

TITLE OF THE PROJECT

Project report submitted
In partial fulfillment of the requirement for the degree of
Bachelor of Arts

In
Psychology (Honors)
By

Himani (2008790016)

Under the guidance of
Ms. Pooja Gupta
At Continua kids, Gurugram

Department of psychology
School of Humanities

K. R. Mangalam University, Gurugram – 122003



Registrar
K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)

DECLARATION

We declare that this written submission represents our ideas in our own words and where other's ideas or words have been included, we have adequately cited and referenced the original sources. We also declare that we have adhered to all the principles of academic honesty and integrity and have not misrepresented or fabricated or falsified any idea/data/fact/source in our submission. We understand that any violation of the above will be cause for disciplinary action by the Institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permission has not been taken when needed. We further declare that if any violation of the intellectual property right or copyright, my supervisor and university should not be held responsible for the same.

Himani

2008790016

(Signature)

Place: K.R. Mangalam University

Date: 30th, may 2023


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Sohna Road, Gurugram, (Haryana)

CERTIFICATE

DR. HIMANI NARULA
Developmental Paediatrician
MBBS, DCH, PGDIPN (Developmental Neurology)
MCI Reg. No. 3885



DR. PUJA GROVER KAPOOR
Paediatric Neurologist
MBBS, DNB (Paediatrics)
Fellowship Paediatric Neurology
Fellowship Electrophysiology (Cleveland, USA)
MCI Reg. No. 50394

"Nurturing Latent Needs"

TO WHOM IT MAY CONCERN

This is to certify that Ms. Himani has successfully completed her four month internship programme at the department of clinical psychology at continua kids, Gurugram.

She has observed children and Adolescent population with diagnosis like ADHD, Autism etc.

As an intern, she actively participated in various projects and tasks assigned to her. She displayed exceptional dedication and eagerness to acquire new skills and knowledge in clinical psychology. She was quick to grasp concepts and demonstrated a remarkable ability to apply theoretical knowledge to practical situations.

[Handwritten Signature]
25/May/23

Ms. Pooja Gupta
Clinical Psychology
RCI No. A80812



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ACKNOWLEDGEMENT

**“Enthusiasm is the feet of all progress, with it there is accomplishment and
Without it there are only slits alibis.”**

Acknowledgment is not a ritual but is certainly an important thing for the successful completion of the project. At the time when I was made to know about the project, it was really tough to proceed further as I had to develop the same on a platform, which was new to me.

I really feel indebted in acknowledging the organizational support and encouragement received from my mentor and all the faculty members of the university.

The task of developing this system would not have been possible without the constant help of my faculty members. I take this opportunity to express my profound sense of gratitude and respect to those who helped me throughout the duration of this project.

We express my gratitude to the clinical psychologist of psychotherapy center, Ms. Pooja Gupta for giving her valuable time and guidance to me. I am also thankful to the staff of Continua kids for being with me at every stage of the project.

Place: - K.R. Mangalam University

Date: - 30th, may 2023

Himani


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INTRODUCTION

1) Internship brief

1.1 Internship Description

This was a program done at Continua kids, psychotherapy center. This Internship report aims to describe the internship activities, objectives and observations which I did at Continua kids. It will illustrate evidence of my understanding of psychological tests, Psychological assessments, and how reports are designed for a specific patient.

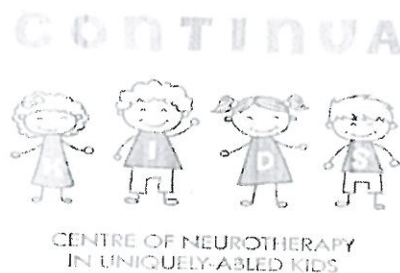
1.2 Internship Objectives

To help the organization successfully conduct Psychological assessments, conduct therapies and design reports. I started the internship on the 28th January 2023 and finished on the 30th may 2023 .

1.3 Internship Process

The approach which was taken included participatory observation. I participated as to conduct assessment and to be an observer under a licensed clinical psychologist at Continua kids.

