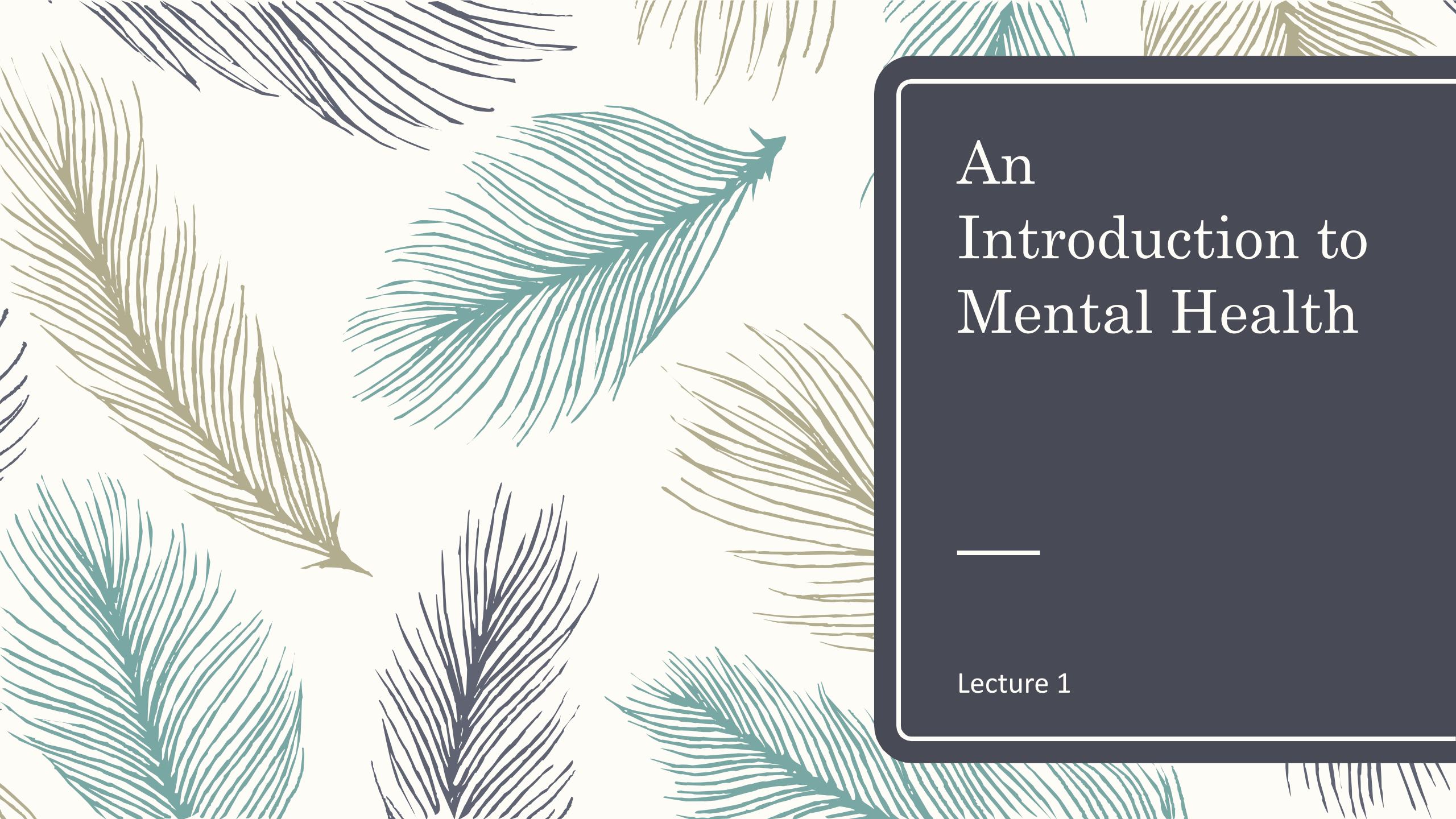




# An Introduction to Mental Health

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Lecture 1



# Aim of this module:

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- To introduce students to the concept of mental health from both a historical and contemporary perspective.
- To explore the multiple explanations for the causes and aetiologies of mental illness.
- To consider the variety of treatment options available for each perspective and across a number of psychopathologies.
- To consider the impact of mental illness on the individual and on those caring for individuals suffering from mental illness.



