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ASSESSMENT 1 MENTAL HEALTH DISORDERS

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WHAT IS STRESS?



Definition:

- Stress is define as a constant worrying that interferes with individual sense of well being. (Ghannizadeh, 2023).

The feeling of being sad, irritated, constant sleeping, lacking energy, emotional outburst.

- Change of mood, sometime difficult to handle a given task, distress, sleep disorder and among others.

WHO IS AFFECTED BY STRESS ?

Percent who reported a great deal of stress in the past month, by group



Source: NPR, Robert Wood Johnson Foundation, and Harvard School of Public Health



- More women are affected than men.
- Young adults than those over the age of 25 years.
- 44% of individual age of 55 (Patel et al.,2014).

TYPE OF STRESS



Acute stress: is manageable



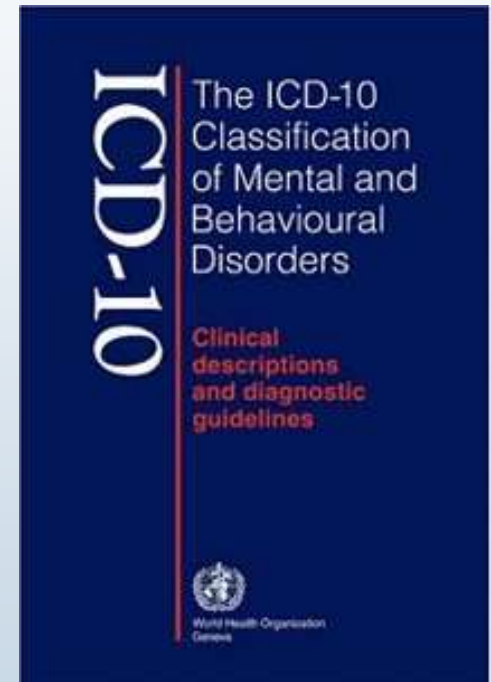
Episodic acute stress: can be motivating or helpful. It occurred when handling a task or given responsibility in a short time.



Chronic stress: this occurred when individual is unable to manage the stress. There is feeling of constant nervousness, agitation, tension, sometimes chest pain.(Patel et al.,2014)

Classification of stress episode within ICD-10

- **Mood -neurotic**, stress related to Somatoform disorder (F40-F48)
- The International Classification of Diseases (ICD) classifies disease to help identify group of wide range of diseases, including mental disorders.
- **It also** clarifies that mental disorder is not exactly a term that would be used to describe a disease but to imply the presence of a clinically recognisable group of symptoms and behaviour link to distress and interference of personal functions (Christakou et al., 2013).



