

# Psychiatry

The Psychiatry Unit of the University Hospital of Sassari is responsible for the assessment, diagnosis and outpatient treatment of psychiatric disorders. The outpatient activity treats patients with a wide range of psychiatric disorders, mood disorders (depressive disorders, bipolar disorder, adjustment disorder, Dysthymia) psychoses (schizophrenia, schizo affective disorder, clinical paranoia), personality disorders, anxiety disorders (general anxiety disorder, panic disorder, specific phobias, obsessive-compulsive disorder, post traumatic stress disorder), eating disorders (anorexia nervosa, bulimia nervosa, binge eating disorder), eating disorders in individuals with mental retardation. The evaluation of patients is conducted through an interview and through the use of clinical scales and semi-structured and structured interviews. The therapeutic approach involves the use of psychopharmacology, treatments and techniques of cognitive behavioral psychotherapy.

As for bipolar disorder, patients may benefit from a psycho-educational approach, based on Vieta's and Associates' methodology, through meetings to encourage a better understanding of the disorder and promote greater consistency with the therapy.

The clinic deals with consultancy services for the departments of the University of Sassari, that is performed in various wards at the patient's bedside. A consultation service is also available for body dysmorphic disorders in patients scheduled to cosmetic surgery.

A Psychological support to Oncology patients is also being established, as a health service institution of Psychiatry for the evaluation and treatment of eating disorders.

## **OUTPATIENT ACTIVITY**

The catchment area of the clinic is local, access to the facility is granted by the general practitioner or another specialist. It is possible to book an examination at our facility, by phone by calling the numbers below and via the CUP hotline.

The services provided by the clinic are:

- psychiatric interview cod. 94.191
- psychiatric examination cod. 94.121
- individual psychotherapy cod. 94.3
- family psychotherapy cod. 94.42
- testometric assessment cod. 94.01.1 94.01.2 94.02.2
- group psychotherapy cod. 94.44

To be granted access to the facility, patients must submit a general practitioner's referral, stating: psychiatric examination.

Patients are asked to bring, if any, clinical documentation related to any previous examination they took over at the territorial services, admissions at the SDPC. The doctors at the facility receive patients by appointment, they must wait their turn inside the waiting area.

Opening hours are 09.00-19.00 Monday to Friday, 09.00-12.00 on Saturdays.