# Learning outcomes:

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- Upon the successful completion of this module, the student should be able to demonstrate the ability to:
- Explain the key concepts, definitions and models of mental health and recognise the problems surrounding these definitions;
- Define the current UK system for the classification of psychological disorders and mental ill-health;
- Describe the biological, psychological and social factors that can contribute to mental ill-health and how these inform different treatment approaches;
- Organise their learning effectively and reflect upon their own progress and future development.



# What is Mental Health?

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- What does mental health mean?
- From disorder to experience- which is it?
- Beyond the individual: societal perceptions of mental illness.
- The problem of `normality` can we define what is normal and abnormal?
- All in the brain- `it`s just a load of chemicals...`
- Language is important: mental illness? Psychopathology/ abnormality?



# What is Mental Health?

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- The World Health Organisation (WHO, 2014) defined Mental Health as
- “Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”
- The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."



# What is Mental Health?

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- How is well-being achieved? What is our role?
- What causes distress?
- What is the lived experience of distress?
- How do mental illnesses affect our well-being?

# What is Mental Health?

## Assumptive framework

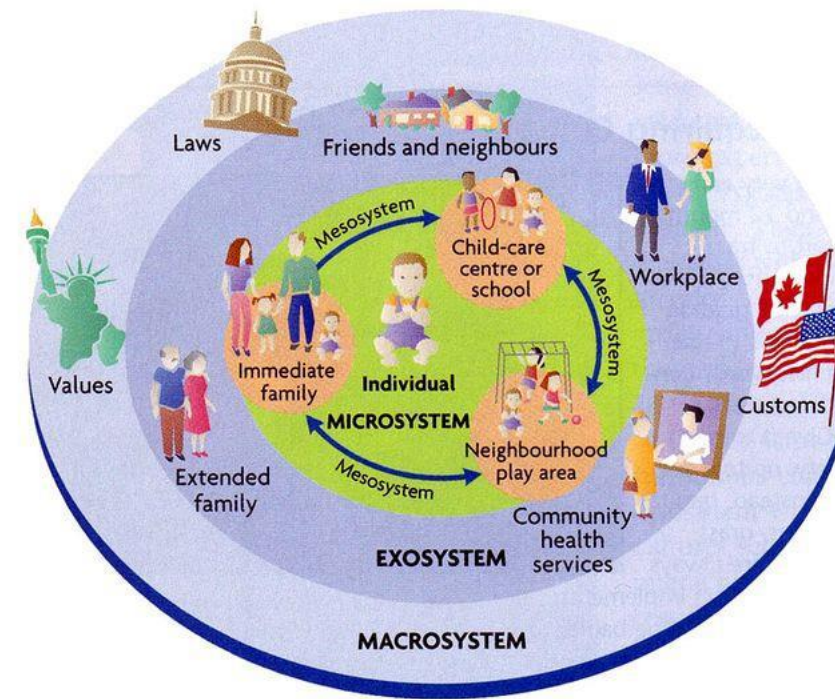


Figure 1. Bronfenbrenner's ecological systems theory  
(in Berk & Roberts, 2009, p.28)

Bronfenbrenner's  
Ecological Systems  
Theory.



# What is Mental Health? Terminology

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- Diagnostic and Statistical Manual of the American Psychological Association (DSM).
- International Classification of Diseases (ICD; WHO).
- Mental illness/Distress.
- Service User/Patient-client.
- Model versus Theory.



# Brief Historical Overview:

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- Trepanning in Prehistoric times
- Ancient Egyptians prescribed recreational activities for as treatments for the mentally ill.
- 1500BC Egyptians were writing about schizophrenia and depression.
- 450BC Hippocrates moved away from the supernatural to the rational explanation of causation. The brain is the cause.
- 270BC First Psychiatric Hospital in Bagdad.
- 5<sup>th</sup> & 16<sup>th</sup> century religious explanations were popular.
- 1650-1950 The Asylum Era.



