Chapter 7: Mental Illness

Pre-science: what explanations were given for mental illness and how was it treated?

- possessed by the devil/a witch
- the mentally ill person had done something "bad" in his/her life and was now mentally ill as punishment
- treatment: provided by religious leaders/shamans
- treatment: placed in houses for the poor or in a few cases "madhouses"

In general, what is considered to be mental illness today?

- behavior that is considered unacceptable and incomprehensible (Weitz)
- a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day (National Alliance on Mental Illness)
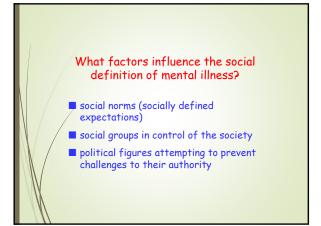- Depends on whether using a medical model or social model to define mental illness.

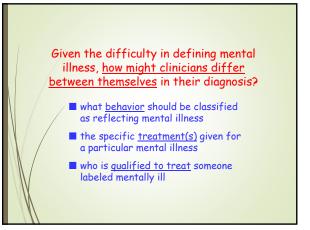**How would you guess the medical model differs from the social model of mental illness?**

Medical Model:

- there is a biological source but in some cases it is unknown
- mental health will get worse if untreated
- better to treat someone who appears to be mentally ill but is not, than to NOT treat someone who actually is mentally ill
- there are over 400 types of mental illness as outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM)

Sociological Model:

- the sociological model disagrees with some of the assumptions of the medical model
- mental illness reflects subjective social judgements as much as objective biological problems
- mental illness reflects a particular social setting or culture
- Persons labeled mentally ill may experience improvement without treatment
- Medical treatment for mental illness can sometimes be harmful to patients

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What factors influence the social definition of mental illness?

- social norms (socially defined expectations)
- social groups in control of the society
- political figures attempting to prevent challenges to their authority

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Given the difficulty in defining mental illness, how might clinicians differ between themselves in their diagnosis?

- what behavior should be classified as reflecting mental illness
- the specific treatment(s) given for a particular mental illness
- who is qualified to treat someone labeled mentally ill

Is mental illness more often found among women than men, or, men than women? If so, why might there be differences?

- many similarities between women and men
- females are more likely to be diagnosed with a mood disorder (depression and bipolar disorders)
- men with impulse-control (trouble controlling emotions or behaviors)
- depression higher among those with less control over their lives/work (e.g., non-working mothers; men with less power than wives; men out of work)

The APA's manual of mental illnesses includes an illness called Nicotine Dependence. It refers to persons who both want to stop smoking and who have tried unsuccessfully to stop smoking.

What do we mean by "medicalizing nicotine dependence"?

Describe a possible harmful consequence and a possible beneficial consequence of medicalizing the situation.

Harmful consequences of medicalizing Nicotine Dependence:

- Individuals may abuse the drugs provided (take more than prescribed) causing side effects
- May stigmatize those that smoke (and their families) as having a personal problem causing stress, depression
- Increases costs of insurance to cover costs of Drs., drugs, setting up treatment programs, etc.
- Takes up the physicians' time that could be directed toward more serious health issues
- People rely on drugs for cures instead of taking personal responsibility

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Beneficial consequences of medicalizing Nicotine Dependence:

- More likely to seek help and ultimately quit because it highlights the seriousness of smoking
- More people may quit and thus become healthier, money saved by not buying cigarettes
- Once medicalized, smokers can obtain insurance to pay for treatments, medications, doctors visits, etc.—easier to get help
- Improve one's self-esteem by stopping
- Laws passed to make it more difficult to get cigarettes; $ from taxes fund relevant research
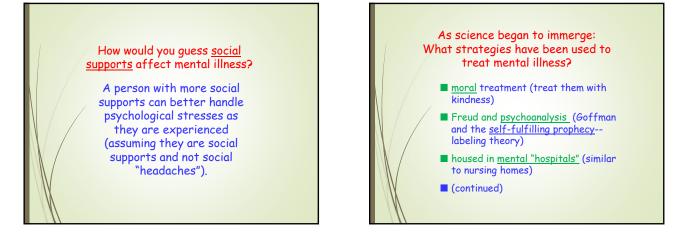- reduces "passive" smoke for non-smokers

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Are there differences in mental illness based on race or ethnicity?

