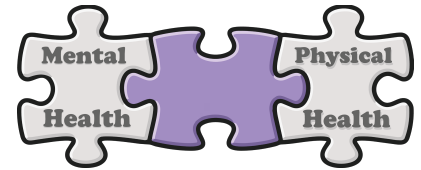
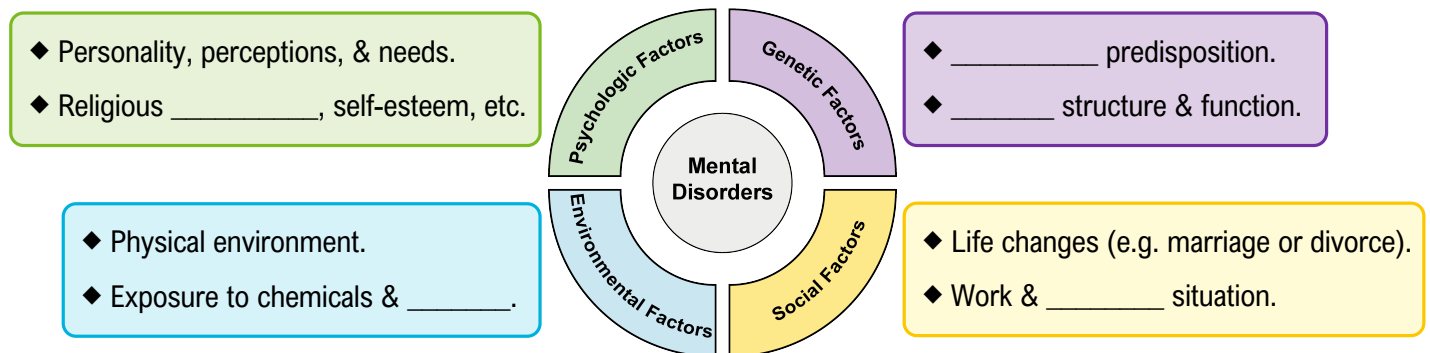


CONCEPT: OVERVIEW OF MENTAL HEALTH

Mental Health and Mental Disorders



- ◆ **Mental Health:** Combination of emotional, psychological, and social well-being.
 - Affects how we _____, handle stress, relate to others, and make _____.
 - Connected to physical health: Depression can contribute to _____ health conditions.
- ◆ **Mental Disorder:** Clinically significant _____ in cognition, emotional regulation, and/or behavior.
 - Leads to distress and/or impairment of occupational, social, and other functions.
 - Exact cause of mental disorder is generally not known, possible factors include:



EXAMPLE

Identify each of the following statements as either true (T) or false (F).

- a) _____ Mental disorders can affect physical health and can lead to chronic diseases.
- b) _____ Mental disorders can only lead to impairment if they are permanent.
- c) _____ Genetic predisposition and brain chemistry can lead to mental disorders.
- d) _____ Many mental disorders can be tied to a single health determinant/factor.

CONCEPT: OVERVIEW OF MENTAL HEALTH

Diagnosis of Mental Disorders

- ◆ In the U.S., DSM-5 is the standard diagnostic manual used for _____ mental disorders.
 - Identifies _____ of mental disorders.
- ◆ Mental health issues are mainly diagnosed by psychiatrists and psychologists.
 - In addition to DSM-5, specially designed _____ and assessment tools are used.



Diagnostic & Statistical Manual of Mental Disorders, 5th Edition

Psychiatry

- ◆ **Psychiatry:** Branch of _____ that deals with study, diagnosis, & treatment of mental disorders.
 - **Psychiatrist:** Medical _____ who specializes in care of patients with mental, emotional, or behavioral disorders.



Psychology

- ◆ **Psychology:** Study of human _____ and behavior.
 - **Psychologist:** Not a _____ doctor but has an advanced degree in a specific field of psychology (e.g., clinical).



EXAMPLE

Which of the following statements is true about the diagnosis of mental disorders?

- Mental disorders are primarily diagnosed using blood tests and brain imaging.
- The DSM-5 is a diagnostic manual that identifies categories of recognized mental disorders.
- Only psychiatrists and psychologists are qualified to diagnose mental disorders.
- Psychology is a branch of medicine that focuses on the study of human mind and behavior.