2) ABOUT ORGANSATION:



Continua Kids is a research directed, holistic centre, imparting medically supervised therapies, early intervention programs, and support for uniquely abled children. We at Continua Kids provide autism therapy in Gurgaon for conditions like Autism Spectrum Disorder, ADHD, Dyslexia, Down Syndrome, and Cerebral Palsy by the best autism doctor in Gurgaon. Our programs include ABA (Applied Behaviour Analysis) therapy, Occupational therapy, Speech therapy, Physiotherapy, Art therapy, Special education and Psychological services.

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The best Developmental Paediatricians and Paediatric Neurologists in Gurgaon administer our centre, who deeply understand each child's unique needs, develop treatment plans, and follow up at every stage of treatment. We instil awareness in parents about the disease and empower them with treatment options and prognosis. Our experts closely monitor the development of each child individually to correctly assess the progress and provide sufficient opportunities for better learning and growth. Parents regularly receive updates for the same.

We are more than just a therapeutic centre. Continua Kids is the only centre for special needs children in Gurgaon to diagnose correctly, make individual intervention plans, and conduct counselling for parents, all under a single roof.

Therapy

CONTINUA Kids is unique in its own way as it provides all the scientifically proven, individualized therapies which are required for special children under one roof.

Occupational therapy is essential for developing fine motor abilities, basic life skills, cognitive abilities, and a positive attitude through everyday tasks, exercises, and other treatments.

Speech therapy is best for language development. It improves communication abilities, allowing the kid to interact socially confidently.

Physiotherapy promotes enhanced mobility, strength, postural control, flexibility, coordination, balance/core stabilisation, and gross motor abilities in children, allowing them to reach their full physical potential.

Applied behavioural analysis (ABA) involves assessing behavioural issues and applying reinforcement strategies to help the child communicate better and improve skill learning capability.

Programs aim to support specially-abled children in achieving a higher level of self-sufficiency and academic performance, which a traditional classroom setting may not allow.

Conditions We Treat

ADHD

A chronic condition in which kids have difficulty concentrating, managing impulsive behaviours (doing without considering the consequences), or being extremely active.

Down Syndrome

It is a hereditary condition that causes lifelong intellectual impairment and developmental delays

Cerebral Palsy

This lifelong condition impacts mobility, muscular tone, and body alignment. It may be a consequence of injury to the developing brain, which typically happens before birth.

Dyslexia

Dyslexia is a learning disorder causing reading and writing difficulty, owing to problems recognizing and linking voice sounds to letters and words (decoding).

Autism Spectrum Disorder

Applied behavioural analysis (ABA) involves assessing behavioural issues and applying reinforcement strategies to help the child communicate better and improve skill learning capability.



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4) MY ROLES AND RESPONSIBILITIES:

- 1) To be aware of range of mental health problems
- 2) To be aware of prevalence of mental health problems
- 3) To comprehend the relationship between physical activity and stress.
- 4) To improve the efficiency in the delivery of mental health care
- 5) To identify the key warning signs and symptoms of psychological disorders and their concerning behavior

CONCLUSION

This report has summed up my engagement with Continua kids and my involvement with the clinical psychologist. I have gained insights on theories how they are applied in practice. I have been engaged in observing adolescent and psychological assessment while I was doing my internship. The program however is a micro initiative with positive impacts to the broader macro policies. I would like to believe that I also added value to what they have already been doing, making them conscious of the importance of their programs and the need to constantly find ways to improve the intervention strategies given the continuously changing circumstances within communities.



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TITLE OF THE PROJECT

*Project report submitted
In partial fulfillment of the requirement for the degree of*
Bachelor of Arts

**In
Psychology (Honors)
By**

Richu Murukesh (2008790008)

**In the Department of Psychiatry
RML Hospital**

**Department of psychology
School of Humanities**

K. R. Mangalam University, Gurugram – 122003



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K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)**

DECLARATION

We affirm that this written submission reflects our own thoughts expressed in our own words. Whenever we have incorporated the ideas or words of others, we have appropriately acknowledged and referenced the original sources. Additionally, we assure that we have upheld the principles of academic honesty and integrity, and we have not misrepresented, falsified, or fabricated any information, data, facts, or sources in our work. We acknowledge that any breach of the principles may result in disciplinary actions from the institution and potential legal consequences if proper citation or permission has not been obtained from relevant sources. Furthermore, we acknowledge that any infringement of intellectual property rights or copyrights is our sole responsibility, and our supervisor and university cannot be held accountable for such actions.

