

IMED2200 EXAM NOTES

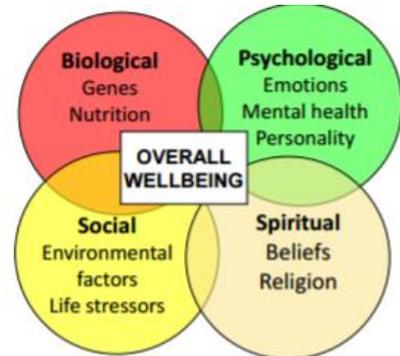
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Normality, Abnormality and Mental Illness

Health

- A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
- Can be regarded as a commodity b/c even though it cannot be bought, treatment and preventions can be bought e.g. food, medications, clean water
- Everyone is endowed with certain rights or entitlements, like health care, by virtue of being human
 - o USA: 25% of people without health insurance
- **Mental health:** a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community
- Bio-psycho-social-spiritual model of health: interconnected biological, psychological, social, and spiritual model of health which in combination impact holistically on wellbeing



Normality

- Having psychological characteristics shared by the majority of people in a population at a given time.
 - o Can be ideal: striving toward self-realisation and self-improvement
 - o Can be level of adjustment: ability to cope with life and fulfil social roles and goals expected by the culture and society
- Perception of normality changes across time and space lines: lifespan, generations, cultures, situations
- **Recovery model:** promoted as a guide for pt-centred mental health care + indicator of successful psychiatric rehab and social reintegration
 - o Proposals: meaningful life, strengths and weaknesses, hope, self-management, social role, personal identity
 - o Pt is recovered when free from symptoms medications and doctors

Characteristics of a normal person

- Efficient perception of reality – realistic view of our own strengths and weaknesses
- Self-knowledge – understanding why we do things and have certain emotions
- Ability to control behaviour and impulsivity
- Having self-esteem – knowing our value and feeling happy without achievements
- Ability to form close relationships
- Being productive – channelling energy into work and social life

Abnormality

- Deviations from social norms, maladaptive behaviours, personal distress
- NOTE: cultural relativity – normal and abnormal differs between cultures, leads to double standards

Mental Illness

- A person has a mental illness if the person suffers from a disturbance of thought, mood, volition, perception, orientation, memory that impairs judgement or behaviour to a significant extent
 - o Diagnosed through inclusion/exclusion technique
- Psychiatric diagnosis: a statement specifying required symptoms and signs, their onset, duration, reaction to treatment and possible outcome.
 - o Main purpose: communication, reliability – questionable, validity – not based on sound scientific data, utility – divided views