

Advancing Medical Aspects of Healthcare Systems of Clinical Psychology in India

Aamina Hussain¹, Dr. Shruti Bhimrao Tayade², Abirami Srinivasan³, Saranya Sivalingam⁴, Dr. Noor Mohamed Rasik. B⁵

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¹Senior Resident, Department of Community Medicine, SRM Medical College Hospital and Research Centre, Kattankulathur, Chengalpet, Tamilnadu, India
aaminahussain@gmail.com

²Yogita Dental College & Hospital, Khed, Ratangiri, Washim, Maharashtra, India
shrutibtayade@gmail.com

³Senior Resident, Department of Community Medicine, SRM Medical College Hospital and Research Centre, SRM Institute of Science and Technology, Kattankulathur, Chengalpet, Tamilnadu, India.
abiramisrinivasan9@gmail.com

⁴Tutor cum Statistician, Department of Community Medicine, SRM Medical College Hospital and Research Centre, Kattankulathur, Chengalpet, Tamilnadu, India.
sarans399@gmail.com

⁵Assistant Professor, Department of Community Medicine, Sri Lalithambigai Medical College and Hospital, Faculty of Medicine, Dr M.G.R Educational and Research Institute, Adayalampattu, Madhuravoyal, Chennai, Tamilnadu, India
mohamedrasik007@gmail.com

Abstract

The development of the biological as well as behavioural disciplines has prepared the path for the incorporation of psychosocial theory into healthcare practice. The core of the biological practice provides behavioural sciences, a behavioural medical field that is crucial to comprehend the concepts of wellness as well as sickness. As a result, addressing wellness and illness has replaced determining if a medical condition or weakness is present or not using the psychological framework in India, which defines wellness as an impression of total well-being in all its forms. Psychiatric issues along with behavioural breakdowns leading to, or connected to tangible and cognitive wellness are assessed, diagnosed, and treated by therapists. Keeping this in mind, the researcher has purposefully adhered to the **positivism philosophy** as it has helped reinforce rational thinking. The link between the factors alongside how they interplay has been established with the use of **deductive reasoning**. The scholar has been able to comprehend the real reason as well as the consequence that results in the appearance of this event thanks to the **technique of surveying** or usage of respondents' replies. The survey technique served as a principal means of collecting information, alongside an adequate number of **ten medical participants** were selected employing a straightforward **random sampling** strategy under the quantitative study approach (Refer to Appendix). Psychologists who work in the field of medical products must possess advanced abilities to instruct, extensive instruction, alongside an elevated standard of expertise as they approach morality and appropriate actions.

Keywords: Well-being psychological research, biopsychosocial theory, technological advances in medical treatments, and behavioural medicine.

1. Introduction

Clinical psychology focuses on the synthesis of cognitive technology, and behavioural science hypotheses, alongside clinical expertise with the goal of comprehending, avoiding, and treating discomfort or malfunctioning that has an emotional root while also fostering internal happiness alongside individual growth [7]. Clinical psychologists additionally specialise in studies, instruction, consulting, investigative declarations, programme

creation, and management, however, psychological evaluation, and therapeutic composition, including counselling constitute the core of their practice. Clinical psychology appears a discipline that adheres to laws in several nations [5].

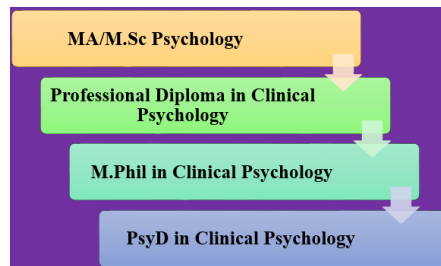


Figure 1: Steps to Become a Clinical Psychologist

(Source: Developed by author)

The development of the biological and behavioural disciplines has prepared the path for the incorporation of biopsychosocial methods into medical practice [20]. The biopsychosocial model, which defines wellness as a condition of whole mental, emotional, along with sociological happiness, replaces the biological perspective's focus on determining whether an ailment or impairment occurs or is absent in addressing wellness and sickness. India, an emerging country, is making significant progress in this field [8]. It is witnessed that the core of the biological practice provides psychology, a behavioural medical field that is crucial to comprehend the concepts of well-being and sickness. Considering a wide range of disciplines as well as different healthcare settings, psychologists play a number of therapeutic roles as healthcare professionals.