# Key Historical Facts

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- 1682- Last execution for witchcraft in England.
- 1774- The Madhouses Act.
- 1770`s- The use of the straightjacket in Paris.
- 1792- Philippe Pinel. The improvement of asylums.
- 1796- York Retreat. Moral management and psychogenic model of madness.
- 1845- Lunacy Act in the Asylum Era. Removal of the private Madhouse.
- 1852- Morel makes reference to Dementia Praecox .
- 1863- Karlbaum describes hebephrenia.
- 1895- Freud and Breuer publish *Studies on Hysteria*.
- 1899- Kraeplin establishes nosology, which dominates modern practice.



# Key Historical Facts (1900-1940)

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- Rise of diagnostic process.
- Birth of Psychological therapies.
- Tavistock Clinic (London) for psychoanalysis.
- J. B. Watson founder of Behaviourism (1920).
- Alcoholics Anonymous founded in USA (1935).
- Pre-frontal leucotomy (1936).
- Electro-convulsive therapy (1938).



# Key Historical Facts (1950-1970)

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- 1951 Carl Rogers publishes *Client Centred Therapy*.
- 1952 American Psychiatric Association publishes DSM.
- 1953 B. F. Skinner publishes *Science and Human Behaviour*.
- 1956 Gregory Bateson describes the double-bind theory.
- 1959 Mental Health Act enacted in England and Wales.
- 1961 key publications by R. D. Laing, Thomas Szasz, Michael Foucault and Erving Goffman.
- 1962 Albert Ellis publishes *Reason and Emotion in Psychotherapy*.



# Key Historical Facts (1970-2007)

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- 1972 Mental Patients Union founded in London
- 1975 Aaron Beck publishes *Cognitive Therapy and the Emotion Disorders*.
- 1977 Clinical Psychology services are no longer dependent on psychiatrists for referrals – The Trethwan Report.
- 1983 New Mental Health Act enacted.
- 1987 Roy Porter publishes *A Social History of Madness: Stories of the Insane*.
- 1988 Hearing Voices Network established in the UK.
- 1990 The `decade of the brain`.
- 2007 a new Mental Health Act in England and Wales.



# Mental Health Act

1959: *Mental Health Act* – implementing the *Report of the Royal Commission on the law relating to mental illness and mental deficiency* (the Percy Report, 1957) – finally repeals the 1890 Act, and abolishes the Board of Control.

1961: Enoch Powell's '*Water tower speech*' signals a policy of closing the large asylums.

1968: *Report of the Committee on Local Authority and Allied Personal Social Services* Cmnd 3703 (The Seebohm Report) leads to the creation of an integrated social work profession.

1971: Creation of the *Royal College of Psychiatrists* from the former Royal Medico-Psychological Association.

1974: NHS re-organisation integrates mental health services with general medical and hospital services into a unified NHS organised in districts coterminous with Local Authorities.

1975: *Report of the Committee on Mentally Abnormal Offenders* Cmnd 6244 (The Butler Report).

1975: *Better Services for the Mentally Ill*, Cmnd 6233.

1983: *Mental Health Act*, strengthening protection for the civil rights of mentally ill patients.

1988: *Community care: agenda for action* (the Griffiths Report), which led to the 1990 NHS and Community Care Act.

1991-1996: Introduction of NHS Trusts, including separate Mental Health Trusts.

# Positive Psychology and Well-being

William James (1842-1910) – focused on subjective experience.

Abraham Maslow (1908-1970) – coined the term 'positive psychology'.

Albert Bandura (1925-) developed the concept of self-efficacy.

