

High yield "1" Mental health and mental illness

Mental Health

Maslow's Theory

- Emphasizes motivation in the ongoing pursuit of self-actualization (reaching one's full potential).
- Proposes a hierarchy of needs, starting from basic needs.
- People may move up or down the hierarchy depending on life circumstances.

Mental Health (Modified Definition)

- Successful adaptation to stressors, both internal and external.
- Evidenced by age-appropriate thoughts, feelings, and behaviors.
- Must be congruent with cultural and societal norms.

Mental Illness

- **Incomprehensibility:** When behavior is not understandable to the general population.
- **Cultural Relativity:** What's considered "normal" varies by culture.
- Defined as maladaptive responses to stress, with:
 - Thoughts, feelings, and behaviors not fitting cultural norms.
 - Interference with social, occupational, or physical functioning.

Psychological Adaptation to Stress

Everyone shows signs of both mental health and mental illness at different times.

- Two main psychological responses to stress: anxiety and grief.

Anxiety

- Definition: Feeling of **discomfort** and apprehension, often with uncertainty and helplessness.
- Mild anxiety is adaptive and can motivate survival.
- Becomes problematic when it escalates and interferes with basic functioning.

Defense Mechanisms (Anna Freud)

- Ego uses them to protect against threats.
- Maladaptive use can lead to ego disintegration.

Condition	Characteristics	Examples
Neurosis	<ul style="list-style-type: none"> • Aware of distress and maladaptive behavior • Unaware of underlying psychological causes • No loss of contact with reality 	<ul style="list-style-type: none"> • Anxiety disorders • Somatic symptom disorders • Dissociative disorders
Psychosis	<ul style="list-style-type: none"> • Minimal or no distress • Unaware behavior is maladaptive (anosognosia) • Loss of contact with reality; may escape to imagined world 	• X

Grief

- A **subjective** response to **loss** (person or thing of value).
- Includes emotional, physical, and social reactions.
- The behavioral expression of grief is called **mourning**.
- Common feelings: sadness, guilt, anger, helplessness, hopelessness, despair.



Kübler-Ross's 5 Stages of Grief

1. Denial - Shock, disbelief.
2. Anger - Resentment, envy.
3. Bargaining - With God to delay or reverse loss.
4. Depression - Deep sadness, withdrawal.
5. Acceptance - Peace with the loss.

Anticipatory Grief

- Grief that occurs before the actual loss.
- May help shorten the post-loss grieving period.

Maladaptive Grief Responses

Failure to progress through normal stages. Often involves being stuck in **denial** or **anger**

Types of Pathological Grief:

- Prolonged:** Obsession with the loss for years.
- Delayed/Inhibited:** Fixed in denial; emotional numbness.
- Distorted:** Fixed in anger; may result in pathological depression.

Historical Overview of Psychiatric Care

1-Primitive thoughts

Short Summary:

In the past, mental illness was often seen as caused by a lost soul, evil spirits, or punishment for sin or breaking a taboo.



2-Middle Ages

Region	Time Period	View on Mental Illness
Europe	Middle Ages	Linked to witchcraft and the supernatural
Middle Eastern countries	Middle Ages	Seen as a medical problem

Self-Actualization Needs
Need to be self-fulfilled, learn, create, understand, and experience one's potential

Esteem Needs
Need to be well thought of by oneself as well as by others

Love Needs
Need for affection, feelings of belongingness, and meaningful relations with others

Safety Needs
Need for shelter and freedom from harm and danger

Physiologic Needs
Need for air, nutrition, water, elimination, rest and sleep, and thermoregulation. Six is unnecessary for individual survival, but it is necessary for the survival of humankind.