Psychologists evaluate, identity, as well as address behavioural breakdowns along with psychological issues that are caused by or connected to both cognitive alongside physical wellness [12]. Additionally, they perform a significant part in encouraging good behaviour, avoiding illnesses, and enhancing their standard of existence for individuals, so, the practice is increasingly popular in India. However, it is vital to note down that they follow strict ethical guidelines including an order of behaviour when doing their clinical responsibilities [2]. Afterwards, the biopsychosocial viewpoint on wellness and disease, different elements of clinical psychology and the essential function of clinical appointments and psychological services in the offering of wellness services are dealt with in the following segments because India is making good progress with the aid of advanced medical facilities.



Figure 2: Overall demand analysis and workforce assessment in India for health administration

(Source: Developed by author)

India is home to a sizable medical system, yet, there remain significant quality discrepancies across the two types of healthcare systems, in addition to across rural along with urban regions [13]. Notwithstanding this, thanks to

its affordable privately owned medical facilities and good standard of care, this nation represents an all-time favourite for healthcare visitors. For cutting-edge medical treatment, overseas learners in India ought to decide to use local hospitals [24]. Moreover, in this aspect, this must be added that this is crucial to understand how the Indian medical system works in case one requires it because researching in India presents a variety of medical problems that pupils from industrialised nations might not be able to respond to. In this country, exists an enormous framework of medical treatment that is frequently complicated and inefficient.

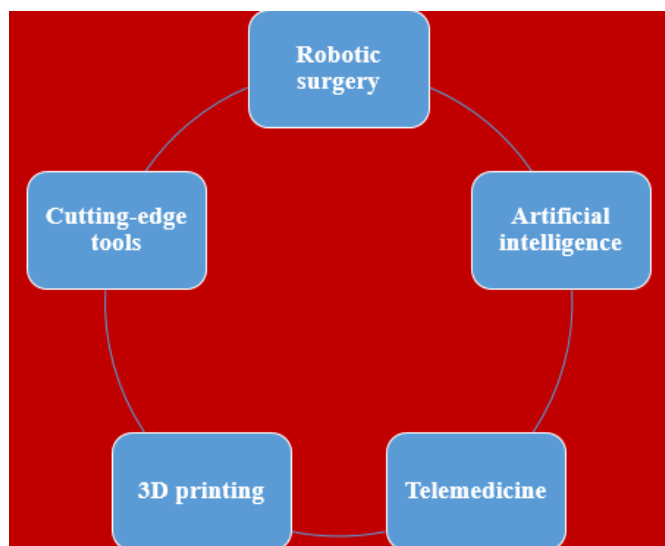


Figure 3: Advanced medical facilities in India

(Source: Developed by author)

Despite the issues in the medical system in this nation, India is making good progress with the help of various advanced technologies. With the assistance of local as well as federal agencies, the Indian medical technology sector has experienced rapid expansion in recent years. Ultimately, India is where the inventions take place for the whole globe. “Robotic surgery, artificial intelligence in healthcare, telemedicine, 3D printing, and cutting-edge wound-treatment tools” comprise a few of the most recent medical innovations in this nation [11]. Various educational factors and degrees are available to nurture this area. With the help of various treatment facilities which are highly advanced, are getting more popular which is helpful indeed.

2. Literature Review

This article, “*Revival, Modernization and Integration of Indian Traditional Herbal Medicine in Clinical Practise: Importance, Challenges and Future,*” discusses how difficult it has become for an enormous nation like India to deliver universal access to high-quality medical treatment, despite phenomenal developments of contemporary technological development, science, along with conventional medicine. Conventional medicine, especially herbal therapy, is regarded as a key source of healthcare worldwide, especially in provincial as well as isolated places. Conventional Indian treatment or botanical remedies are additionally recognised as a key foundation for developing new drugs. It is crucial for the public that this drug becomes more widely used. India has made several measures for advancing this type of treatment as well as including it in medical practice [18]. Every individual will benefit from the use of a Indian traditional form of treatment in clinical settings if it is integrated according to scientific proof.

