



BMHP6006 Week 9

1

Plan for today

Intersectionality
of mental
health

Is our mental
health in
decline

Anti-psychiatry
movement



2

What have you learned from the debate assignment?

- What does 'to be included' mean?

3

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
- "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)

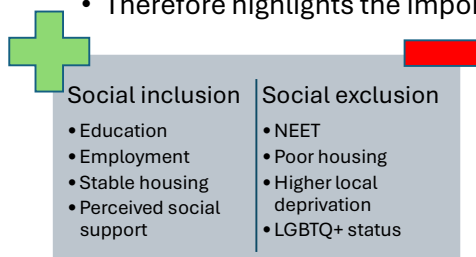


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4

Mental ill health and social exclusion

- NEET (Filia et al., 2022; O'Dea, Glozier, 2014), 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) Australian survey: 12-25 year-old helping seeking youth (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



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

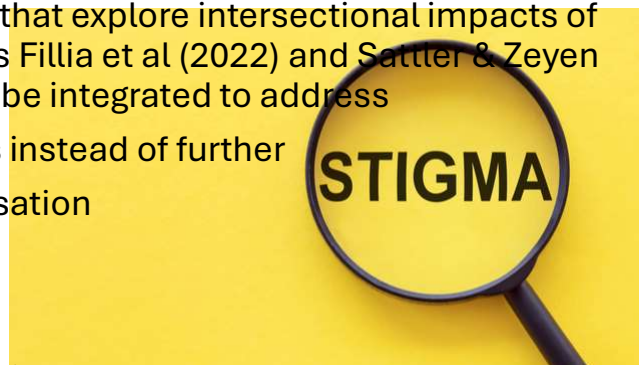
However, they reported higher level of distress, depressive symptoms and more than twice of suicidal ideation

Remember the minority stress theory (Meyer, 2003)?

5

Minority stress and mental health

- Meyer's (2003) minority stress theory originally proposed to explain the higher prevalence due to stigma and marginalisation
- Combined with studies that explore intersectional impacts of social exclusion such as Filia et al (2022) and Sattler & Zeyen (2021), services should be integrated to address multiple disadvantages instead of further exacerbating marginalisation



https://drivingmomcrazy.com/wp-content/uploads/2021/10/shutterstock_1889139931-1.jpeg

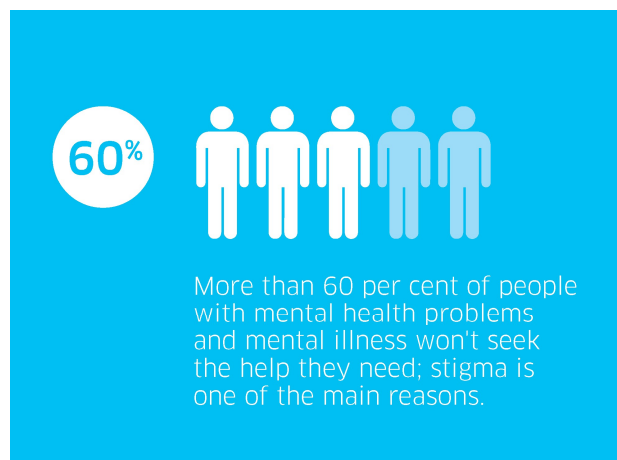
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Considering Filia et al's findings, what would the picture look like amongst young people who did not or unable to seek help?

7

Is our mental health in decline?



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8

Mosaic approach: Is our mental health in decline?

Concept Creep
(Psychology
Today)

Screens and
teen
depression

Generation
gaps

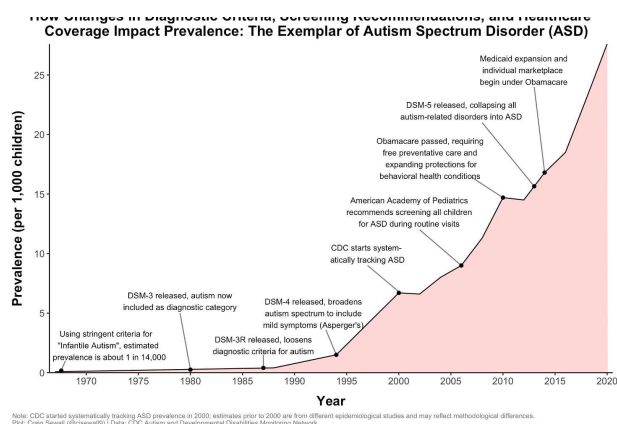
Is internet bad
for you?