Martin Seligman (1942-) founder of Positive Psychology

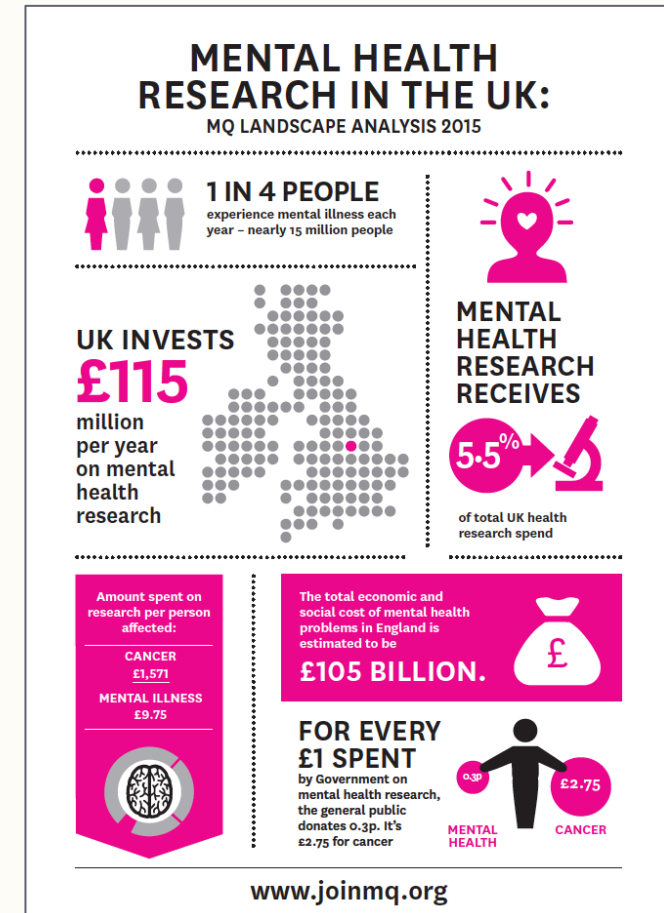


# Research in Mental Health:

Wellcome Trust: Mental health: how much does the UK spend on research?

Retrieved from

<https://blog.wellcome.ac.uk/2015/04/21/mental-health-how-much-does-the-uk-spend-onresearch/>





# Trends in Mental Health:

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- One adult in six has common mental disorder (CMD). One woman in five and one man in eight.
- Reported rates of self-harming in men and women are rising across age groups since 2007.
- Young women are rated as a high risk group for CMD, self-harm, bipolar disorder and screen positively for post traumatic stress disorder.
- Most mental disorders were more common in those living alone, unemployed and in poor physical health.
- *Source: Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014.*



# Trends in Mental Health

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- One person in three with CMD reported current use of mental health treatment in 2014.
- People in the black ethnic group had particularly low treatment rates.
- Socioeconomic inequalities in treatment use were less evident, although people living in lower income households were more likely to have requested, but not received a particular type of mental health treatment.
- Since 2007, people with CMD were more likely to use community services and discuss their mental health with a GP.