- many similarities between racial and ethnic groups
- Caucasions more likely to display anxiety or mood disorders (depression/bipolar) than African or Hispanic Americans (no clear explanations for this)
- minority Americans more likely to experience psychological stress due to racism
- new Mexican immigrants have half the rate of mental disorders when compared to US-born Mexican Americans

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Are there differences in mental illness based on social class?

- greatest differences in mental illness found when considering social classes; as class goes up mental illness goes down
- social stress theory suggests that the stresses of low class cause mental illness (most popular theory)
- social drift theory—What would you guess this is?

suggests that persons who "drift" downward in social class did so because they were experiencing mental health problems

How would you guess <u>social supports</u> affect mental illness?

A person with more social supports can better handle psychological stresses as they are experienced (assuming they are social supports and not social "headaches").

As science began to immerge:
What strategies have been used to treat mental illness?

- <u>moral</u> treatment (treat them with kindness)
- Freud and <u>psychoanalysis</u> (Goffman and the <u>self-fulfilling prophecy</u>--labeling theory)
- housed in <u>mental "hospitals"</u> (similar to nursing homes)
- (continued)

- <u>deinstitutionalization</u> supposedly better by surrounding the mentally ill with "normal" people—but there were ulterior motives
  - 1955 to 1980, the resident population in those facilities fell from 559,000 to 154,000
- <u>Re-medicalization</u>, often involves a shift back toward medical explanations, treatments, or interventions for conditions that may have once been "de-medicalized" or treated with non-medical approaches.
  - Example: child birth was considered "natural" then medicalized, de-medicalized with mid-wives, but now being re-medicalized

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Why has it become more acceptable to seek help when one is having psychological problems (e.g., depression, aggressiveness)?

- it is more recognized that <u>most people</u> have psychological problems at one or more times in their lives
- some <u>role models/admired public figures</u> have sought help with psychological problems and have come forward to share their experiences

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Why do people attempt to avoid seeking help for psychological problems?

- <u>stigma</u> associated with being labeled mentally ill
- fear people will <u>reject or devalue</u> them (experience social isolation)
- <u>don't want to admit</u> being different from the norm—will cause depression, lowered self-esteem
- don't want to distress <u>family and friends</u>
- don't want to take the time, lacks value
- expense

What do people do to avoid being labeled mentally ill?

- avoid the situation causing the psychological problem (e.g., change jobs)
- take medications
- repress feelings

DDT (a pesticide/poison) and PCB (polychlorinated biphenyl once found in electronics/heat-transfer fluids) are banned but are still having negative effects on mental health of newborns.

What effects might these be?

- study conducted at Drexel University
- studied 1,144 infants born to mothers who were found to have been exposed to DDT and PCB (blood testing during second trimester)
- 545 (30%) of the infants were diagnosed with autism (roughly 1.4% of children nationally are diagnosed with autism)
- 181 had intellectual disabilities

What are GMOs—genetically modified organisms (e.g., a GMO plant)?

- A **GMO**, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified using recombinant DNA methods
- Example: gene splicing: The organism's DNA is cut and then combined with a piece of DNA containing the desired gene. The ends of the DNA pieces are designed to match, allowing them to "stick" together.

Are GMOs beneficial or dangerous and why?
Benefits:

- GMOs can be created with the purpose of improving health
- Example: A tomato has been engineered to produce higher levels of nutrients called anthocyanins, which have been shown to be protective against a wide variety of human diseases.
- Example: The Golden Rice Project seeks to bring vitamin-A enriched rice to market to help prevent nearly 500,000 cases of childhood blindness and 2 million deaths caused by vitamin-A deficiency in third world countries each year.