CAUSES OF STRESS

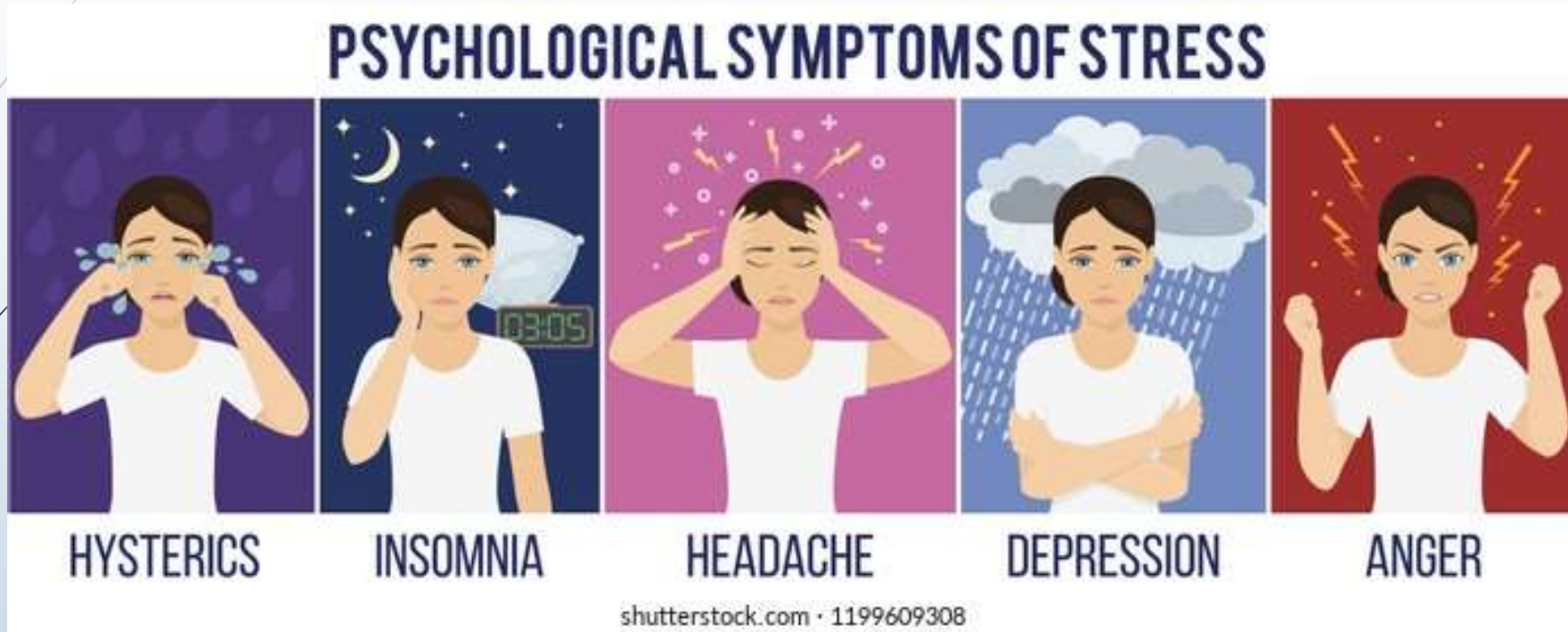


Diagnosis



- Diagnosis by GP.
- Psychologist and mental health specialist.
- Mind matters can help individual to cope with stress. Mind.org.uk.
- Expert advice. (Taurines et al., 2012).

Symptoms of Stress and Signs



HISTORICAL VIEW AND TREATMENT FOR TRESS

Past treatment



<http://www.inquiriesjournal.com/articles/1673/the-history-of-mental-illness-from-skull-drills-to-happy-pills>

- in the 14th century, stress was considered as an affliction
- No diagnosis by expert. supported by human and self treatment
- Supernatural theories, considered as demonic illness, sin, or curse (Lamb et al., 2010)
- Individual was discriminated, marginalised, inequality, felt shame and vulnerable, inhuman treatment, no human rights, set aside in isolated area.
- In the 18th and 19th century, scientific discoveries and progress according to Tan and Yip (2018)
- Stress began to be seen as a psychological concept (Hans Selye, 1936)

Current treatment for Stress



https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.verywellmind.com%2Ftips-to-reduce-stress-3145195&psig=AOvYaw3Yk_8ACkPnIEzMK34KOP&ust=1637419512175000&source=images&cd=vle&ved=0CAgQjRxqFwoTCX5gpXVpPQCFAAAAAAAdAAAAABAI

- Respond to external stressors, help cope with stress
- Diagnose by GP, expert, Psychologist.
- Talking therapy, counselling.
- Medication.
- Ecotherapy example, outdoor activity,
- Complementary and alternative therapies, massage, acupuncture. Yoga.
- Mind matters provide Information, video to help cope with stress, Mind.org.uk.



It's OK NOT TO BE OK ?

- **Mental health awareness:**

Mental health disorder is the second- largest disease burden England.(MHFA, 2020).

- **Estimate economic cost:** is about £105 billion annually in UK.

Separation from parents, 10 children, 8 experience several sexual abused and violence or neglect. 7 children went through bullying.