# Mental Health in Wales:

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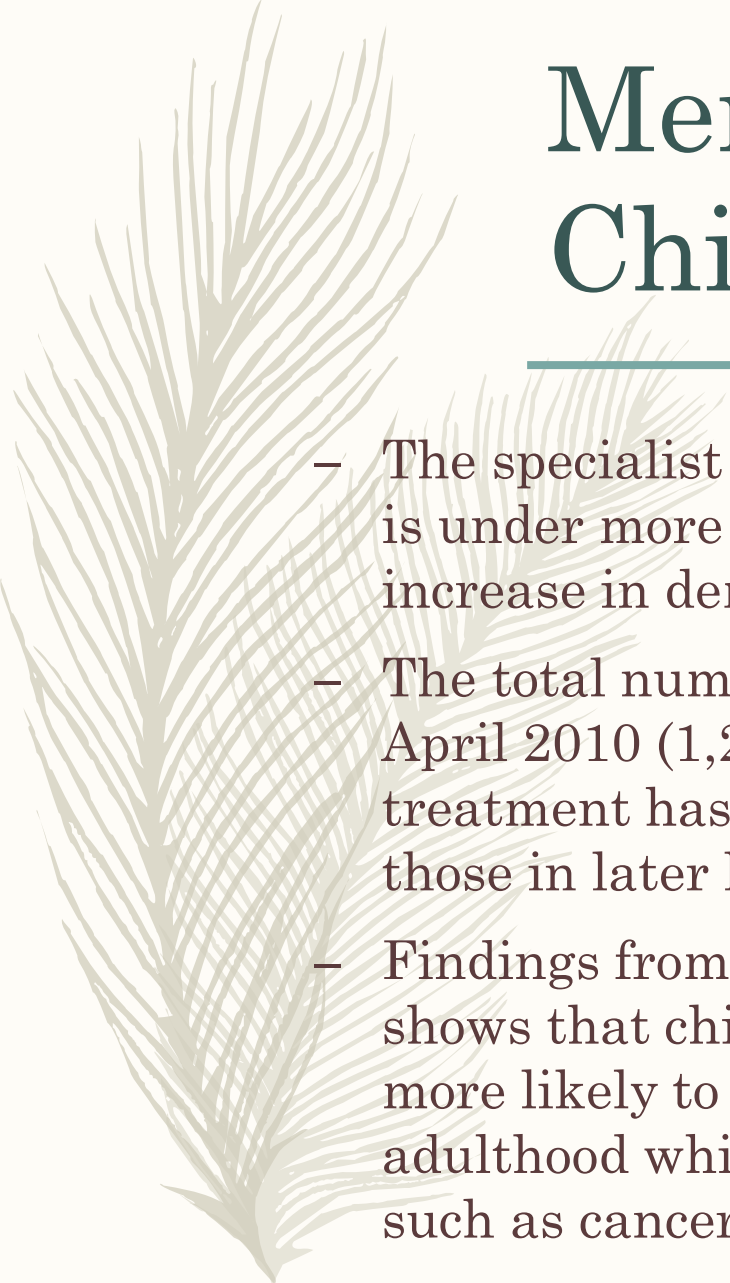
- One in four people have a mental health problem (Office for national Statistics, Psychiatric Morbidity, 2007).
- 53% of Welsh women suffer from low level mental health problems (Women Like Me, Supporting Wellbeing in Girls and Women, Platform 51, 2011).
- Self-harm is a significant problem in Wales; as a result there are 6,000 emergency admissions to a hospital per year. (Talk to Me, Suicide and Self Harm reduction strategy for Wales, WAG, 2008).
- 300 people die by suicide each year in Wales, 150,000 have thoughts of suicide (Talk to Me, Suicide and Self Harm reduction strategy for Wales, WAG, 2008).
- The rate of suicide for men in Wales is higher than the UK average. (Talk to Me, Suicide and Self Harm reduction strategy for Wales, WAG, 2008).



# Mental health in Wales

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- Results from the 2015 `Mental Health in Wales` survey found that 13% of adults (aged 16 and older) living in Wales were reported to have received treatment for a mental health problem, an increase from 12% reported in 2014.
- A higher percentage of women report being treated for a mental health problem than men (16% vs 10%). Treatment figures show an increase of 1% for both men and women from 2014 statistics.
- Mental ill health can have a significant impact on life expectancy and is a key cause of health inequalities. Research undertaken in the UK in 2011, found that people with severe and enduring mental health problems die on average 10 years earlier than the general population.
- In 2018 the UK suicide rate is 17.2 deaths per 100,000; a significant increase from 2017. females remains constant at 5.4 deaths per 100,000 over the last 10 years.



# Mental Health in Wales: Children and Adolescents

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- The specialist Child and Adolescent Mental Health Service in Wales (CAMHS) is under more pressure than ever before. The last four years has seen a 100% increase in demand.
- The total number of CAMHS referrals to treatment in Wales doubled between April 2010 (1,204) and July 2014 (2,342). Young people awaiting outpatient's treatment has the highest numbers (2,410) compared to adults (1,291) and those in later life (682).
- Findings from the first Welsh Adverse Childhood Experience (ACE) study shows that children who experience stressful and poor quality childhoods are more likely to adopt health-harming behaviours during adolescence and adulthood which can themselves lead to mental health problems and diseases such as cancer, heart disease and diabetes in later life.



# Mental Health in Wales

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However, recent statistics show a different picture:

[Mental Health Data Sources](#)

- Wales has seen a large initiative to promote integrated and effective care for mental health patients.
- From 2019/20 to 2030/31 future health care needs could be met if Welsh NHS funding rises by 2.2% above inflation each year.
- However, spending on mental health treatment in hospitals across Wales has fallen since 2010, a startling contrast to the current trends in health care data.