The title of this article, “*Clinical Pharmacists: The Major Support to Indian Healthcare System in Near Future*”, indicates that although clinical pharmacology remains in its infancy in a developing nation like India, the introduction of a PharmD research programme has sparked significant conversations concerning it. In contrast to the administration's present shortcomings, this article emphasises the value of CPs throughout the Indian medical establishment. In addition to discussing pertinent details including misconceptions, the page explains the function of CPs in medical facilities, investigation, drug and commercial research organisations, and volunteerism

[6]. The article also elaborates on potential career options for CPs along with current problems and potential fixes. In summary, CPs will be the primary source of assistance for the Indian medical service in the coming years.

In India, only a handful of individuals who require psychological concern actually obtain it, regardless of initiatives by the “1982 National Mental Health Programme” and its district-level element, the “District Mental Health Programme (DMHP)”, to increase psychological well-being protection. This paper, “*The Development of Mental Health Services Within Primary Care in India: Learning from Oral History*,” illustrates this. The purpose of the research seeks to investigate and analyse the societal, ethnic, and additional historical factors that have contributed to each of DMHP's prevails and shortcomings since the independence of India, which could shed light on problems with the present primary psychological care strategy and plan. In 2010–2011, oral narrative interviews as well as documentary collecting with decision-makers, scheme supervisors, and witnesses who were involved in the development of the “NMHP and DMHP” got done [22]. The findings indicate that there may be some truth to the generally held belief that project DMHP encompasses flopped.

The article “*Stress, Health and Well-Being: The Mediating Role of Employee and Organisational Commitment*” explores how organisational loyalty might mediate the link between workplace stresses and satisfaction with work. Information was gathered from 401 operators at BPO companies situated in New Delhi, India [9]. AMOS software's mechanical dynamics modelling was used to analyse the information. The mediation evaluation's findings show that both staff dedication to their company along with their views of the business's dedication to them buffer the effect of stresses on their body as well as mental wellness. The model's fitting indicators have all been determined as falling higher than standards. Implications have been examined with the goal of raising physical and mental wellness expectations for those working in call centres.

This essay, “*Online Medical Education in India - Different Challenges and Probable Solutions in the Age of COVID-19*,” discusses how virtual learning has become more popular in nearly all nations on the planet. This falls in accordance with India's lately implemented competency-based healthcare system, which values learning via the Internet. Given that they should immediately adjust to the novel methods of studying, this presents an exciting opportunity for the educational organisations concerned, the educators or professors, and the pupils [17]. Medical institutions have to develop at the same quick pace as innovation. The educational organisations including students have to recognise the value of distance education, recognise the obstacles, and begin working swiftly to find ways to accomplish progress in order to integrate the fresh competency-based approach alongside distance learning.

3. Methods

Scholars use the philosophical frameworks of “positivism, interpretivism, pragmatism, and realism”. Positivism represented the framework of a philosophy that was chosen for the study. This method facilitates cognitive inference including the inference of relationships using quantitative concepts [14], and this is one of the main reasons that the scholar has used this philosophy.

Table 1: Types of research philosophy

Positivism	According to positivism, merely “factual” information is obtained from inspection, particularly evaluation.
Interpretivism	The foundation of interpretivism remains the idea that what exists is arbitrary, complex, and communally produced.
Pragmatism	A philosophy termed pragmatics claims that a hypothesis or declaration is valid if it accomplishes the intended outcomes.
Realism	Realism remains a philosophical perspective that acknowledges the reality or essence of objects that can be identified or observed.

(Source: Created by author)

The goal of the current investigation is supported by the deductive method. With the use of real-world evidence, the scholar managed to infer the link between the given factors of clinical psychology and rationally interpret the

occurrences witnessed. The scholar has used this procedure since it is reasonable and reduces the likelihood of mistakes.

Table 2: Types of research approaches

Deductive	The conceptual structure has been selected via a deductive technique, while hypotheses are then developed to determine the link alongside the combination of the elements within the assessment.
Inductive	The ingredients as well as happenings are described before using the inductive technique [23].

(Source: Created by author)

Scholars across the world deploy three types of research design which are exploratory, explanatory and descriptive design. The descriptive design was employed by the scholar because it aided in the scholar's capacity to clarify the occurrences as well as phenomena inside the subject study aspect.

