

Stellingen behorend bij het proefschrift  
**'Psychiatric referral in the Al-Qassim Region, Saudi Arabia:  
The Role of General Practitioners**

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1. A duly filled psychiatric referral letter from the general practitioners and general hospital physicians reduces the work of the psychiatric consultant substantially. *(this thesis)*
2. A battery of psychiatric symptoms revealed by referred mental patients provides insightful windows, which help patient, referring GP and referred consultant in making precise diagnosis and planning treatment together with plausible prognosis and outcome. *(this thesis)*
3. In Arabian Gulf countries, the availability and delivery of mental health care services including psychotropic drugs at PHC level are tremendously lacking and hence need prioritization by health authorities. *(this thesis)*
4. Patients referred from multiple sources for psychiatric consultation tend to have psychiatric co-morbidity and hence need comprehensive evaluation together with establishment of appropriate liaison services at three levels of health delivery systems. *(this thesis)*
5. It is easier to enhance the knowledge of GPs on psychiatry than to change their unfavourable attitudes against psychiatry. *(this thesis)*
6. Undergraduate students should not be daunted by robust sophistication in research methodology, but should acquire good understanding of the basic concepts of research methodology.
7. Neuropsychological investigations, besides being robust research tools, provide reasonably good diagnostic clues of psychiatric disorders.
8. Psychosocial therapies, derived from psychological and social theories, are of tremendous therapeutic value in the overall management of patients with minor to major psychiatric morbidities.
9. The diverse principles of psychology help sagaciously in understanding psychiatry to its full extent.
10. In the light of both ever-growing information technologies and easy accessibility of learning materials, the concepts of teacher and student are becoming fluid.
11. Psychology is the mother of psychiatry whereas neuroscience is its father.