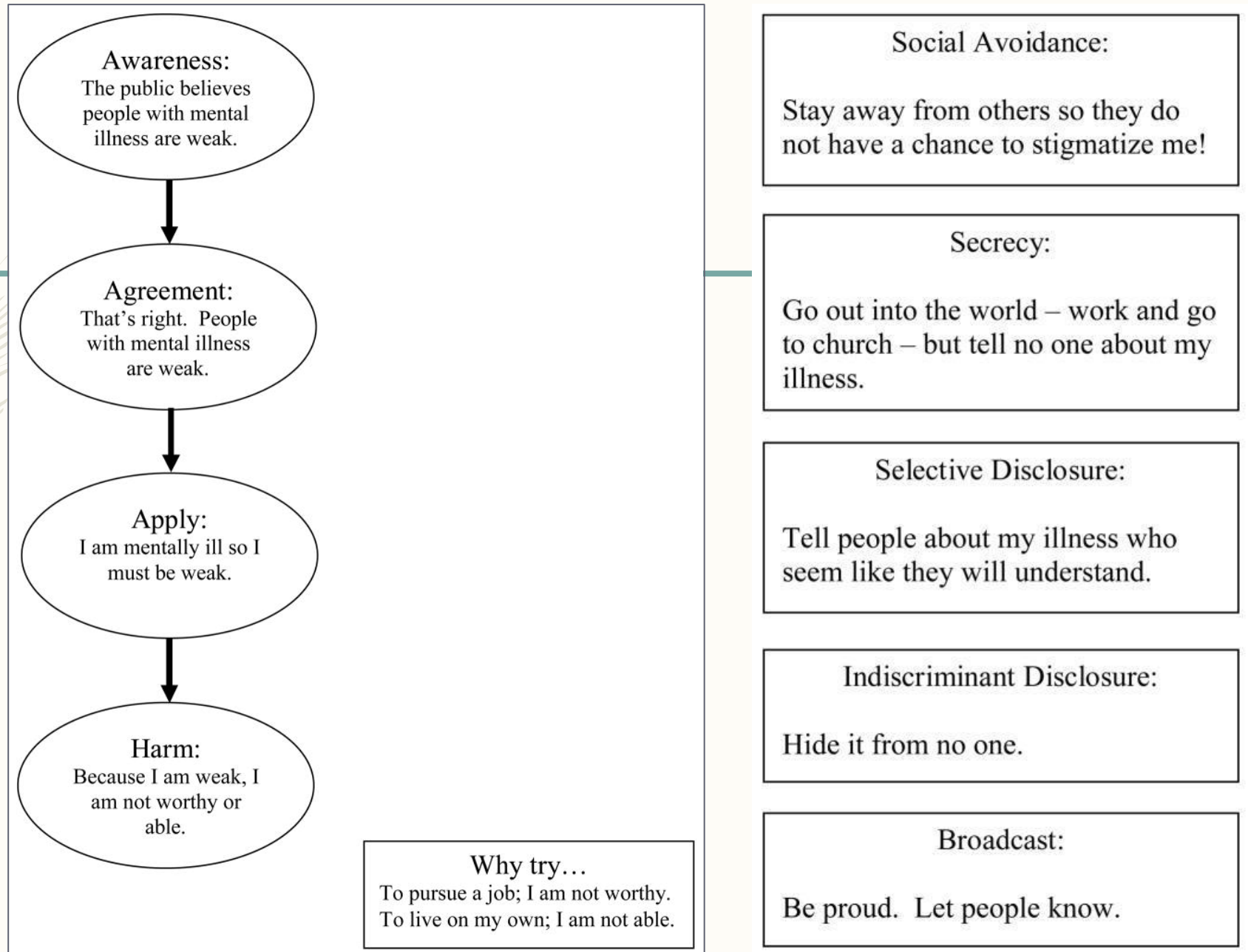
# Mental Health and Stigma

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- What is stigma?
- Negative impact on help-seeking behavior and quality of life.
- Public stigma (overt discrimination).
- Self-stigma (subjective feelings of stigma).
- The Equality Act (2010).

