbili Medical Centre, Dar es Salaam
5. Sale: Not available commercially
6. Field covered:
 - Psychiatric history taking, Case Management
 - Community education
 - Dealing with Target conditions
 1. Acute psychosis
 2. Chronic psychosis
 3. Common emotional disorders
 4. Major epilepsy
 5. Mental retardation
7. Intended for: General health workers at health centre and post level (e.g. nurses and medical assistants)
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: Yes
10. Learning objectives: not specifically stated
11. Method of use: Could be used in self learning or as an aid to teaching by mental health professionals. Contains vignettes and flowcharts and is practically oriented
12. Evaluation method: not included
13. The length is: 110 pages, typed A4
14. A manual produced for the Tanzanian mental health programmes which set itself a limited number of target conditions with which to deal

RECOGNITION AND MANAGEMENT OF CHILDREN WITH FUNCTIONAL COMPLAINTS
Psychosocial Problems, Ill-defined Somatic Complaints
A training package for the Primary Care Physician

1. Language: English
2. Author: Dr A. D. Nikapota
3. Date and place of publication: December 1987, WHO/SEARO, New Delhi, India
4. Publisher: WHO/SEARO
5. Field covered:
 - Introduction
 - Objectives
 - Guidelines to the Trainer
 - Time allocation for training
 - Evaluation of training
 - Training module
 - Notes on case vignette
6. Not for sale. Available for free distribution
7. Intended for: Primary care physicians
8. Description of common mental health problems as case studies:
9. Learner requested to make sequential decisions to tackle problems: No
10. Learning objectives: To enable PHC physicians to recognize children with functional complaints, and to manage this group of children effectively within PHC setting.
11. Methods of use: self-learning manual
12. Evaluation method: included in text
13. The length is: 27 printed pages
14. This manual is expected to enable primary care physicians to recognize the majority of children presenting with functional complaints at primary care facilities irrespective of whether they present with one or two distinct complaints or with multiple, vague complaints, and to manage this group of children as well as children with emotional and behavioural problems effectively within the primary care setting, including referral, were appropriate.

L I S T I N G

Manual Page	Profession for which intended	Language	Topic
5	Mental health workers	Spanish	Emphasis on rational use of psychotropic drugs in the treatment of mental illness
6	Health workers in phc	Spanish	Educational
7	Medical officers	English	Aims to help integrate mental health care into existing general health system by training medical officers
8	Multipurpose workers of public health centres	English	Training manual for multipurpose workers
9	Health workers	English	Guides mental health professionals as to how they should deal with people under stress or crisis
10	Trainers in mental health & undergraduate medical students and general	English	Offers information in psychiatry which would be helpful in providing knowledge and skills to health workers
11	Health personnel in outpatient clinics in developing countries	English Spanish	Provides a method of identification and management of mental health problems which can be used in many countries
12	General nurses, doctors and primary health care workers/family welfare educators	English	A useful model of a short training manual covering the topics stated, with fairly clear instructions to health workers about what to do
13	Community health workers with guidelines for trainers	English	A useful manual to help the community health workers to recognize cases of drug or alcohol misuse early in their course, to assist in the recovery of people with such problems
14	Health workers in the field, supervisors at all levels and those engaged in education and training of health workers	English	A guide for health centre workers to get quick information when faced with any of the situations that are included in the manual

15	Primary health care workers	English	A useful model of a short training manual with instructions to health workers about what to do
16	Health workers	English	A detailed manual to enable health workers to promote community mental health, prevent mental illness as well as identify, manage and follow up patients
17	Village health workers	English	Presents some realistic activities that can be undertaken by village health workers to promote better mental health in their villages
18	Clinic nurses	English	A useful model for promotion of mental health and prevention of mental illness in Lesotho. It gives general information for identification and management of various mental disorders
19	Psychiatric nurses	English	Practical handbook to be used as self-learning manual in the management of anxiety and depression
20	Primarily for general practitioners, but could be used by medical students, occupational therapists, nurses, social workers	Spanish	Provides a review of the various therapeutic resources for the use of general practitioners in rural and urban areas
21	General practitioners, different medical specialists, medical students and health workers	Spanish	Helps understand the necessity and importance of acquiring a basic knowledge for the provision of the appropriate treatment of those suffering from minor psychiatric disorders
22	Physicians, medical and psychology students, health workers and public health personnel	Spanish	It is aimed at developing the general practitioner's ability to evaluate those psychosocial factors intervening in the phenomenon health-illness
23	General nurses	English	Model for training course consisting of teaching programme and field work/clinical practice placements
24	Staff and pupils at police schools	Dutch	Guide for inserting alcohol and drug abuse related components into curricula of police schools
25	Staff and students of medical schools	Dutch	A useful model for application in medical schools with the objective of improving attitudes re alcohol and drug abusers, providing necessary knowledge and skills

26	Participants in medical schools in special course on "alcoologie" and others	French	Contains guidelines on subjects to be treated in medical schools and provides reference texts
27	Staff and participants in education for personnel of youth centres	German	A useful model giving good guidelines and curricula and practical work for target group as well
28	Primary health workers and supervisory staff including nurses	English Hindi	Deals with recognition and simple management of the conditions at primary care level. There is also a useful section of health education material
29	Doctors working at primary health care level as well as for their trainers	English	Companion volume with manual on page 28
30	Multi-purpose workers	Urdu	Stress is on learning skills
31	Part I: For primary health care physicians Part II: For primary health workers Part III: For teachers Part IV: For workers in children's homes	English	These are produced as a set so that information provided in each is compatible. The manual for the physician is meant to provide the physician with sufficient resources to be able to handle referrals from say primary health care workers.
32	General health workers including nurses	English	This practical manual was developed from training programmes carried out in Botswana
33	General health professionals/front line workers	English	This is a very easy to read and practically oriented book based on training which was carried out in Cali, Colombia.
34	General health workers at health centre and post level (e.g. nurses and medical assistants)	English	A manual produced for the Tanzanian mental health programmes which set itself a limited number of target conditions with which to deal.
35	Primary care physicians	English	This manual is expected to enable primary care physicians to recognize distinct or multiple functional complaints in children as well as emotional and behavioural problems within the primary care setting and to manage them.