- **Half of the cases of mental disorder:** begin at age 15 and 3 in every develop by age 18 years (MHFA,2020).

- **Challenge and stigma:** social isolation, poor housing, rejection, discrimination, poverty, hardship and unemployment.

Principles when working with people with stress.

BUILD TRUSTING RELATIONSHIP:

- There are fair treatment and trust by expert, professional, doctors, government and private organization,

PERSON- CENTRED APPROACH:

Individual are put at the center of everything.

- Treating according to their choice, need and care plan, respect, dignity.

INVOLVE SERVICE USERS: share decision:

- Service user voice are heard
- Mutual understanding and relationship are maintained between friends, family and expert.
- Identifying need and agreed decision for health and wellbeing (NSH,2020).

CONFIDENTIALITY, PRIVACY AND DIGNITY:

- according to Data Protection Act 2018, Individual data are protected.
- Unlawful to advertised it without individual consent.
- Clients has the right to Access it anytime.

AWARENESS OF STIGMA AND DISCRIMINATION:

Policy and legislation
Help to achieve the awareness.

Create technical capacity to help review,
develop the right mental health policies.(Ghannizah, 2013)

RESPECT POLICY AND LEGISLATION

Human Right Act, provide freedom and right for individual.

Equality Act 2020
protect the people from discrimination

Mental Health Act 2005

Protect and empower people who may lack mental capacity.
.Give them choice to make their own decision.



CONCLUSION



There are positive impact of stress and mental health in UK and globally,

Government and private organization had been addressing the rising challenges.

There are more attention and awareness both at workplace and social places.

It is the problem of everyone

Mental health individual and family are more confidence to speak and address the issue boldly.

People with mental health, are now able to respond to stressors and the problem at hand.

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Stress and Mental Health Disorder and How it Can Be Treated

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Stress and Mental Health Disorder and How it Can Be Treated

What is mental health disorder? General Definition of mental health disorder and brief overview of UK context

Mental health is a subject that has been increasingly receiving more attention over the recent past. In this regard, it is important to be able to define what mental health is before exploring mental health disorder. Mental health can be defined as the emotional, cognitive, and behavioural well-being and concerns how people feel, think, and behave and the term “mental health” is sometimes used to refer to the absence of a mental disorder. However, according to the World Health Organisation [WHO], mental health transcends the absence of mental disorders and even disabilities to include considering ongoing wellness and happiness (Lamb et al., 2020).

According to the Mental Health First Aid [MHFA] (2020), mental health disorder is the second-largest cause of disease burden in England, which comprises the highest population of the UK. Mental health disorders have been estimated to attract economic costs of about £105 billion annually (MHFA, 2020). In a typical classroom, it is estimated that 10 children will have experienced separation of parents, 8 will have experienced severe sexual abuse, violence or neglect, and 1 will have experienced the demise of a parent whereas 7 will have gone through bullying (MHFA, 2020). Roughly half of the cases of mental disorders begin at age 15 and 3 in 4 develop by age 18 (MHFA, 2020). Therefore, the severity of mental disorders cannot be overemphasised.

Provide brief overview oh history of mental health and general treatment.

References to and incidents of mental illness are evident throughout history. Mental illness has evolved but not in a linear or progressive manner but rather in a cyclical fashion. This

means that whether behaviour is regarded normal or abnormal it all depends on the context or circumstances surrounding the behaviour itself, thereby changing as a function of a given culture or time period (Bystritsky et al., 2013). History has been filled with theories of the aetiology of mental illness, which ideally include supernatural, psychogenic, and somatogenic. Supernatural theories of mental illness view mental health as being possessed with demonic or evil spirits, planetary gravitation, curses, displeasure of gods, and sin (Lamb et al., 2010). In contrast, somatogenic theories find disturbances in physical functioning of humans as a result of illness, brain damage or imbalance, or genetic inheritance (Bystritsky et al., 2013). On the other hand, psychogenic theories are concerned with traumatic or stressful experiences, distorted perceptions, cognitions, or maladaptive learned associations. Regardless, aetiological theories of mental illness predict the care and treatment an ill individual will receive. For instance, a person believed to be possessed by evil spirits will be handled and treated differently from one who is suffering from excessive yellow bile (Bystritsky et al., 2013). In the same respects, their treatments are also likely to differ, as the possessed individual will require exorcism whereas the other individual may need blood-letting. However, these theories remain the same over time and recycle over time as much as they coexist with one another.

