

OTHELLO SYNDROME***Prabavathy.S****Abstract**

The brief review hopes to provide u basic review about Othello syndrome. The name Othello syndrome comes from the character in Shakespeare's play Othello, who murders his wife as a result of a false belief that she has been unfaithful. The Othello syndrome was named by the English Psychiatrist 'John TODD" {1914-1987}. The Othello syndrome is also known as delusional jealousy, morbid jealousy, or sexual jealousy. jealousy is common, complex, normal emotion the delusion of infidelity of aspouse or partner. The Othello syndrome affects males more than females. It is characterized by recurrent accusations of infidelity, msearches for evidence, repeated interrogation of the partner, tests of their partner's fidelity. This syndrome may appear by itself or in the course of paranoid schizophrenia, alcoholism, or cocaine addiction. The extreme behavior in which the dominant theme is a preoccupation with a partner's sexual unfaithfulness based on unfounded evidence.

Keywords: *Othello syndrome, Morbid Jealousy, Infidelity*

Definition

Othello Syndrome or delusional jealousy is a psychiatric disorder in which a person holds a strong delusional belief that his/her spouse or sexual partner is being unfaithful without having any, very little or insignificant proof to back up his/her claim.

Epidemiology

- Delusional jealousy is fairly common in the country
- Men and women differ dramatically when it comes to morbid jealousy
- Men . who suffer from morbid Jealousy are more likely than women to use violence and also are more likely to harm.
- Women tend to become more jealous of a potential threat on their rival's youth
- and physical attractiveness.

Etiology

- **Psychological:** There are many psychological causes that go along with morbid jealousy
- One's memories are subconsciously changed and their partner's actions are misinterpreted as well as to extent that the person is absolutely convinced of betrayal from the partner
- **Personality:** people who are very insecure or fearful are more likely to come anxious or question their partner's commitment to them
- **Environmental:** Someone who is morbid jealous might suspect that he or she is being drugged or given some kind of substance that might decreases his/her sexual potency.

Associated Risks**Harm to self**

- Suicidal thoughts is unfortunately common in morbid jealousy, especially

because of the association with depression and substance abuse

Risk to others

- Violence may occur in any relationship marry by morbid jealousy
- Repeated denial of infidelity may present
- Violence is associated and increased risk of death

Risk for children

- Suffer by physical abuse
- With arguments and physical violence
- Be injured accidentally during assaults
- Spy on a parent

Management of Morbid Jealousy

Assessment

- Careful history taking
- Full psychiatric history and mental status examination
- Both partners should be viewed separately
- Assess the marital relationship
- Sexual and domestic violence history to be taken from both partners

Medical Management

- Delusional disorders or in the context of schizophrenia, delusion of infidelity may respond to Antipsychotics
- Obsessional jealousy whether the part of a depressive illness or not, may respond to selective serotonin reuptake inhibitors.

Psychosocial Interventions

- Cognitive therapy is effective in Othello Syndrome
- Marital counseling
- Family therapy
- Motivational interviewing for substance abuse

- Social work involvement for the child protection issues
- Individual dynamic psychotherapy
- Insight oriented behavior therapy

Prognosis

- The prognosis for morbid jealousy depends on the underlying phenomenology, the existence comorbid mental disorders and the response to the psychosocial interventions.

Conclusion

Othello syndrome is a delusion of spousal infidelity. It may take the form of a delusion, an obsession or an overvalued idea, or combination of these. Early identification and treatment are most important to prevent serious harm. Risk management includes hospital admission of morbidly jealous individual where necessary, together with taking steps to protect potential victims.

References

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NUTRITION PUZZLE FOR PJN JAN-APL-2016

Rajalakshmy.P

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ACROSS

1. Ragi is rich in
2. Parenteral Nutrition support is given through
3. diet is advised for Cardiac patient
4. Vitamin-A rich tuber
5. Oval shaped protein rich food (animal source)
6. A hot refreshing beverage made from bean (last letter has no box)
7. Green color oilseed (fruit) decorate pizza rich in MUFA
8. Cashews will come under which categories of food as per ICMR
9. In Hindi Curd is called as
10. Stable food in south India rich in CHO

TOP TO BOTTOM

1. Unit of energy in terms of nutrition
11. It is restricted to the CKD patient but Important ingredient for all the dishes
12. Iron rich animal product also called as organ meat
13. Maida is also called as wheat flour
14. Sheep, goat, beef are red meat
15. The only fruit rich in fat
16. This consumption will affect liver