Table 3: Types of research design

Exploratory	Exploratory work is characterised as an investigation conducted to address an issue that seems never, yet, well understood.
Explanatory	Explanatory studies are a technique created to look into a phenomenon that has never been adequately examined or comprehended.
Descriptive	It aids in the development of a comprehensive understanding of the subject issue while also clarifying the link between the factors being studied [19].

(Source: Created by author)

This study has followed the primary data collection process and under this process, the quantitative method has been used and the scholar has rejected the qualitative method. A survey process has been done where ten clinical participants have participated in the survey process and for that purpose, the Likert scale and questionnaires have been deployed by the scholar. All the data from the survey process has been incorporated in the tabular format to analyse those data in the findings segment. For this study, the scholar has used the random sampling technique since it has been easy to select and implement. The random sampling technique is also free from any kind of bias [4].

The scholar has made sure that all the moral guidelines have been followed strictly in this study. For any kind of research where humans are involved, Data Protection Act 1998 has to be maintained [3], and scholar has done that too. The scholar made sure that nobody was harmed and nobody's feelings or sentiments has been compromised. Moreover, the scholar has made sure that all the related information is authentic and collected from reliable sources. The survey went through patiently with the respondents' full involvement. For the sake of maintaining the integrity of the current study, coercive or illegal methods were strictly prohibited.

4. Findings

Question 1

Table 1: Survey Response to Question 1

OPTIONS	RESPONSE	TOTAL PARTICIPANTS
21-25	2	10
26-30	5	10
31-35	0	10
36-40	1	10
41 and above	2	10

(Source: Self-developed)

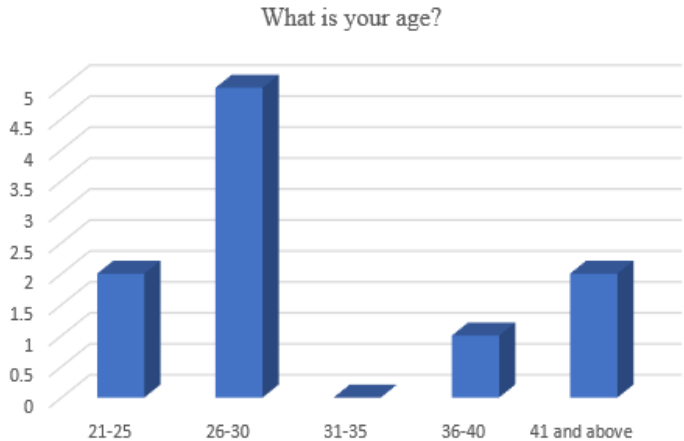


Figure 1: Survey response to Question 1

(Source: Self-developed)

The first question for any survey process must be the age and this happened the same for this survey process also. From the graphical and tabular presentation above it is clear that 20% of the respondents come under the age group of 21-25. A maximum number of respondents are falling under the age group of 26-30 and their volume is 50%. The age group of 36-40 is accounted for 10% of the respondents and the remaining 20% of the participants come under the age group of 41 and above.

Question 2

Table 2: Survey Response to Question 2

OPTIONS	RESPONSE	TOTAL PARTICIPANTS
Highly agree	2	5
Agree	1	5
Neutral	0	5
Disagree	5	5
Highly disagree	2	5

(Source: Self-developed)

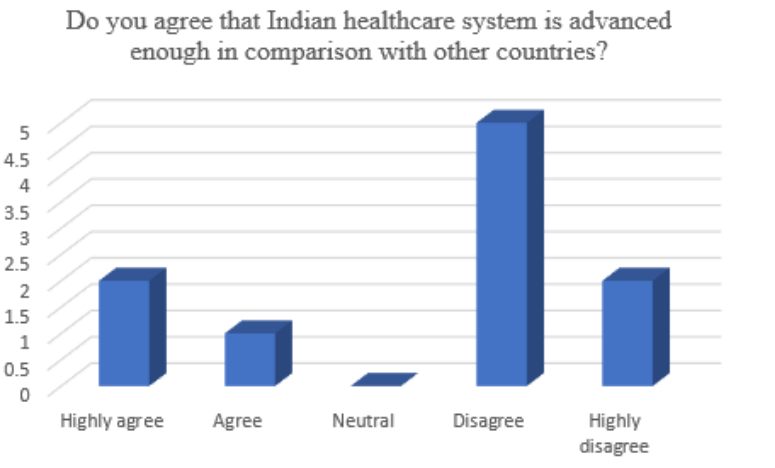


Figure 2: Survey response to Question 2

(Source: Self-developed)

In the second question of the survey process, the respondents were asked to deliver their thoughts on a question utters whether the Indian healthcare system is quite advanced in comparison to other nations. In this regard, almost 20% of the participants strongly agreed and another 10% also agreed on this. However, the real concerning matter pops up at that time when 50% of the clinical participants simply disagreed with this fact and another 20% of the respondents highly disagreed with this.

