



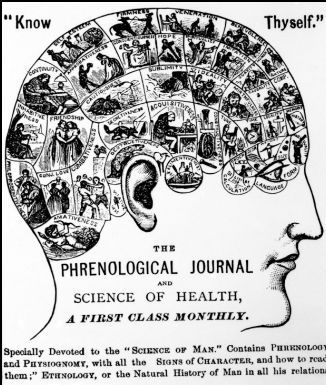
History, Concepts & Models

Key Terms

- Abnormal behaviour/abnormality
- Psychopathology
- Mental illness
- Distress

Brief Historical Overview

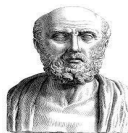
- Pre-classical & classical period
- Middle ages
- Early modern -15th – 16th (Renaissance period)
- Modern period – 17th & 18th centuries
- Modern period – 19th & 20th centuries



- Evidence of trepanning in prehistoric times.
- Ancient Egyptians prescribed recreational activities for treatment of mental illness.
- 1500 BC Ebers Papyrus (Egyptians): Described depression and schizophrenia.

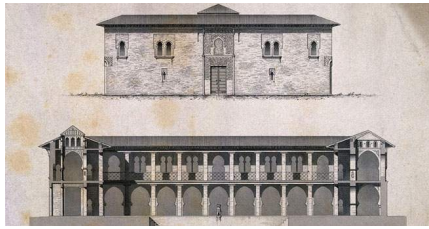


- 450 BC Hippocrates: Moved a way from supernatural to rational explanation of causation.
- 280 BC Theophrastus: 28 types of personalities or temperaments
- 270 BC First Psychiatric Hospital (Bagdad)



- 5th – 16th centuries AD: religious explanations of madness were popular
- 1637 Descartes "Discourse de la Methode": body is something different from the mind – madness as a problem of rationality
- 1650—1950: The Asylum Era

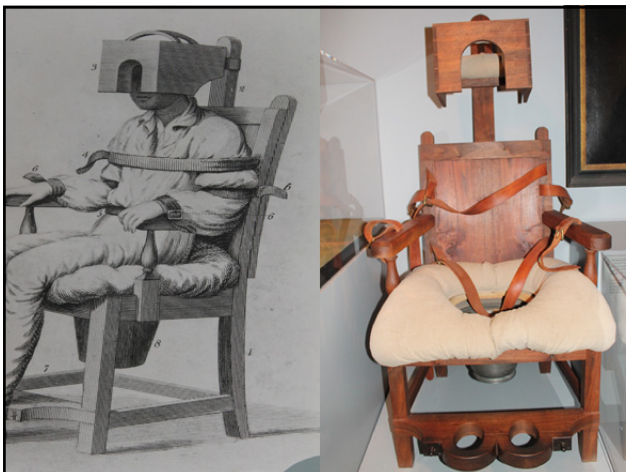


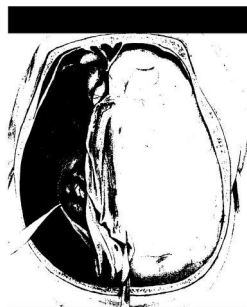
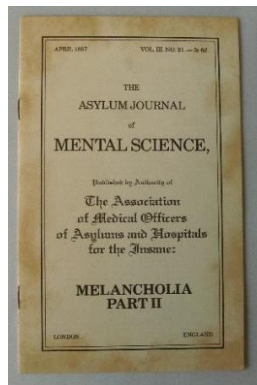


<https://muslimheritage.com/four-medieval-hospitals-syria/>

St Mary of Bethlehem (1247-1676)

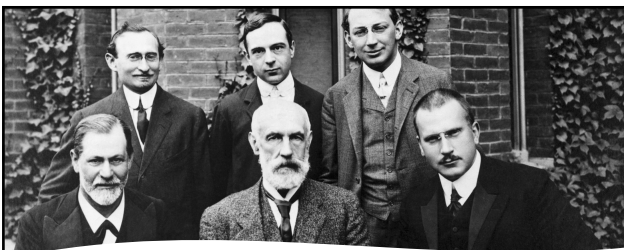






The Journal of mental science
Association of Medical Officers of Asylums and Hospitals for the Insane (London, England), ...



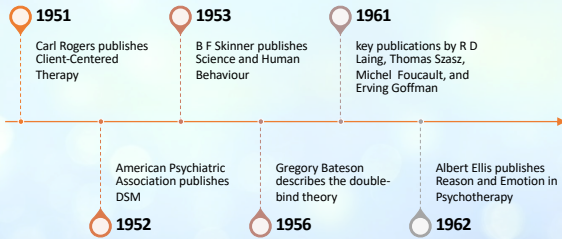


(1900-1940)

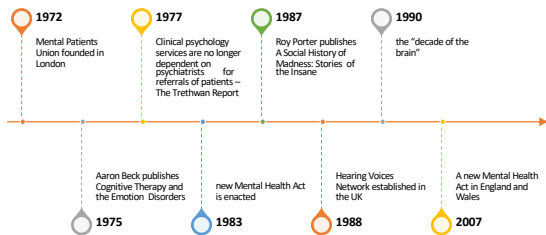
Rise of diagnostic classification
Birth of psychological therapies

- Tavistock Clinic was founded in 1920 (London) to practice psychoanalysis
- J. B. Watson and Behaviourism (1920)
- 1935 Alcoholics Anonymous founded in the USA
- Prefrontal leucotomy (1936)
- Electro-convulsive therapy (1938)

(1950-1970)



(1970-2007)



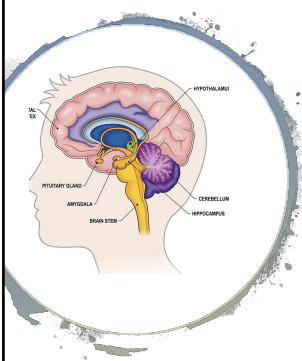
Approaches & Models

Approaches

Somatogenic
Psychogenic
Sociogenic

Models

Biological
Psychological
Socio-cultural



Biological Models

- Propose biological explanations of mental health problems based around brain systems (e.g. limbic system) and neurotransmitters (e.g. dopamine, serotonin).
- Disruption to neurotransmitters results in inappropriate mental processes
- Hormones also involved in some disorders such as seasonal affective disorder (melatonin).

Biological Models

- Genetic factors now being implicated in a number of mental health conditions (e.g. behavioural genetics)
- Family or twin studies
- Diathesis-stress model
- Heritability (molecular genetics)

Biological Models - Critique

- Mental health problems cannot always be reduced to biological explanations.
- Biological systems are continuously open to social and relational influences.
- "Biology...always plays a part in our experience - but it is never separate, in principle or practice, from other influences." (Cromby, Harper, & Reavey, 2013, p. 100).

Psychological Models

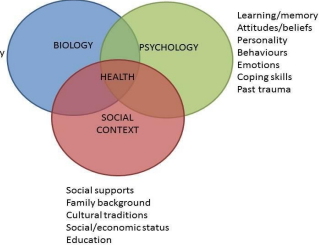
- Focus on internal mental processes that influence mood and behaviours
- No a single explanatory paradigm:
 - Freud & Psychoanalysis (1900s)
 - Behaviour Therapy (1950's/1960s)
 - Humanistic Therapy (1960's)
 - Cognitive Behavioural Therapy(1970's)

Socio-cultural Models

- Jenkins et al. (1998) British Psychiatric Morbidity Survey
 - Many different social and cultural variables associated with mental health problems
- Socio-economic status differences
 - Social drift, social stress, lack of resources
- Gender differences
 - Willingness to express distress
 - Role strain
- Minority status
 - Prejudice, culture transitions, confound with social class

BIOPSYCHOSOCIAL APPROACH TO UNDERSTANDING HEALTH

Gender
Physical illness
Disability
Genetic vulnerability
Immune function
Neurochemistry
Stress reactivity
Medication effects



Learning/memory
Attitudes/beliefs
Personality
Behaviours
Emotions
Coping skills
Past trauma

Social supports
Family background
Cultural traditions
Social/economic status
Education

Biopsychosocial Model

George L. Engel - *The Need for a New Medical Model: A Challenge for Biomedicine* (1977)

Critique of the biomedical model of disease:

"The dominant model of disease today is biomedical, and it leaves no room within its framework for the social, psychological, and behavioural dimensions of illness. A biopsychosocial model proposed that provides a blueprint for research, a framework for teaching, and a design for action in the real world of health care" (p. 135)

Biopsychosocial Model - Critique

- In practice, research within the model typically assumes that biology, psychology and the social are separate and distinct.
- There's little consideration of the relationships between the three dimensions.
- General trend to treat biology as more foundational.
- <https://thepsychologist.bps.org.uk/volume-18/edition-10/bio-bio-bio-model-madness>
- <http://bjp.rcpsych.org/content/195/1/3>

Influences on Childhood

- Genetic inheritance
- Developing emotional regulation skills (e.g. attachment)
- Parental and family context
- Socio-economic factors
- Peer influences
- Risk behaviours

Influences on Adolescence

- Psychological effects of puberty
- Self and identity development
- Family environment
- Health-related behaviours
- Sexual development
- Peer group
- Risk and coping

Influences on Adulthood

- Socio-economic status
- Gender
- Minority status, including ethnicity
- Family dynamics
- Ageing and adjustments to life changes
