Group therapy gives clients the opportunity to meet with and learn from other people who have similar problems.

Psychiatric Mental Health Clients

- Psychiatric mental health clients are everyday, ordinary people.

Factors Impacting Mental Health and Mental Illness

- Biological
- Mental Illness or Mental Health
- Social
- Cultural
Mental Disorder Characteristics

- Distress
- Disability
- Risk

DSM-IV-TR

- Identifies
- Standardizes
- Categorizes

Figure 1.1 Nonconforming behavior or appearance that flouts social norms is an example of social deviance—not evidence of psychopathology or abnormal behavior. Source: PhotoEdit Inc., Michael Newman.
Deviance

- Is it bad?
- Bizarre in one cultural context; acceptable in another?
- Deviant political, religious, or sexual behavior
  - Mental disorder: yes or no?

What do these terms mean?

- Berserk?
- Crazy?
- Insane?
- Lunacy?
- Nervous
- Breakdown?
- Melancholy?

History

- Understanding and approaches to “madness” throughout history were influenced by:
  - Social attitudes
  - Philosphic viewpoints
Historical Approaches

● Era of Magico-Religious Explanations
  – Superhuman forces
  – Violation of taboos
  – Neglect of rituals
  – Loss of soul
  – Witchcraft

Historical Approaches - continued

● Era of Organic Explanations
  – Imbalance in the body’s humors (Hippocrates, 4th century BCE)

Historical Approaches - continued

● Era of Alienation
  – Social exclusion
  – Imprisonment
  – “Ships of fools”
  – “Lunacy”
Figure 1.4  Moonstruck women dancing in a 17th-century square. This activity is the source for the word lunatic. Source: Philosophical Library.

Historical Approaches - continued

- Era of Alienation
  - The exception: Arab belief was that the insane were divinely inspired.

Figure 1.5  A ward in Bethlehem Hospital about 1745. A patient is being chained in the foreground, and in the background are two Sunday visitors on an entertainment outing. Source: Philosophical Library.
Historical Approaches - continued

- Era of Confinement
  - Confined
  - Beaten and tortured
  - Enormous asylums:
    - Hôpital Général
    - St. Mary of Bethlehem

Figure 1.6 A landmark event—Philippe Pinel unchaining the insane in the Bicêtre Hospital in Paris. Source: Photo Researchers, Inc., Charles Ciccione.

Historical Approaches - continued

- Era of Moral Treatment
  - Emergence of reform
Historical Approaches - continued

- Era of Moral Treatment
  - Reform leaders:
    - William Cullen
    - Philippe Pinel
    - William Tuke
    - Benjamin Franklin
    - Benjamin Rush

Figure 1.7 Benjamin Rush, the "father of American psychiatry" and an idealist and humanitarian, nevertheless favored physical theories such as "excitement of the brain" to explain mental illness. He was preoccupied with somatic treatments such as bleeding and purging and developed the tranquilizing chair to quiet the insane. Source: Philosophical Library.
Historical Approaches - continued

- Era of Psychoanalysis
  - Sigmund Freud

Historical Approaches - continued

- Contemporary Developments
  - Social dimensions
  - Brain dysfunction
  - Neurochemical
  - Medication therapy

21st Century Research

- Bases for mental disorders
- Psychotropic medications
- Role of nutrients, biology, and genetics


## Mental Disorder Statistics

- High incidence with physical illness
- Account for 47% of all disability in economically developed countries
- Account for 28% of all disability worldwide

### Table 1.2 Prevalence Rates for Various Mental Disorders

<table>
<thead>
<tr>
<th>Mental Disorder</th>
<th>Women 1-year</th>
<th>Women Lifetime</th>
<th>Men 1-year</th>
<th>Men Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phobic disorder</td>
<td>12.9</td>
<td>17.8</td>
<td>6.3</td>
<td>10.4</td>
</tr>
<tr>
<td>Alcohol abuse/dependence</td>
<td>2.2</td>
<td>4.6</td>
<td>11.9</td>
<td>23.8</td>
</tr>
<tr>
<td>Major depression</td>
<td>4.0</td>
<td>7.0</td>
<td>1.4</td>
<td>2.6</td>
</tr>
<tr>
<td>Antisocial personality</td>
<td>0.4</td>
<td>0.8</td>
<td>2.1</td>
<td>4.5</td>
</tr>
<tr>
<td>Obsessive-compulsive disorder</td>
<td>1.9</td>
<td>3.2</td>
<td>1.4</td>
<td>2.0</td>
</tr>
<tr>
<td>Panic disorder</td>
<td>1.2</td>
<td>2.1</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>1.1</td>
<td>1.7</td>
<td>0.9</td>
<td>1.2</td>
</tr>
<tr>
<td>Bipolar mood disorder</td>
<td>0.8</td>
<td>0.9</td>
<td>0.6</td>
<td>0.7</td>
</tr>
</tbody>
</table>

Table 1.2 Prevalence Rates for Various Mental Disorders

### Table 1.3 Leading Causes of Mental Disability Worldwide

<table>
<thead>
<tr>
<th>Mental Disorder</th>
<th>Percent of Total Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Unipolar major depression</td>
<td>10.7</td>
</tr>
<tr>
<td>4. Alcohol use</td>
<td>3.3</td>
</tr>
<tr>
<td>6. Bipolar disorder</td>
<td>3.0</td>
</tr>
<tr>
<td>9. Schizophrenia</td>
<td>2.6</td>
</tr>
<tr>
<td>10. Obsessive-compulsive disorders</td>
<td>2.2</td>
</tr>
</tbody>
</table>

Table 1.3 Leading Causes of Mental Disability Worldwide
Mental Health Studies

- Epidemiologic Catchment Area (ECA)
- Global Burden of Disease (WHO)
- U.S. Surgeon General’s Report
- Healthy People 2010

Healthy People 2010

- Adolescent suicide rate
- Homeless adults with serious mental illness (SMI)
- Relapse with eating disorders
- Mental health screening
- Treatment issues: Children and adults

Healthy People 2010 - continued

- Screening in juvenile justice
- Jail diversion programs for SMI
- Cultural competence issues
- Services for older adults: crisis intervention, screening, treatment
- Employee stress in the workplace
Healthy People 2010 - continued

- **Healthy People 2010**
  - [www.dhhs.gov](http://www.dhhs.gov)
  - [www.healthypeople.gov](http://www.healthypeople.gov)

Resources

- **http://www.mentalhelp.net**
  The mission of the MentalHelp.net website is to promote mental health and wellness education and advocacy. Access articles on a variety of mental disorders.

- **http://www.nami.org**
  The National Alliance on Mental Illness is the largest grassroots organization in the U.S. for people with mental illness and their families. The NAMI site provides current information about specific mental disorders. Search by topic.

Resources - continued

- **http://www.nlm.nih.gov**
  Visit this link to access the many current, reliable resources on mental health and illness available from the National Library of Medicine.

- **http://www.surgeongeneral.gov/library/mentalhealth/**
  Mental Health: A Report of the Surgeon General asserts that mental illness is a critical public health problem that must be addressed by the nation.