CHAPTER 1

Mental Health and Mental Illness

Mental Health

- What are some of the attributes associated with mental health?
- 1.
- 2.
- 3.
- 4.

2

Traits of Mental Health

- Ability to
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.

3

Case Study

- Mrs. M is your neighbor. She works full time and is dealing with a troubled teenage son and her elderly parents. She confides in you that she "can't deal with her life right now."

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Case Study (Cont.)

- How could you assess her mental health?

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Mental Illness

- Disorders with…
- Significant dysfunction in mental functioning related to
  - 1.
  - 2.
  - 3.
- Culturally defined

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Resilience

- Ability and capacity to secure resources needed to support well-being
- Characterized by
  - 1.
  - 2.
  - 3.
- Essential to recovery

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Diathesis-Stress Model

- **Diathesis –**

- **Stress –**

- Most accepted explanation for mental illness

- Combination of genetic vulnerability and negative environmental stressors

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Case Study (Cont.)

- Returning to the problem of your neighbor, Mrs. M, who is having difficulty coping with a full-time job, teenage son, and elderly parents, what about your neighbor's behavior might indicate a mental illness?

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Social Influences on Mental Health Care

- ▫ Consumer/recovery movement
- ▫ NAMI…
- ▫ Decade of the brain
- ▫ New Freedom Commission on Mental Health
- ▫ Mental Health Parity Act

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Epidemiology of Mental Disorders

- ▫ Study distribution of mental disorders
  - Identify high-risk groups
  - Identify high-risk factors
- ▫ Incidence
- ▫ Prevalence

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Clinical Epidemiology

- ▫ Groups treated for specific mental disorders studied for
  - Natural history of illness
  - Diagnostic screening tests
  - Interventions
- ▫ Results used to describe frequency of
  - Mental disorders
  - Symptoms appearing together

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DSM-5

▢ The *Diagnostic and Statistical Manual of Mental Disorders,* 5th edition

▢ Official medical guidelines of the American Psychiatric Association for diagnosing psychiatric disorders

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ICD-10-CM

▢ International Classification of Diseases
▢ Clinical descriptions of mental and behavior disorders
  ▪ 2 broad classifications
  ▪ Subclassifications

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Psychiatric Technicians

▢ Employ purposeful use of self
▢ Use nursing, psychosocial, neurobiological theories and research
▢ Work with people throughout the life span
▢ Employed in a variety of settings

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NANDA-I

▣ The North American Nursing Diagnosis Association International

▣ (NANDA-I) describes a *nursing diagnosis* as a clinical judgment about individual, family, or community responses to actual or potential health problems and life processes.

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Levels of Psychiatric Nursing Practice

▣ Basic Level
▣ Advanced Practice
▣ Each has clearly defined roles

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Future Challenges and Roles

▣ 1.
▣ 2.
▣ 3.
▣ 4.
▣ 5.

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Audience Response Questions

1. A person has a high level of resilience. Which other characteristic would the nurse expect this person to have?

    A. Optimism
    B. Patriotism
    C. Aggressiveness
    D. Depressed affect

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Audience Response Questions

2. Which of these mental health problems has the highest annual prevalence in the United States?

    A. Schizophrenia
    B. Alzheimer's disease
    C. Major depressive disorder
    D. Generalized anxiety disorder

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