Question 3

Table 3: Survey Response to Question 3

OPTIONS	RESPONSE	TOTAL PARTICIPANTS
Highly agree	5	5
Agree	2	5
Neutral	0	5
Disagree	1	5
Highly disagree	2	5

(Source: Self-developed)

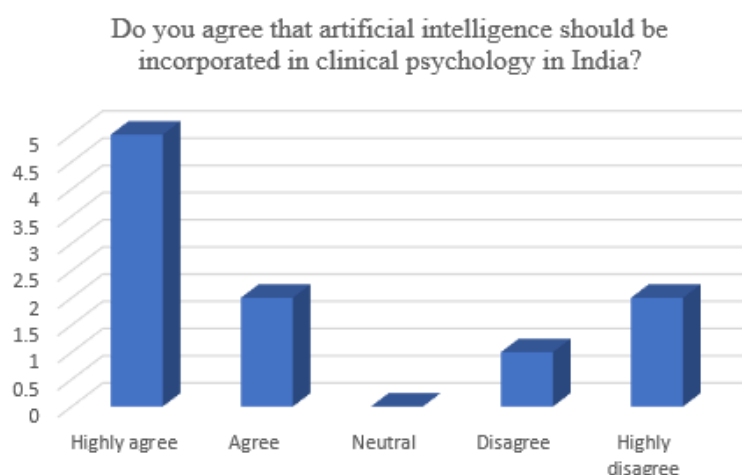


Figure 3: Survey response to question 3

(Source: Self-developed)

The third question of the survey process was dealing with the deployment of AI in Indian clinical psychology and in this aspect, around half of the participants (50%) strongly agreed as they understand it is highly required to make things better. Another 20% of the respondents have also supported that by agreeing on this. However, 10 percent of the respondents agreed with this and also another 20 percent of the participants highly disagreed with this. This disagreement has also shocked the scholar.

Question 4

Table 4: Survey Response to Question 4

OPTIONS	RESPONSE	TOTAL PARTICIPANTS
Highly agree	5	5
Agree	5	5
Neutral	0	5
Disagree	0	5
Highly disagree	0	5

(Source: Self-developed)

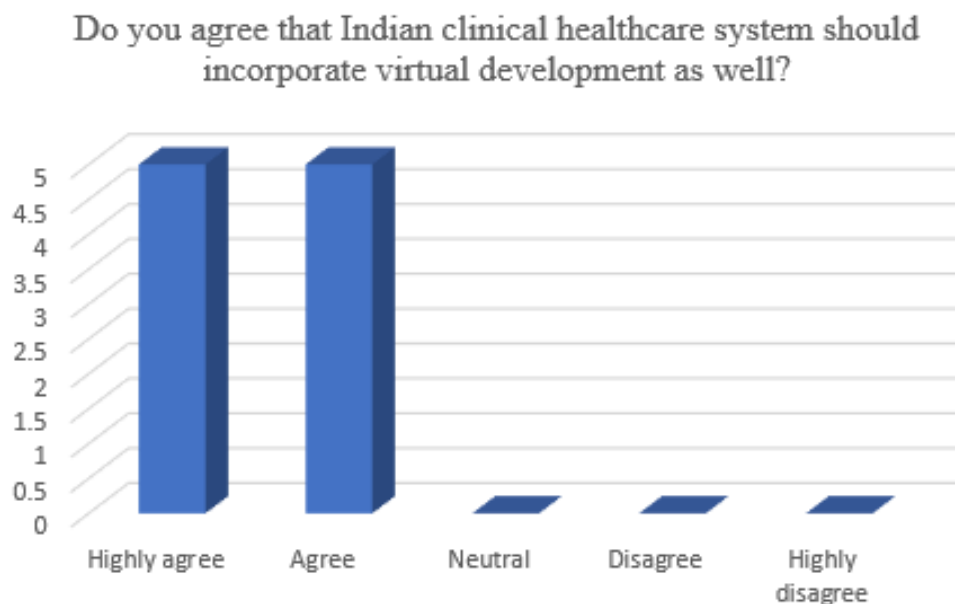


Figure 4: Survey response to question 4

(Source: Self-developed)