Present one mental health disorder from the ICD-10 classification (present the types, e.g. mild.....

The International Classification of Diseases (ICD) classifies diseases to help identify and group a wide range of diseases, including mental disorders. The ICD-10 clarifies that mental disorder is not exactly a term that would be used to describe a disease but to imply the presence of a clinically recognisable group of symptoms and behaviours linked to distress and the interference of personal functions (Christakou et al., 2013). This project will pick

stress as a mental health disorder that belongs to the neurotic, stress-related and somatoform disorders category.

Aetiology (causes) of the disorder

A significant number of young adults have experienced extreme levels of stress because of comparing themselves to others, which is higher among younger adults than those over the age of 25 (Chantiluke et al., 2014). Similarly, a significantly higher number of women than men feel high levels of stress because they are not as comfortable with their body image and appearance. This is something that a lot of women struggle with, especially in the age of social media where body image is greatly considered before pictures are posted online on social media for others to see and interact or connect (Chantiluke et al., 2014). This can be a major stress for both men and women, although women are the most affected, as society has set a high standard for them in terms of how they look or based on society's standard of beauty as depicted by models and other public figures who have been used as a standard for beauty.

Signs of the Mental Disorder

Signs of stress can range from one individual to another depending on the cause, circumstances, and the individual's reaction to the stress or ability to manage stress more effectively. Stress can be characterised by constant worrying that interferes with an individual's sense of well-being (Ghanizadeh, 2013). When one is stressed, there are also feelings of unhappiness, being sad and irritable, or lacking energy and motivation to handle daily tasks as expected (Chantiluke et al., 2014). Some people even lose interest in their hobbies and become teary all the time, especially if they are dealing with major issues they think it would not be easy to resolve. An individual may also experience emotional outbursts which are characterised by sudden, dramatic changes in mood, including anger and distress,

and these are common symptoms of mental illness. On the other hand, individuals may experience sleep disorders or lasting changes to their sleep patterns. This could mean they are worrying a lot about an issue they are facing in real life and that these issues could be manifesting in insomnia. Sleeping too much can also be a sign of stress. Other signs may include appetite changes (eating too much or too little), which could result in rapid weight gain or loss (Ghanizadeh, 2013). For instance, some people eat virtually all the time when they are stressed whereas others barely touch food. This can cause a metabolism problem depending on the individual and the amount of calories consumed (Chantiluke et al., 2014). Similarly, some may be quiet or withdrawn when facing issues that stress them, resort to drug use and abuse, or start feeling guilty and worthless. All these are signs that depend on the nature of the stress itself and the individual's reaction to stress.

Discuss the historical treatments for the chosen disorder and the current treatments available and provide a judgement

In ancient times especially in the 14th century, stress was more based on adversity, hardship, poverty, or affliction in some wave, shape or form. However, the 18th and 19th century saw a shift in the meaning of stress, as the period was also characterised by a various industrial and scientific discoveries and progress. According to Tan and Yip (2018), stress also started to be seen as a psychological concept and adoption of the term has been linked to Hans Selye (1936) (Patel et al., 2014). He noted that people responded to external stressors by mobilising physical resources to cope with or get away from the stressor and he referred to this stage as the 'alarm' stage. This was the first stage of treatment. The second stage, 'resistance', involved attempts to cope with to adapt to the external stressor whereas the third stage, 'exhaustion', was when the individual was constantly exposed to the external stressor and as a result was unable to deal with it (Tan and Yip, 2018). In the modern day, stress has been treated using a wide variety of ways, including meditation, exercise, and yoga among others.