Unemployment
and mental
health

9

More about the concept of concept creep (Haslam, 2016)

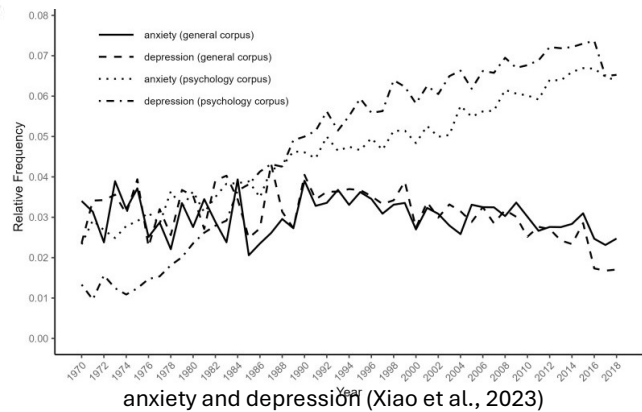
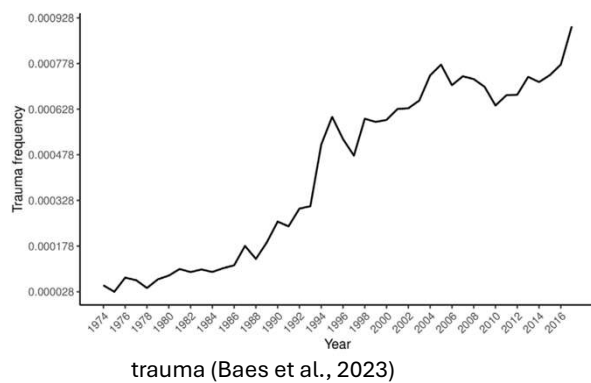
- Concepts related to harm have been broadened in the past decades
 - Revisions of DSM and ICD show increasingly varied and broad coverage of mental health conditions
 - Horizontal creep by semantic expansion: indicating more awareness but more pathologising emotions and experiences
 - Stop bullying me
 - I was traumatised
 - Vertical creep by diluting the severity of emotion: trivialising the experience
- Graph charts the prevalence of autism across time and changes in DSM in its definition of autism (Techdirt, 2024)



10

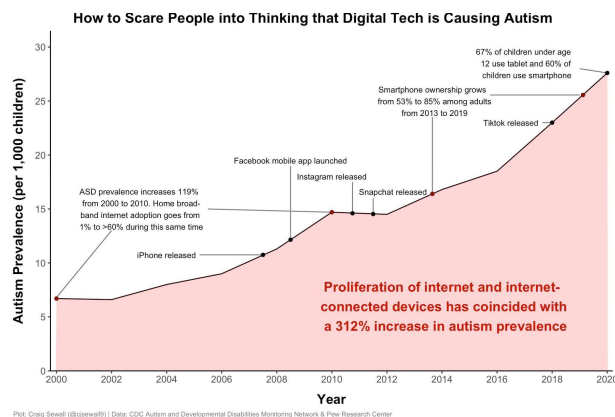
Graphs showing horizontal concept creep on trauma (Baes et al., 2023) and anxiety and depression (Xiao et al., 2023)

Figure 5. Relative Frequency of the Trauma Concept in the Psychology Corpus Over the Study Period



11

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.

12

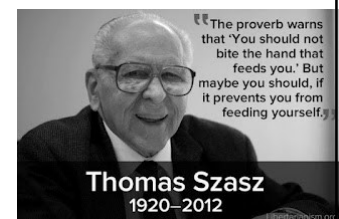
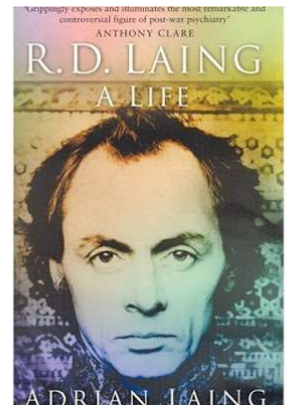


What is the take home message from the different viewpoints in the mosaic activity?

