Preface and Acknowledgements

Being a student of Applied Psychology with specialization in Clinical Psychology I had a special interest to work on mental health problems, which affect larger population. After thorough literature review and in discussion with a number of Psychologists and Psychiatrists I came to know that depression is one of the major mental health problems in India, which affect larger population. At the same time I came across some of my relatives and family friends who have been suffering from depression for a long time and witnessed how it affects their family atmosphere. Thereafter, I decided to carry out a study on depressive patients to understand their mental dispositions and the problems encountered by the family members in dealing with the patients, with a view to suggesting need-based measures so that the family members with depressive patients get a direction on how to deal with the patients more professionally.

With the said vision in mind I met Dr. Sibnath Deb, Faculty Member, Department of Applied Psychology, Calcutta University who has a long experience in dealing with depressive patients as a Clinical Psychologist. We had a series of discussions to conceptualize the problem and finally we developed the outline plan jointly. I am grateful to my Supervisor Dr. Sibnath Deb, M.Sc., LL.B., Ph.D., Faculty Member, Department of Applied Psychology, Calcutta University for his judicious guidance and continuous support for carrying the study successfully. Without his wholehearted support, guidance and motivation it would have been an impossible task for me to complete the work.

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For comparison of data of depressive patients, I covered an equal number of normal population matched in terms of age and gender. I am thankful to all of them for their cooperation in providing me data despite their busy schedule.

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I have no tall claim for this single-hand programme. I have done it up to the best of my ability. I fondly hope to get valuable suggestions from the evaluators of my work, which will guide me to carry on further work for the good social cause. Every care was taken to present the data systematically and interpret the same logically and meaningfully without any prejudice. However, if there is any mistake and/or typing error the same is regretted.

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