CONCEPT: OVERVIEW OF MENTAL HEALTH

Treatment of Mental Disorders: Drug Therapy

◆ Three basic forms of treatment are:

- 1. Drug Therapy
- 2. Psychotherapy
- 3. Electroconvulsive Therapy (ECT)

◆ There are ___ main types of drugs.

	Antidepressants Used to treat depression and anxiety disorders.
	Anti-Anxiety Treat anxiety disorders, often used as _____ or hypnotics.
	Antipsychotics Used to treat schizophrenia, bipolar disorder, & _____.
	Mood Stabilizers Mainly used to treat _____ disorder.

EXAMPLE

Match each mental disorder with a class of medication that is most likely used to treat it.

1) Major depressive disorder.	_____
2) Schizophrenia.	_____
3) Bipolar disorder.	_____
4) Anxiety disorders.	_____

- a) Mood stabilizers.
- b) Anti-anxiety drugs.
- c) Antipsychotics.
- d) Antidepressants.

CONCEPT: OVERVIEW OF MENTAL HEALTH

Treatment of Mental Disorders: Psychotherapy

- ◆ Method of treating mental disorders using psychological techniques.
 - Involves _____, interpreting, listening, rewarding, and role-playing.
 - Performed by a psychologist, psychiatrist, social worker, or counselor.

1. Cognitive-Behavioral Therapy (CBT)

Cognitive Component Helps to:

- ◆ Change _____ patterns.

Cognitive Component Helps to:

- ◆ Change _____ to anxiety-provoking situations.

- ◆ Helps people confront & overcome their _____.

2. Family & Group Therapies

- ◆ **Family Therapy:** Involves an _____ family.
- ◆ **Group Therapy:** Involves a group of people with _____ problems.

3. Play & Art Therapies

- ◆ **Play Therapy:** A child uses _____ to express thoughts & feelings.
- ◆ **Art Therapy:** A child expresses feelings through _____.

4. Hypnosis

- ◆ An altered state of _____, usually induced artificially.
 - Helps in therapy by lessening mind's unconscious _____.

5. Psychoanalysis

- ◆ Obtains a detailed account of past and present mental & emotional experiences.
 - Attempts to reveal & resolve unconscious _____.

EXAMPLE

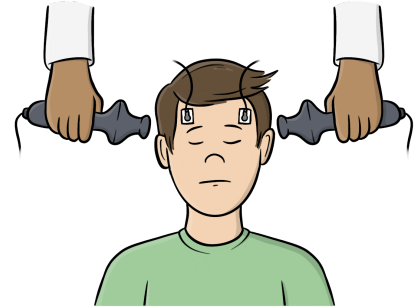
Match each of these descriptions with the correct type of psychotherapy.

1) Uses toys to help children express their feelings symbolically.	_____	a) Psychoanalysis. b) Group therapy. c) Play therapy. d) CBT.
2) Focuses on resolving unconscious conflicts through long-term analysis.	_____	
3) Helps individuals change thinking patterns and modify reactions to certain situations.	_____	
4) Involves guiding group interactions among people with similar mental disorders.	_____	

CONCEPT: OVERVIEW OF MENTAL HEALTH

Treatment of Mental Disorders: Electroconvulsive Therapy (ECT)

- ◆ Uses an electric shock to produce brief (about ____ seconds) convulsions.
 - Given to individuals with severe or life-threatening depression.
 - Especially those who can't take antidepressants.
- ◆ For maximum benefits, typically ____ sessions per week are required.



EXAMPLE

Based on the descriptions below, identify the individual most likely to receive electroconvulsive therapy.

- a) A young female whose depression improves with antidepressants and weekly CBT sessions.
- b) An individual who experiences sudden panic attacks in crowded places but responds well to anti-anxiety medication.
- c) A middle-aged male with severe depression who doesn't respond well to psychotherapy and medication.
- d) A young male with symptoms of bipolar disorder effectively managed by mood stabilizers and antipsychotics.

PRACTICE

Which of the following statements about mental disorders, their diagnosis, and treatment is true?

- a) Mental disorders are short-term emotional disturbances that rarely interfere with social or occupational functioning.
- b) Most mental disorders can be accurately diagnosed using brain imaging and blood tests.
- c) Almost every mental disorder can be attributed to a neurological condition and can be treated with medications alone.
- d) Mental disorders affect an individual's cognition, emotion regulation, or behavior, and require multiple tools for accurate diagnosis.