Richu Murukesh
2008790008

(Signature)

Place: K.R. Mangalam University

Date: 19th October 2023


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Sohna Road, Gurugram, (Haryana)

CERTIFICATE

ACKNOWLEDGEMENT

**“Enthusiasm is the feet of all progress, with it there is accomplishment and
Without it there are only slits alibis.”**

Acknowledging the support and guidance received from various individuals and institutions is not merely a formality but an essential aspect of successfully completing a project. When I was initially introduced to the project, I faced challenges due to the requirement of working on an unfamiliar platform.

I am truly grateful for the support and encouragement provided by my mentor and all the faculty members of the university. Their assistance has been invaluable throughout the development of this system.

The unwavering assistance of my faculty members has played a crucial role in making this project a reality. I would like to sincerely express my deep appreciation and respect to those who have supported me throughout the project's duration.

I would like to extend my gratitude to Dr. Meena Chandra, the Head of the department, and my supervisor, Dr. Satyam, for generously offering their time and guidance. Additionally, I am thankful to the staff of RML Hospital for their unwavering presence and support during my internship.

Location of Internship: - RML HOSPITAL

Date -17th August 2023-19th October 2023

Name of the student- Richu Murukesh



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Sohna Road, Gurugram, (Haryana)

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INTRODUCTION

1) Internship brief

1.1 Internship Description

This was a program done at RML Hospital, Department of Psychiatry. This Internship report aims to describe the internship activities, objectives, and observations which I did at RML Hospital. It will illustrate evidence of my understanding of psychological tests, psychological assessments, and how reports are designed for a specific patient.

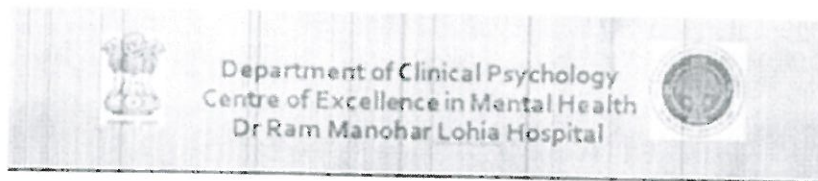
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To help the organization successfully conduct psychological assessments, conduct therapies, and design reports. I started the internship on the 17th August 2023 and finished on the 19th October 2023.

1.3 Internship Process

The approach which was taken included participatory observation. I participated as to conduct assessment and to be an observer.

2) ABOUT ORGANISATION:



RML Hospital's Psychiatry Ward is a vital part of the renowned medical facility, dedicated to providing comprehensive mental health care to individuals in need.

Located within the hospital premises, the Psychiatry Ward offers a safe and compassionate environment for patients grappling with various psychiatric disorders. The Ward is staffed with a team of highly skilled psychiatrists, psychologists, nurses, and support staff who are committed to delivering personalized treatment and support to patients. The psychiatry ward is equipped with state-of-the-art facilities, including well-designed patient rooms, therapy rooms, and recreational areas, ensuring a conducive healing environment. RML Hospital's Psychiatry Ward operates on the principles of evidence-based practices, integrating medications, psychotherapy, and other innovative interventions to address the diverse mental health needs of its patients. With a strong emphasis on patient-centered care, the ward strives to promote recovery, resilience, and improved quality of life for individuals experiencing mental health challenges.

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4) MY ROLES AND RESPONSIBILITIES:

1. To conduct MSE on the patients
2. To assist the doctors while conducting various tests
3. To be aware of range of mental health problems
4. To be aware of prevalence of mental health problems
5. To improve the efficiency in the delivery of mental health care
6. To identify the key warning signs and symptoms of psychological disorders and their concerning behavior

CONCLUSION

This report has summed up my engagement with RML Hospital and my involvement with the expert team of RML. I have gained insights on theories how they are applied in practice. I have been engaged in observing various patients and psychological assessment while I was doing my internship. I would like to believe that I also added value to what they have already been doing, making them conscious of the importance of their programs and the need to constantly find ways to improve the intervention strategies given the continuously changing circumstances within communities.



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बटन बिहारी वाजपेयी आयुर्विज्ञान संस्थान एवं
डॉ. राम मनोहर लोहिया अस्पताल, नई दिल्ली-110001

ATAL BIHARI VAJPAYEE INSTITUTE OF MEDICAL SCIENCES &
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File No. 17-13(60)/2013 RMLH (HA-1)/1023
Dated:- 02/02/2023 Richu



INTERNSHIP CERTIFICATE

This is to certify that Ms. Richu Murukesh D/o of Mr. Murukesh Damodaran student of Psychology of K.R.Mangalam University, bearing Enrollment No. 2008790008 has successfully completed her internship in the Department of Psychology, ABVIMS & Dr. Ram Manohar Lohia Hospital, New Delhi w.e.f 17th August, 2022 to 19th October, 2022.

Her performance and conduct during the period of internship was Satisfactory.

Mina Chandra

[Dr. Mina Chandra]
Professor & Head,
Dept of Psychology

Dr. MINA CHANDRA, PhD
1988 | Gold Medalist, FCGP
B.A. (Psychology) Gold Medalist
PhD (Psychology), WHO Fellow in Drug &
Alcohol Medicine (Australia)
Professor & Head
Dept of Psychology & Counselling
ABVIMS & Dr. Ram Manohar Lohia Hospital, New Delhi

Nandini Duggal

[Dr. Nandini Duggal]
Additional Medical Superintendent

Jyoti

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Sohna Road, Gurugram, (Haryana)

To Whomsoever It May Concern

Dated: 06.02.2023 to 19.05.2023

We are pleased to inform that **Stuti Sharma** student of **B.A (H) Psychology**, final year from **K.R Mangalam University** has successfully completed 2 months of internship and continuing her work at Young India Psychology Solutions as **senior intern**. Starting from the date of joining her dedication and accountability towards work and learning has been highly appreciated

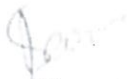
Till now Stuti has gained vast experience in:

Mental Status Examination Case History Taking, Patient Observations and filing cases

Planning of Counselling Sessions, Various Psychological Test Administration

Scoring and Report Writing, Planning CBT Sessions, Organizing Training Programs,

Working on social media and many more opportunities


Dr. Seema Sharma

Founder and Director YIPS



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



COUNSELLOR COUNCIL OF INDIA
भारतीय परामर्शदाता परिषद

National Career Service

Ministry of Labour & Employment


Dr. SEEMA SHARMA (Ph.D.)

Clinical Counselling Psychologist

Registrar

K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)

Young India Psychological Solutions, New Delhi

Internship Report

(06.02.2023-20.04.2023)

Understanding History taking and Mental Status Examination (MSE)

- During the first week of the internship major focus was on understanding the importance and conduction of History taking and MSE.
- There were informative lectures, and role plays where we had to act like the counsellors and also the clients to understand how rapport is formed in a clinical setting.
- During this period, we were also given some case histories which we had to present in front of the whole class and discuss intervention strategies that could be helpful for particular cases.

History Taking- It is a detailed record of the patient's life and the condition he/she is facing. Its purposes include distinguishing adaptive and maladaptive behaviours, predicting probable responses to certain interventions, and helping develop the treatment plan for the patient. Well structured, logical with discussion significantly above the expected standard.

History taking Includes-

1. PRESENTING COMPLAINTS
2. HISTORY OF THE PRESENTED COMPLAIN
3. HISTORY OF THE ILLNESS
4. FAMILY HISTORY
5. PERSONAL HISTORY

Mental Status Examination (MSE)- The **mental status examination** is a structured assessment to understand the client's behavioural and cognitive functioning used extensively in neurological and psychological settings.

Although our observations occur in the context of an interview and may therefore be highly subjective, the report of our findings "paints a picture" of a client's appearance, thinking, emotion and cognition.



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Young India Psychological Solutions
Dr. SEEMA SHARMA (Ph.D.)
Clinical Cum Counselling Psychologist

Major topics covered under MSE-

1. GENERAL APPEARANCE AND BEHAVIOUR (GAB)
2. SPEECH
3. MOOD
4. THOUGHT PERCEPTION
5. COGNITIVE FUNCTIONS

The data from the Mental Status Exam, combined with personal and family histories and Psychiatric Review of Systems, form the database from which psychiatric diagnoses are formed. It helps in keeping a record of the client and all the complaints which can later be beneficial for reference purposes.

