

From the Task Force on Clinical Practice Guidelines

1 January, 2006

Dear Colleague,

*It is indeed a great pleasure to place in your hands the second volume of **Clinical Practice Guidelines for Psychiatrists in India**. Indian Psychiatric society gave us the responsibility for the second year to prepare these guidelines.*

The guidelines aim at providing guidance to Psychiatrists and other mental health professionals. They comment on somatic and Psychosocial treatment that is used for such patients and review the scientific evidences and their strength. The reader is encouraged to consult these guidelines and accompanying references when specific treatment recommendations are sought for. However this text is not intended fo stand by itself as data are subjected to change as scientific knowledge and technology advances.

Preparation of clinical Practice guidelines in Health Sciences is a dynamic process. They have to be revised periodically in view of expanding knowledge and latest research in the area of management of given malady. The Initial draft of documents prepared by respective authors were circulated among the small groups and comments were invited. Subsequently more than 50 experts from all parts of the country participated in the second national workshop on clinical practice guidelines for Psychiatrists in India at Jaipur on August 6 & 7, 2005. and had two days marathon brainstorming sessions initially in small groups on respective disorders and then the large group discussed all the guidelines prepared jointly to arrive at a consensus. The authors revised the text according to suggestions received during discussions. The final outcome is in your hands.

We are grateful to all the experts who took pains to prepare the documents, who participated in the workshop and contributed to the development of these practice guidelines.

This volume comprises of guidelines in management of substances abuse disorders, Sexual dysfunction and sleep disorders which will work as a handy reference to all clinicians while working with their patients.

We are grateful to President, Secretary and Executive Council of Indian Psychiatric Society for giving us the responsibility for preparing and printing this document. We hope it will meet the expectations of membership and serve the purpose.

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