What are the dangers of GMOs?

- Some GMOs, when ingested, may cause health problems for humans
- Example: to protect plants from harmful insects, plants are genetically modified so that pesticides become part of the plant's makeup. These poisons become part of the plant that humans ingest.
- Example: More than 80% of all GMOs grown worldwide are engineered for herbicide tolerance. Herbicides are sprayed on plants to kill the weeds around them. The plants are genetically altered so they can absorb the poisonous herbicide and not die while the weeds do die. Humans subsequently eat the plants that have absorbed the herbicide.

Are GMOs banned by the U.S. and the European Union?

- Several countries in Europe have banned the cultivation of GMO plants (e.g., France, Germany) but not the use of them if they are imported (an exception is Russia which bans GMO imports). European countries allow GMO feed for animals.
- The U.S. government approves a GMO if scientific studies show it to be safe. The results of the studies have been questioned because the U.S. relies on results reported by the same corporations that create the GMOs and that profit from their sale.

Alzheimer's and Dementia,
show first 13 mins
(an example of a person who has
Alzheimer's following her over time)

https://www.youtube.com/watch?v=
1oLQz1vMmvk

(5.0% of people aged 65 to 74,
13.1% of people aged 75 to 84, and
33.3% of people aged 85 and older
have Alzheimer's dementia.)

Everything you think you know about addiction is wrong
(15 min)
https://www.youtube.com/watch?v=PY9DcIMGxMs

Listening to shame | Brené Brown (20 mins)
https://www.youtube.com/watch?v=psN1DORYYV0

**How To Trick Your Brain Into Falling Asleep | Jim Donovan | TEDxYoungstown
(sleep deprivation; 12:30)**

https://www.youtube.com/watch?v=A5dE25ANU0k

On-line: Are the kids alright: mental health of children today (57 minutes: start at: 3:40;
show first 15 minutes)
to Show in Class:
(copy into browser, will take you to UNT media lib where can request it on line)

http://iii.library.unt.edu/search~S6?/Xare+the+kids+alright&searchscope=6&SORT=DZ/X
are+the+kids+alright&searchscope=6&SORT=DZ&extended=0&SUBKEY=are+the+kids+alrig
ht/1%2C5%2C5%2CB/frameset&FF=Xare+the+kids+alright&searchscope=6&SORT=DZ&1%
2C1%2C

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https://www.youtube.com/watch?v=7TmcXYp8xu4
Are GMOs good or bad?

https://articles.mercola.com/videos.aspx

(describes problem with GMOs, large companies
manipulate the data to conclude the GMOs are safe;
Dr. Fagan's lab is independent of large food companies;
6:30)

https://www.youtube.com/watch?time_continue=323&v
=bA8dCPr5pXI

Recent study on GMOs

https://articles.mercola.com/videos.aspx

Scientific Problem with GMOs

https://www.youtube.com/watch?v=bco7rPyKwec

Genetically modified Samon

https://www.youtube.com/watch?v=sH4bi60alZU

Are GMOs bad?
www.mercola.com

(lists variety of films available)

Freud: The Hidden Nature of Man
(online:

http://iii.library.unt.edu/search~S6/X?SEARCH=(freud)&SO
RT=D

(start at 10:30 minute mark; 30 minutes long)

This Wealthy Woman Was Hanged
as a Witch for Speaking Her Mind
(scroll down to: "Hibbins faced multiple complaints from her neighbors" and wait, 3 minutes)

https://www.history.com/news/witc
h-trial-execution-anne-hibbins-
boston

A bizarre-witch-trial
(3 minutes long)

http://www.history.com/news/histor
y-lists/7-bizarre-witch-trial-tests

youtube: The Tuskegee Syphilis Experiment (show first 6 minutes)

https://www.youtube.com/watch?v=FFWiLKA-91s#t=41.751631

show first 6:00

Kahoot

https://create.kahoot.it/#login?next=