- We were also given the chance to observe the history taking and MSE of clients, take notes of our observations, discuss our observations with the seniors, and complete the MSE form.

From the second week onwards, we were given chance to assist senior interns in taking History and MSE. Some case histories are listed below:

Case 1

Name	Mr. A
H/o	Mrs. B
Age	36 years
Sex	Male
No. of Children	2
Religion	Hindu
Education Qualification	MBA
Informant	Self and Mother
On medication	Yes
History of alcohol/S/D	Yes
Socio-Economic Status	High

Present Complaints

- Anger issues
- Feels like family members, especially his wife is plotting against him
- Abusive towards wife and Children



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Case 2

Name	Miss H
Age	16 years
Sex	Female
Birth type	Cesarean birth
Birth order	Second child
Religion	Hindu
Education Qualification	10th class
Informant	Self and Mother
On medication	Yes
History of alcohol/S/D	No

Present complaints

- Dysphoric mood
- Negative attitude towards future
- Self-Harm
- Multiple suicidal attempts

History of Presenting illness (HPI)

Miss H has had a very bumpy and rocky childhood, her parents used to fight a lot when she was not even 1 year old. Growing up she had faced very tough life situations, she mentioned in one of the sessions "mom dad used to fight so much, one-day mom got so tired of dad's shouting that she tried to commit a road accident to kill all of us including her" she has the recollection of events like when her dad, pushed her mom from the stair and she broke a bone, or when he beat her till she had blood coming out.

Even with her older sister being more attached to their grandparents, she would manipulate Miss H into doing things and always made her feel inferior.

Once her mother got separated from her dad when she was 6 years old, her older sister and mother started a new chapter of life.

But after some time, her mother met a guy and came into a relationship with him. First, he seemed like a genuine guy to her, he even had a dog to which she was attached a lot. Miss H used to feel like he treated her and her older sister like his own daughters.

They all got too attached to him, one day their mom had to go out of the station for some work meeting leaving them behind with this guy. At night when Miss H was trying to sleep this guy tried to touch her in her sleep and Miss H freaked out.

Their mom broke all the connections with that guy, and the dog with whom Miss H was attached was also gone and she used to miss him a lot. She used to feel safe and loved in the presence of that dog.

After they reallocated again Miss H used to be more sad and didn't care about anything at all, she wasn't able to focus at school or even feel attached to her home.

In her latest suicide attempt she was going with her mother to someplace, she jumped out of a moving car her mother had to hold one of her hands and with the help of people nearby she was saved and just had a few scratches. She was taken to hospital immediately after that and further started with CBT sessions.



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Treatment history

This was her first time visiting a psychologist, she has been on medicines for the past 2.5 years.

Family history

Abusive father, parents separated when she was about 6 years old, she has one elder sister. Both the siblings live with their mom.

Developmental history

Delivery with c-section, without any complications. Completed all milestones on time such as, eye-hand coordination, walking, talking etc.

Aim for psychometric testing

To identify and explore significant personality factors influencing psychopathology.

Tests administered

1. Beck depression inventory (BDI)
2. Generalized anxiety disorder-7 (GAD-7)
3. Suicidal ideation scale (SI)
4. Hopelessness scale (HS)
5. Personality trait inventory (PTI)
6. Rorschach inkblot test

Behavioral observation

Miss H had a very low tone of voice throughout the assessment; it was quite difficult to understand what she was trying to tell or explain. She was not able to put all her attention and had breakdown in-between, her focus towards completing the assessment was fairly very low.

CASE 3

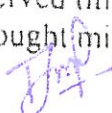
Name	Master K
Age	7 years
Gender	Male
Birth type	C- section
Informants	Parents

Concern for the Visit

Restlessness, poor concentration, highly impulsive, poor eye contact, difficulty sitting quietly and so on.

Developmental History

Child was born without any complication, with normal birth cry and birth weight and crossed almost all the developmental milestones like balancing head, rolls over, crawling, babbling, toilet training, jumping on one feet etc. successfully. No problem was observed till 5th year of age. During last year parents started observing his behavior which they thought might be because of situational factors.