# Mental Health and Stigma

Corrigan, P. & Rao, D. (2012). On the self-stigma of mental illness: Stages, disclosure, and strategies for change. *Canadian Journal of Psychiatry*, 57 (8), 464-469.

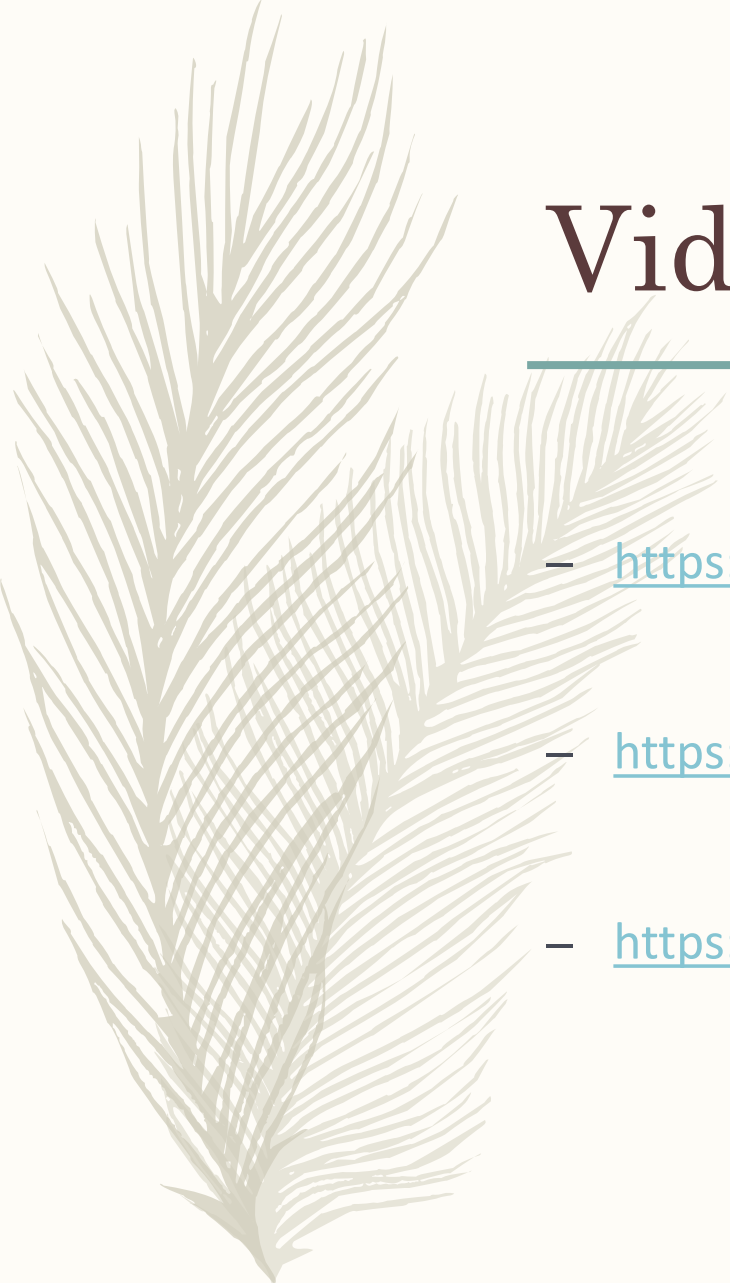




# Mental Health and Stigma

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- The social psychology of stigma (Discrimination and prejudice). Irving Goffman.
- Stigma does not reside in the person – it is relationship and context specific (Major & O'Brien, 2005 – The Social Psychology of Stigma).
- Mechanism of stigmatisation – negative treatment and discrimination, expectancy confirmation process, automatic stereotype activation and identity threat.
- Time to talk campaign (Scotland).
- Stigma interventions are effective in reducing personal stigma (people's personal beliefs about mental illness).
- Self-stigma and empowerment.



# Video links

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- [https://www.ted.com/talks/eleanor longden the voices in my head](https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head)
- [https://www.ted.com/talks/elyn saks seeing mental illness](https://www.ted.com/talks/elyn_saks_seeing_mental_illness)
- [https://www.ted.com/talks/ruby wax what s so funny about mental illness](https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness)