

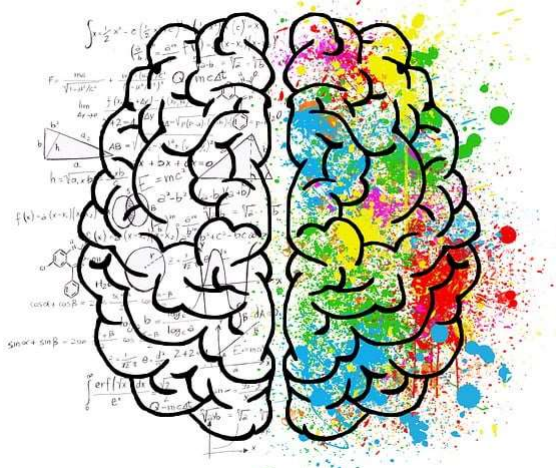
BMHP6029

Psychopathological Classifications and Provisions

Week 9

Debates and emerging issues

Novembre 2024



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We have covered different features of a medical model of mental health in this module. We will look at current debates and emerging issues of mental health disorders/conditions



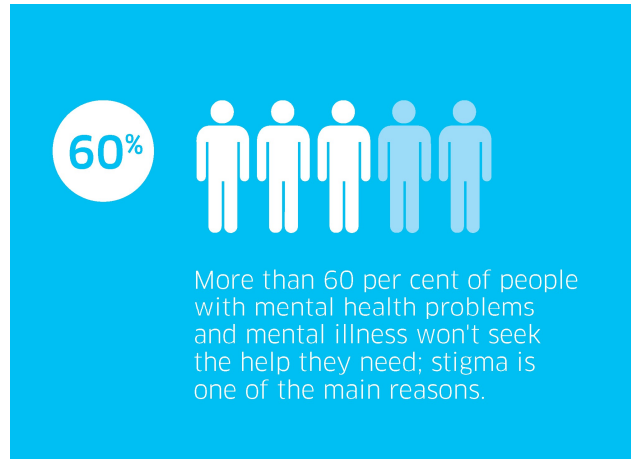
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Is our mental health in decline?

What kind of literature would indicate our mental health is in decline?

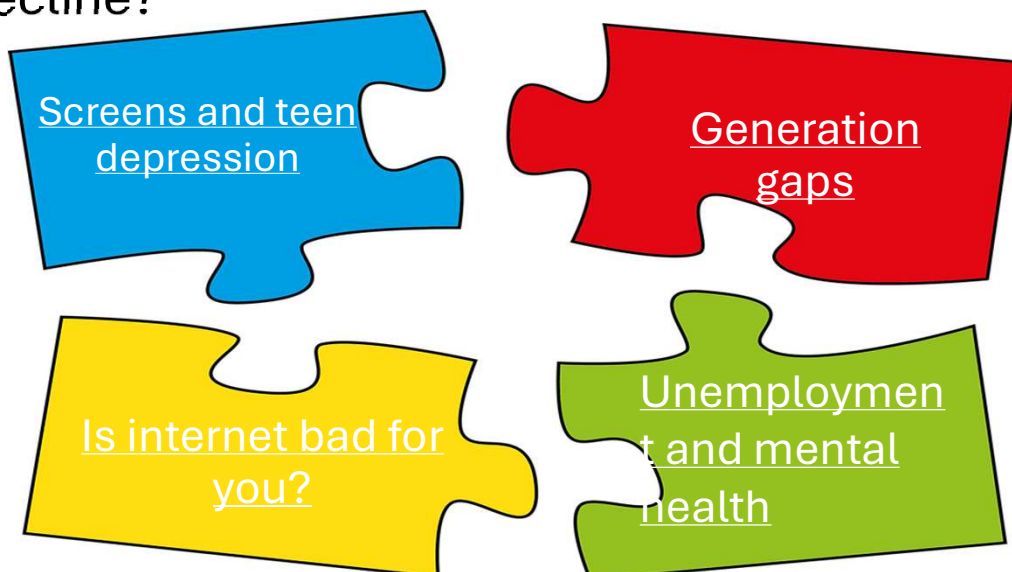
What factors contribute to the increase?



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3

Mosaic approach: what contribute to the decline?



4



What is the take home message from the different viewpoints in the mosaic activity?

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Intersectionality and mental health

- Crenshaw's concept of intersectionality of disadvantages (1989)
 - Move away from explaining experience as rooted in a person's identity to focus on a person at the intersection between gender and race experiences a unique form of disadvantage
 - Individual with multiple disadvantage therefore presents complex needs and experiences a range of unequal power relations (Bond-Taylor & Davies, 2020)
 - Services often designed to address singular forms of disadvantage: complexity may describe services as much as the service users



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Mental ill health and social exclusion in youth

- Youth's NEET status (not in education, employment, or training) is associated with older age, higher depressive symptomatology or distress, lower occupational and social functioning, and more substance use (Filia et al., 2022; O'Dea, Glozier, 2014)



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Help seeking behaviour in youth

- Filia et al (2022) Australian survey of 12-25 year-olds' help seeking (n=1107, 62% female)
 - Social exclusion associated with higher level of mental ill health, poor functioning and substance use
 - Social exclusion experienced across multiple domains
 - Therefore, highlights the importance of integrated mental healthcare



Social inclusion

- Education
- Employment
- Stable housing
- Perceived social support

Social exclusion

- NEET
- Poor housing
- Higher local deprivation
- LGBTQ+ status

Graph illustrates factors associated with social inclusions and exclusions

Note that youth in the LGBTQ+ group did not report higher level of deprivation indicators such as poor housing or NEET

However, they reported higher level of distress, depressive symptoms and more than twice of suicidal ideation

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Minority stress and mental health

- Meyer's (2003) minority stress theory was originally proposed to explain the higher prevalence and degrees of stress experienced by LGBTQ individuals due to stigma and marginalisation
- Data in the US and UK show those experience disadvantage are exposed to higher degrees of stressful experiences (Bell, 2017; Geronimus et al. 2006; Prior, 2021), the accumulation of which takes its toll on health and mental health
- Combined with studies that explore the intersectional impacts of social exclusion (Fillia et al., 2022; Sattler & Zeyen, 2021), mental health services should be integrated to address multiple disadvantages, otherwise disjointing services may further exacerbate marginalisation

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STIGMA

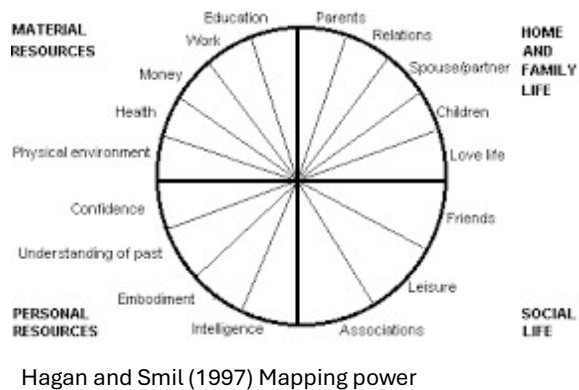
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Considering Filia et al's findings, what would the picture look like amongst young people who did not or unable to seek help?

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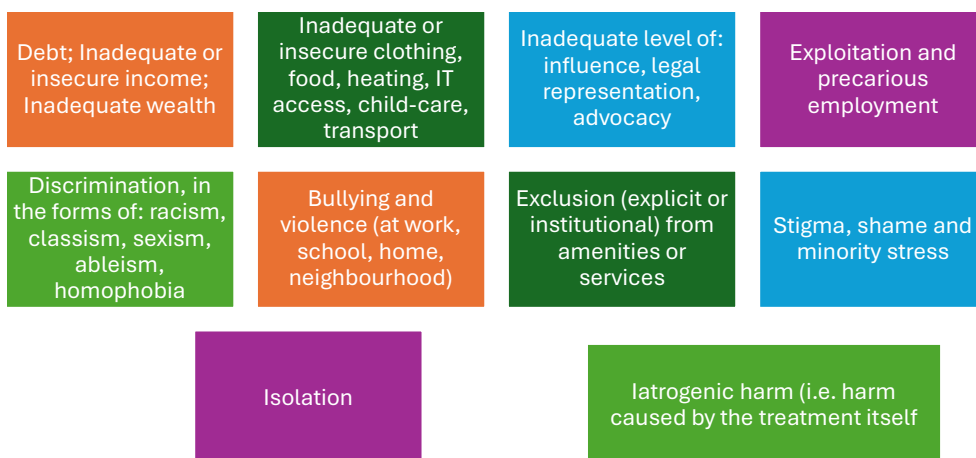
Social determinants of health (Hagan et al., 2022, p. 2): Protective factors



- Income/financial security
- Valued employment/roles/status
- Food security
- Housing quality and security
- Safe neighbourhood
- Quality of transport
- Quality of education (valuing diversity, retention, success)
- Quality of social networks and social support
- **Quality of mental health services (valued alternative to inpatient admission, valued alternative to remote/inappropriate statutory provision, attuned to diverse needs)**

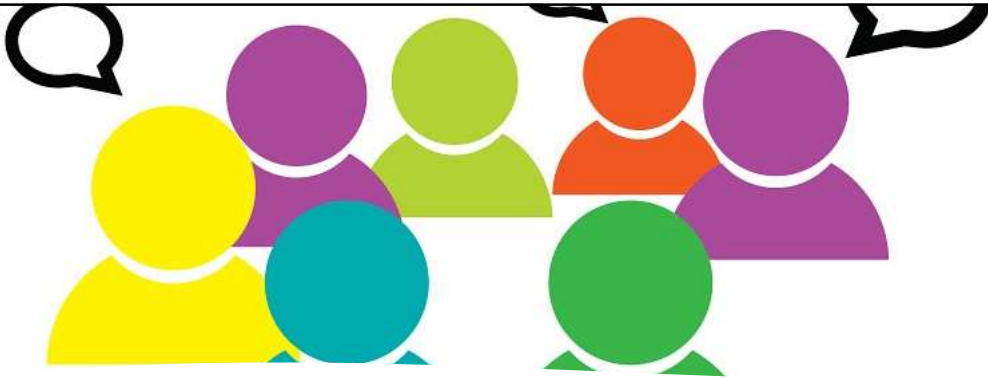
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Social determinants of health (Hagan et al., 2022, p. 2): Adverse factors



Audio — Project Twist-IT

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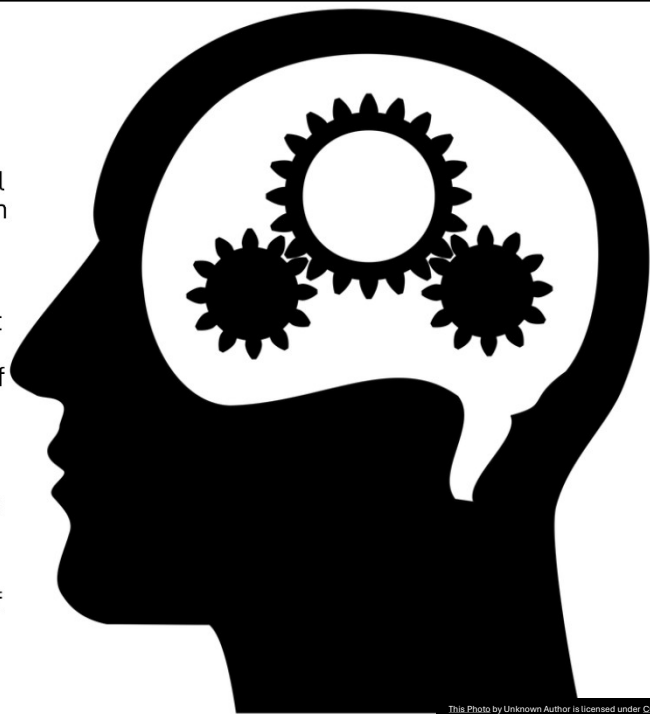
Communicating the social determinants of mental health to the general public

- How would you explain what these social determinants are to someone who are not familiar with the literature?
- Could highlighting the adverse factors lead to reduced stigma
- What is the toxic narrative of poverty (O'Hara, 2020)?

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- Hagan et al (2022) argue for future research to examine the psychosocial pathways leading to poor outcomes in mental health
- The need to frame the message about the social determinants of health carefully to avoid the toxic narrative of poverty.
- "Social inclusion is focused on ensuring that all citizens have equal opportunity and access to participate as full citizens in our society" (Bond-Taylor & Davies, 2020, p.316)
- Social inclusion is harder to achieve if we over emphasis on using individualised approaches

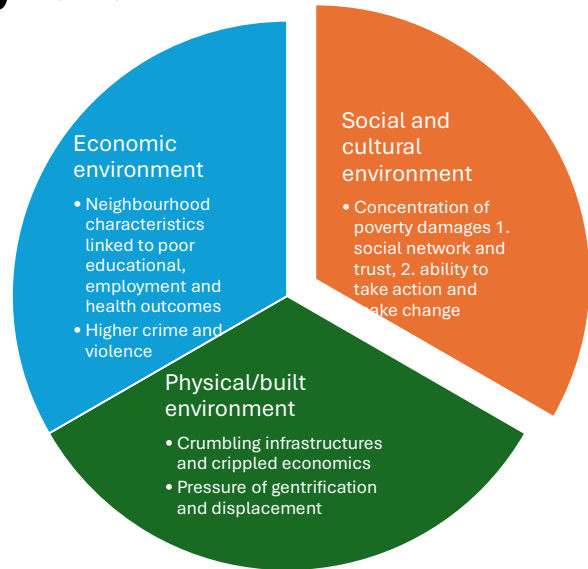


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Inequalities: symptoms of trauma also presented at community level

- Davis, Pinderhughes and Williams (2016) advocate moving beyond individualised to community-based approaches to address mental health issues
- The wider perspective of environment in which health inequalities occur should be fully considered
 - There are three different inter-related aspects of environment as shown in the graph on the left



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Inequalities can be exuberated by societal wide adverse events such as COVID

- How people in the UK experienced the crisis largely depends on their life situation before the lockdown (Fancourt & Bradbury, 2021)
 - Affected more on ethnic minorities, those financially more vulnerable and those from lower SES, children with educational needs and young people (Fancourt & Bradbury, 201 in the UK; Ruiz et al., 2020 globally)



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Mental Health on Social Media

Positive effects

- Platform for raising awareness (Berry et al., 2017; Ju et al., 2023)
- Opening communication and sharing authentic discussion on mental health issues (Issaka et al., 2024)
- Building an online community (Gallagher, 2021)
- The narratives shared draw attention to practical challenges faced by individuals
- Increased access to useful resources

Negative effects

- Vertical concept creep: normalising mental health issues (Chan & Stirling, 2010)
- Young people glamorising and romanticising mental health issues on social media (Issaka et al., 2024; Jadayel et al., 2017)
- Misinformation furthers societal misconception of mental health
- Commercialisation of mental health (Issaka et al., 2024)

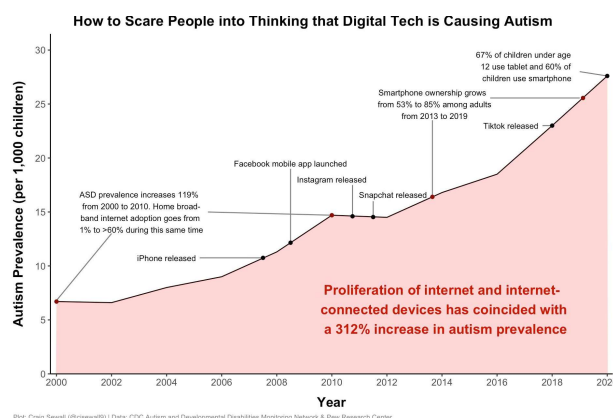
“TikTok is like if you breathe through your nose you have adhd, autism and bipolar. CAN we stop romanticizing mental health disorders? You have bpd because the clock app told you so? It’s crazy how many TikTok’s I’ve seen of people romanticizing mental health issues...like girl it ain’t cute/trendy to have them... Between therapy becoming a trend and TikTok romanticizing mental health y’all have all the language but none of the tools “(Issaka et al., 2024, p. 10)



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How a tech panic is born about the cause of autism (Techdirt, 2024)



Techdirt plotted the increasing prevalence of autism in recent years against the rise of internet and internet-connected devices, recreating the ‘evidence’ used by Twenge’s claim that the increase of adolescents’ mental health issues coincided with popularity of internet-connected devices (Twenge et al., 2018; Twenge and Campbell, 2019). Twenge’s findings caused widespread media attention.

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Antipsychiatry a thing of the past?

What does antipsychiatry oppose to in psychiatric practice?
Is antipsychiatry anti-medication?
Is the movement still relevant today?

What are the alternatives to psychiatric treatments?

<https://412teens.org/qna/.images/anti-depressants-700px.jpg>



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Traditional Psychotherapy

“...diverse range of psychotherapy guided by myriad theoretical perspectives or a combination of such models are practiced” (Cook, Schwartz and Kaslow, 2017, p. 539).

The need to incorporate psychosocial perspective in our conceptualisation of mental health became increasingly significant in recent years



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The basic assumptions, goals and methods of psychotherapy (Martin and Carlson, 2023)

Type of therapy	Basic assumptions	Primary goals	Typical method of analysis or intervention
Psychoanalysis	Behaviour is motivated by intrapsychic conflict and biological urges	To discover the sources of conflict and resolve them through insight	Free association, dream interpretation, interpretation of transference, resistance, memory, and manner of speech
Psychodynamic	Behaviour is motivated by both unconscious forces and interpersonal experiences	To understand and improve interpersonal skills	Interpretation of transference and modification of client's inappropriate schemata about interpersonal relationships
Humanistic and Gestalt	People are good and have innate worth	To promote personal growth and self-actualisation and to enhance client's awareness of bodily sensations and feelings	Reduce incongruence through reflection, empathy, unconditional positive regard and techniques to enhance personal awareness and feelings of self-worth
Behavioural and cognitive behavioural	Behaviour is controlled largely by environmental contingencies, people's perception of them, or their combination	To change maladaptive behaviour and thinking patterns	Manipulate environmental variables, restructure thinking patterns and correct faulty thinking or irrational beliefs
Family/couples	Problems in relationships entail everybody involved in them	To discover how interactions influence problems in individual functioning	Analysis of patterns of family/couple's interaction and how others reinforce maladaptive and adaptive thinking and behaving

Lilienfeld, S. O., Ritschel, L. A., Lynn, S. J., Cautin, R. L. and Latzman, R. D. (2014) Why ineffective psychotherapies appear to work. *Perspectives on Psychological Science*, 9, 355–87.

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Evidence-based psychotherapy

- Traditional psychotherapy in decline while medication use is on the rise (Gaudiano & Miller, 2013)
 - Evidence-based psychotherapy was to address the tension between psychotherapy and medication
 - Clinical Psychology Review (a journal) presented a special issue on evidence-based therapy research and practice (2013)
- Challenges to evaluate traditional therapeutic effectiveness due to its wide range of theoretical underpinning and practice
- Data on effectiveness tend to be more of a qualitative kind, therefore difficult to generalise across different groups, while evaluation designs such as randomised trials may still pose problems



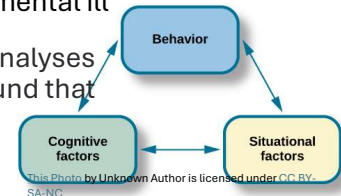
Apple or pear?

Non-therapeutic factors leading to a client's subjective judgement of their psychotherapy being effective include placebo effect, compliance bias effect, effort justification and initial misdiagnosis (Lilienfeld et al, 2014)

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Evidence-based treatments for mental health

- Research funding climate change (Cook, Schwartz and Kaslow, 2017; Gaudiano & Miller, 2013)
 - increasing use of pharmacotherapy and decreasing use of psychotherapy
 - increasing influence of evidence-based medicine in shaping mental health practices
 - increasing promotion of biomedical explanations and the medicalization of mental health treatment
 - the decreasing funding available from government and private agencies for developing and testing novel and traditional psychotherapies
- Led to therapeutic approaches such as cognitive behaviour therapy became the gold standard in psychotherapy and 'scientifically' informed counterweight to biologically based approach to treatments and interventions for mental ill health
 - Effectiveness of CBT widely established in research and meta-analyses
 - Cuijpers et al (2021) and Cuijpers et al (2023) on depression found that CBT is effective but not superior to other intervention



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