

Mental Health

Lecture 1 - Mental Health and Mental Disorders

Mental Health

- Capacity of individuals to behave in ways that promote well-being
- State of emotional and social well-being
- Can cope with normal stresses of life
- Work productively

Mental Disorders

- Clinically recognizable set of symptoms & behaviors that cause distress & impair ability to function as usual
- Classified by
 - o ICD - 10 (International Classification of Disease - Version 10)
 - o DSM - 5 (Diagnosis & Statistical Manual of the American Psychiatric Association)
- Defined by
 - o Distress to self or others (K10 Scale)
 - Excessive anxiety
 - Depression & hopelessness
 - o Dysfunction
 - Phobias (distress)
 - Pathological gambling (pleasure)
 - o Deviance
 - Statistical deviance - intellectual disability
 - Deviance from social norms - sexual preferences / paraphilias

Biological Perspective

- History: due to imbalance in 4 fluids
 1. Yellow bile
 2. Phlegm
 3. Blood
 4. Black bile
- 1. Genetic Influence
 - a. Family pedigree studies
 - b. Twin studies
 - c. Adoptive studies
- 2. Anatomical difference in brain
- 3. Difference in hormones

Overview of the Notes.