13

Antipsychiatry movement

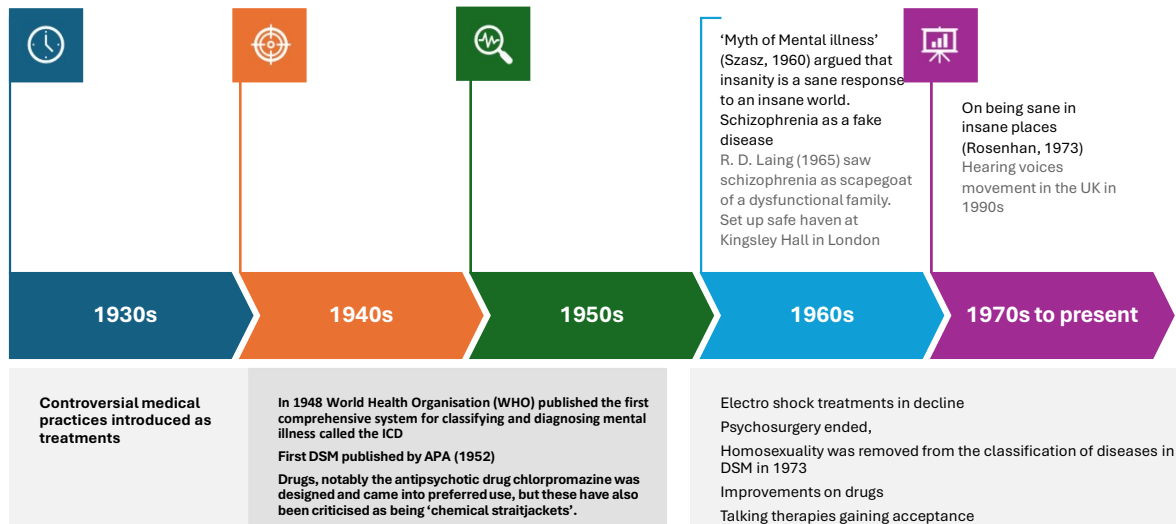
- A movement in the 60s that challenged the validity of psychiatric categories, diagnostic practices and common forms of treatment (Whitely, 2012)
 - Critical of inhuman treatments and institutionalisation some patients
- Please note 1) the consequences of some of the ideas (next slide) as part of the movement on patients' attitudes towards medication and treatments and 2) the impacts on how mental health was understood



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14

Medical timeline and antipsychiatry movement across time



15

Hearing voices movement



Is the hearing voices normalising auditory hallucinations?
What are the consequences of normalising such experience?

16

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>



17

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).



18

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.

19

Measuring therapeutic effectiveness

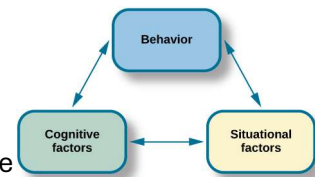
- Challenges to evaluate traditional therapeutic effectiveness due to its wide range of theoretical underpinning and practice
- Data on effectiveness tend to be more of a qualitative kind, therefore difficult to generalise across different groups
- Lilienfeld et al (2014) put forwards many effects that led to a client's subjective judgement of their psychotherapy being effective, for example, placebo effect or compliance bias effect, effort justification and initial misdiagnosis



20

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)
- Research funding climate change (Cook, Schwartz and Kaslow, 2017; Gaudiano & Miller, 2013) led to therapeutic approaches such as cognitive behaviour therapy becoming a flagship of evidence-based psychotherapy and a 'scientifically' informed counterweight to biologically based approaches in treatments and interventions for mental ill health
 - This approach biased towards CBT and other approaches, while the evaluation methods such as randomised trials may still pose problems
- The need to incorporate psychosocial perspective in our conceptualisation of mental health became increasingly significant in recent years



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21



22