The final survey question focused on whether or not the Indian clinical healthcare system should also include virtual development. In this context, around 50% of the clinical respondents have highly agreed on this since they have found this significant to have virtual development in this nation is vital. These respondents got complete support from the other respondents since the remaining 50% of the respondents also agreed on this term since this question looked promising to them.

5. Discussions

In India, everyone has access to healthcare. Despite this, there remains a significant disparity in the standard and scope of wellness services in this nation. Treatment can vary greatly between governments, as well as between countryside and metropolitan locations [1]. Rural regions are frequently experiencing a lack of doctors. Whereas the federal authority delivers operational alongside technical support, local governments supply medical facilities as well as medical instruction. Numerous Indians seek out private medical professionals since the country's public medical programme is insufficiently funded; nevertheless, the inadequate typically cannot afford this choice, as was already discussed in the paragraphs above. Coverage can be purchased to assist cover wellness expenses; it is frequently given by workplaces. However, the majority of Indians struggle to afford health coverage [10], and therefore out-of-pocket expenses account for a sizable amount of the expense of medical attention in this developing nation.

In contrast, private clinical entities in India provide top-notch medical treatment for barely any of the cost of institutions in affluent nations. India becomes a favourite location among physician travellers because of this feature of its medical system [21]. India remains an attractive choice for physicians looking for complementary therapies like herbal medicine. Practitioners of complementary medicine frequently travel to India. This is also vital to note that in the literature review segment, it is mentioned that the conventional medical system of India has been highly successful and it is still acknowledged by many. In this situation, this country may take care of this segment properly and may try to improve this part to provide medical facilities like physical and mental treatment. It further connects to the thought that this can also be a part of clinical psychology since the cognitive outcomes and improvements are associated with such treatments and it reflects that India needs to upgrade its medical facilities to make sure about the positive outcomes of the treatment.



Figure 4: Advantages of AI in the healthcare system in India

(Source: Created by author)

In India, sophisticated medical care will likely be provided by private medical facilities [16], thus foreign pupils should anticipate this. For the majority of minor illnesses, local chemists could prove an invaluable asset. This shows that for India to reap the greatest benefits and decrease its susceptibility, clinical settings and the healthcare system must evolve using AI or virtual technology. This is the area where the health care system and the clinicians must be taken care and this is one of the most significant areas that can make better. This is exactly what the clinical participants have mentioned. They completely agree about the deployment of advanced clinical facilities like AI or Virtual settings since they are working in this field for a long time and know the deal better than any others. The use of technological advances in the healthcare sector to better determine, manage, and avoid illnesses as well as sicknesses is known as a technology for medicine. AI must be included in the Indian healthcare system because it can gather information from healthcare equipment and identify more complicated illnesses. Additionally, cognitive psychology study is advancing as AI is taught to recognise sentiments, comprehend human sentiments, and reproduce an individual's mentality [15].

6. Conclusion

This study concludes that clinical psychology differs distinctly from psychiatry. While specialists in psychological well-being in both professions, psychotherapists typically use counselling for managing mental problems. Clinical psychologists are involved in a variety of endeavours. Others merely concentrate on studies into the diagnosis, therapy, or root causes of mental disease and associated disorders. Determining how natural, behavioural, and social circumstances affect well-being and disease represents the primary responsibility of psychologists as behavioural health practitioners. They have received the education, instruction, and information necessary to comprehend fundamental behavioural as well as mental procedures. As a result, there is an enormous requirement for psychologists across medical facilities as well as different healthcare facilities, therefore, clinical mental health has grown to be among the most significant fields in the field of medicine. Moreover, it is quite significant to know that the healthcare system in India is not completely advanced and developed and there are many areas for development since the clinical participants and others have agreed on this matter. Additionally, the introduction of AI can be highly useful since it has also been addressed by the participants and it can improve the clinical settings. This is more helpful than the conventional process and any kind of technological intervention can also improve the quality of the treatment.

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