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Child was accompanied by both the parents and was impulsive during testing with poor form of eye contact.

Initial screening was done followed by testing for better understanding of the child. The parents and grandmother were highly cooperative and concerned about the child during the clinical interview and screening process.

Case 4

Name : Mr. D
Age : 17
Sex : male
Marital status : unmarried
Religion : hindu
Language : hindi, english
Education : 12th cbse boards
Occupation : student
Socio- economic : upper middle
Residence : India
Informant : mother
On medication : no

Presenting Complaints

Mr. D is a 18 years old boy, just gave his 12th boards exams and is preparing for entrances to get into colleges.

Mr. D has been under lots of stress lately due to his entrance preparations

And also seem to be facing anxiety and aggression issues

History of presenting illness

After his 12th board exams Druv is facing some anxiety

Educational History

Passed his 12th board examination.


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Mental status examination

He was bit restless and fidgeting during his assessments but was attentive and reading the statements carefully throughout the assessment.

BDI, Aggression test, GAD, and a personality test. the way he answered seemed like definitely has some anger issues and aggressive tendencies.

On further reports we will get to know him more about his result.

Tests administered

BDI, Aggression test, GAD for diagnosis.

Behavioural observation

Client was highly cooperative during testing, understood instructions carefully, lot of interaction occurred during testing and client seemed to be curious about various items present in the test. He was a well-groomed person with normal tone and volume and also wished that he wanted to resume peaceful life style.

Conclusion

Psychological diagnosis were done to locate the cause of him concern so that it becomes easier for him to cope with difficult situations.

Treatment on both the directions pharmacological and non - pharmacological i.e. Cognitive Behaviour Therapy (CBT) would prove beneficial and definitely help him to improve present state of mind and would also help him to stop functional impairment occurring due to an assortment of emotional, cognitive, physical and behavioral symptoms.



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Case 5

Name : Miss. D
Age : 24
Sex : Female
Marital status : Unmarried
Religion : Hindu
Language : Hindi
Education : Masters in commerce
Occupation : Working in IT
Socio- economic : Middle
Residence : New Delhi
Informant : Self
On medication : yes, for PCOD

Presenting complaints

Diksha is a 24 old female, completed her masters in commerce in 2021 Now works in consultancy from last one year in some it firm. She feels she is not confident in expressing herself. Facing a lot of stress due to work. She is satisfied with her job but is looking out for better profile.

History of presenting illness

social life front

No love affairs

Feels she is an introvert

No contact with college or school friends

Feels she is not so social.

And hasn't been socialised from last 2-3 years

On health front

Also has peod -

was on meds from past 7-8 for the same

do experience crying spells- sometimes

Mental status examination

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She feels – she sometimes is hopeful for the future in a month she only feels happy for about 10 days.

Behavioural Observation

The client was calm and composed throughout her session.

Conclusion

It was suggested that she should get assessments done and can take help from self enhancement strategies as well.

Case 6

Name	Mrs. J
Age	28 Years
Gender	Female
Educational Qualification	12 th pass
Date of Testing	12/04/23
Referred By	Online
Informant	Self
History of alcohol/S/D	No

Brief Clinical History:

Mrs. Jyoti is a 28 years woman. She used to be a person full of happiness and joy, but now from sometime she has been feeling less confident, anxious, lonely and hypertensive

Rationale For Assessment:

Why she is feeling and behaving in the way we just tried to estimate and measure the manifestations of her different behavioral tendencies along with underlying personality traits.


Mode of Assessment:

This psychological assessment was carried out in face-to-face manner. she was highly cooperative during testing, understood instructions carefully, lot of interaction occurred during testing and client seemed to be curious about various items present in the test. She was a well-groomed person with normal tone and volume and also wished that she wanted to resume peaceful life style.

De- Briefing Session:

Immediately after consultation de- briefing session was carried out, where the client was explained the importance and procedure of psychological assessment. She was further informed about the session duration, administration process and instructions for all the used measures

Response to assessment:


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She did response to each and every task confidently, she enjoyed the session till end. She successfully completed all the test and lot of interaction occurred during testing. Psychodiagnostic testing was done to locate the cause of her concern so that it becomes easier for her to manage herself in different situations.