Past and present services related to the chosen mental disorder of focus

Stress can take a toll on an individual and cause them to suffer serious psychological effects. While stress is often thought of in a negative manner, not all stress is bad. Low-levels of stress can be motivating or helpful. However, when stress gets to high unmanageable levels, there are some things that can be done to cope with the situation. One can call the stress management service to help them go through the difficult times (Patel et al., 2014). For instance, Every Mind Matters can help individuals to cope with stress and other mental disorders. They can advise on the various ways that can help the individual to relax and cope with mental health issues while enjoying their lives in the best possible manner (Taurines et al., 2012). With expert advice and practical tips to help cope with the mental health issue, individuals can be able to discover what works for them and what they can apply in their situation to resolve the matter. Mind.org.uk is another website that individuals can go to gather information about how they can deal with their mental health disorder. Mind can help effect real change, stop discrimination, and promote good health for through their training and consultancy (Taurines et al., 2012). They offer various national and local services that can even extend to the workplace to help develop mental fitness in offices while equipping employees to apply suicide intervention skills to help manage the situation.

Analyse the positives and negatives of treatments available for this mental health disorder. (Advantages and disadvantages of the current treatments)

Some advantages of modern-day available treatment options for stress include they help to balance between school, family, social and financial responsibilities to treat matters related to self-esteem. Seeking therapy, exercising, meditating or other form of treatment for stress has been associated with improved quality of life, improved relationships, and lowered chance for complications (Taurines et al., 2012). The disadvantages, however, include the fact that it is

hard to seek treatment as many of the affected patients never seek any treatment at all but instead choose to deal with their situation in the best way they know. While reasons for not seeking treatment remain largely unknown, some have been attributed to economic and environmental factors (Taurines et al., 2012). It is shameful for some affected persons to look for help especially when they feel vulnerable and unsure. However, they should understand that therapy is essential to get over some form of stress and learn how to handle mental health issues. There are also some stigma and embarrassment that come with

Support your analysis with case study and Include data, statistics, and information from published studies and reports about the chosen mental disorder

Stress is caused by a myriad of factors, especially those that pose a threat to the physical and mental well-being of an individual. 36% of adults who reported stress in the UK have cited their personal or family/friend's long-term health condition as a factor. However, this factor shifted to 44% of individuals over the age of 55 (Patel et al, 2014). However, long-term illness is not the only cause of stress as a form of mental illness. Of individuals who reported stress, some have cited debt as a cause. Debt is known as a significant stressor when it comes to mental health (Taurines et al., 2012). For individuals who are dealing with an enormous amount of debt that seems overwhelming, stress can start to develop. On the other hand, individuals with high levels of stress have attributed it to the need to respond to some messages instantly. This is especially true if the message is coming from an important person whether it concerns career or personal relationships.

Discuss the issues in provision, professional support or policy about the selected mental health issue

Issues of provision, professional support or policy about stress help to strengthen not just stress but mental health policies as well, including plans and legislation (Ghanizadeh, 2013).

This is achieved by raising awareness of the burden associated with stress and mental health disorders as well as the commitment of governments to reducing the stress burden. This helps to create the technical capacity of countries to help create, review and even develop the right mental health policies, plans and legislation while developing and disseminating policy and advocacy resources.

Conclusion

There is growing evidence of the impact of stress and mental illness globally and mental health issues are some of the major contributors to the burden of disease and disability not just in the UK but also across the world. Over the past several years, there has been more focus on addressing the rising challenges of mental health and governments and private organisations have been paying more attention on treating stress and other mental health disorders. Mental health issues can have a significant impact on individuals both in the workplace and in social places. This can affect the individual's performance both at work and around other people in social settings. Regardless, mental health problems should be addressed based on the nature of the problem and how the individual responds to stressors and the problem at hand.

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