

34th International conference on

Mental Health and Psychiatry

March 07-08, 2022 | Webinar

Walking on a maladaptive daydream: Predictors and correlates of ethereal paracosms

Introduction: Maladaptive Daydreaming (MD) is an under-researched psychological condition affecting people in all countries and ages. Researchers describe the phenomenon as an escape into a paracosm, an inner fantasy world created by dreamers with elaborate plots, characters, and personalities that can become so immersive that the sufferer confuses fantasy with reality, spends hours, or even days, in a dissociative state, and neglects relationships, academics, and occupational tasks. These paracosms can be anxiety-reducing or dark depending on the patient's mood and circumstances. Although the characters and plots can benefit the patient's mood, hours spent daydreaming can be distressing. In addition, MD can be borne of events in one's real life that have been stressful or traumatic.

The researcher studied MD as a predicate of adverse life experiences (ACEs) in childhood and adulthood. ACEs can include abuse, neglect, an incarcerated parent, or other incidents. Negative experiences in adulthood are anxiety and depression. Personality traits such as extraversion, agreeableness, openness, conscientiousness, and neuroticism were also measured. The researchers utilized the Maladaptive Daydreaming Scale (MDS-16); The Brief Coping Orientation For Problem Experiences (COPE); The Patient Health Questionnaire-4 (PHQ-4); Adverse Childhood Experiences (ACES); and the Big Five Index (BFI). I posted the surveys on Facebook, Reddit, Twitter, and fellow students in classes at the University of Colorado - Denver. After 286 responses were received, these data were

analyzed via regression and correlation analyses in the Statistical Program for the Social Sciences (SPSS). There is a strong, positive relationship between adverse childhood experiences, depression, anxiety, neuroticism, and maladaptive daydreaming. To ascertain themes of daydreams, the researcher interviewed four self-identified maladaptive daydreamers. Themes included a grandiose sense of self, retribution towards real-life antagonists, and aspirations for one's future and current environment. Future goals will focus on sleep and mindfulness..

Biography

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Clinical assessment of the impact of shirodhara with water treatment in the management of primary headache with associated anxiety and depression

Introduction: Shirodhara (dripping of fluid on forehead) is a popular ayurvedic treatment for relieving the headache and stress. Shirodhara induces a peaceful state of awareness that results in a dynamic psychosomatic balance. The present study was conducted on 40 cases of primary headache for 15 days duration with an objective of clinical efficacy evaluation of Shirodhara with water and Shirodhara with water and Ashwagandha (Withania somnifera) extract orally in the management of headache along with associated anxiety and depression. The patients were randomly divided into two groups of 20 each. It was observed that the patients of group B treated with water shirodhara and Ashwagandha (Withania somnifera) extract (500 mg once a day) have shown significant improvement, whereas the group A treated with only Shirodhara with water also showed similar improvement.

Biography

Dr Bertrand Martin graduates from the Faculty of Medicine of the University of Lausanne in 1973. He specializes in Public Health in Guatemala where he obtains a Master Degree (1976). He then administers development and research programs in Saudi Arabia, and Mali. He comes back to Switzerland in 1988. Interested by the mental aspects of medicine, he undertakes a specialization in psychiatry and opens a medical practice in Lausanne (1990) and then moves to Vevey in 2012.

Due to his interest for Yoga which arouse at the age of thirteen, he decides to formally study yoga and ayurvedic medicine in Benares and attends a one year course (1993-1994) at BHU (Banaras Hindu University) in India. This university presents the unique characteristic to unite under the same administrative and scientific direction, allopathic and ayurvedic medicine.

Dr. Martin currently treats his patients with therapies integrating allopathic medicine, ayurvedic medicine, Yoga, meditation and hypnosis, in his new practice in Vevey, Switzerland.

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