Test Administered:

BDI, AS-RS, DSM-5 Cross Cutting Symptoms, PTI

Findings of all the tests and on the basis of DSM-V Criteria suggest the prevalence of Severe Depression and High Anxiety and disturbances at emotional and behavioral level are present.

All these behavior patterns are adversely affecting the prefrontal cortex part of the brain responsible for executive control because of the distortion in this part of the brain one feels unable to regulate thought processes and aggression which also affects the level and kind of one's daily activities, control on emotions and impulses and other behavioral patterns which also inhibits the patients to receive the major serotonin hormones.

Generalized Anxiety Disorder -7 (GAD-7)

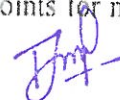
The Generalized Anxiety Disorder 7 ("GAD-7") is an instrument for monitoring and measuring the severity of generalized anxiety disorder. The GAD-7 has also been validated to have good sensitivity and specificity for monitoring other anxiety disorders, such as panic, social anxiety and post-traumatic stress. The GAD-7 was developed based on generalized anxiety criteria found in DSM-IV. The instrument is 7 questions long and each question rates the frequency of the symptoms, which factors into the severity index. The GAD-7 is widely used and well validated.

Psychometric Properties

Above a threshold of 10, the GAD-7 has a sensitivity of 89% and specificity of 82%. The GAD-7 also has strong psychometric properties when screening for 3 other anxiety disorders: panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%), and post-traumatic stress disorder (sensitivity 66%, specificity 81%).

Scoring

Anxiety severity is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of "not at all", "several days", "more than half the days", and "nearly every day", respectively. GAD-7 total score for the seven items ranges from 0 to 21. Scores of 5, 10, and 15 represent cut points for mild, moderate, and severe anxiety, respectively.



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DR. HIMANI NARULA KHANNA

Developmental Paediatrician
MBBS, DCH, PGDDN (Development Neurology)
HMC Reg. No. 3833



DR. PUJA GROVER KAPOOR

Paediatric Neurologist
MBBS, DNB (Pediatrics)
Fellowship Paediatric Neurology
Fellowship Electrophysiology (Cleveland, USA)
MCI Reg. No. 50394

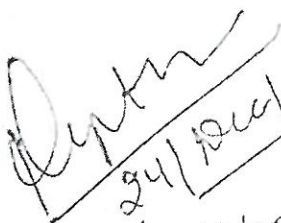
"Nurturing Latent Needs"


To whom it may concern

Mansi Thakran, 20 years old, from K.R. Mangalam University pursuing B.A. Psychology Honors (3rd Year) has been interning at continua kids, Gurugram. She has observed Children & Adolescent population with diagnosis like ADHD, Autism etc.

She has been really hardworking, honest, about her role in the organisation.

I wish her all the very best in her future endeavors.


24/12/22
Pooja Gupta
Clinical Psychologist
RCI NO - A80412


Registrar
K.R. Mangalam University
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ATTENDANCE SHEET FOR Mansi Thakran, B.A. Honors Psychology, K.R. Mangalam University

Date	September	October	November	December
1	-	H	P	H
2	-	H	P	P
3	P	P	H	P
4	H	P	P	H
5	H	H	P	H
6	P	H	H	P
7	P	P	P	P
8	H	P	H	H
9	P	H	P	P
10	P	H	H	P
11	H	P	P	H
12	H	P	P	H
13	P	H	H	P
14	P	P	H	P
15	H	P	P	H
16	P	H	P	P
17	P	H	H	P
18	H	P	P	H
19	H	P	P	H
20	P	H	H	P
21	P	P	H	P
22	H	P	P	P
23	P	H	P	H
24	P	H	H	P
25	H	H	P	H
26	H	H	P	H
27	P	H	H	P
28	P	P	H	P
29	H	P	P	H
30	P	H	P	P
31	-	H	-	H

**P= Present H= Holiday - = Not Any

Mansi
20 Dec 22
 Pooja Gupta
 BA, MA, Jind
 Clinical Psychology
 RCI, AIC 112

Jind
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 K.R. Mangalam University
 Sohna Road, Gurugram, (Haryana)