

# April

## Per 100 people:

2.6 have depression  
4.7 have anxiety  
1.6 have eating disorders

The increased challenges of modern living can cause problems; factors such as lower income households and social isolation can have an effect.

## Effects of mental health problems:

### INDIVIDUAL

- Damage to relationships
- Difficulty coping with everyday life
- Impacts physical wellbeing

### SOCIAL

- Need for more social care
- Increased crime rates
- Implications for economy

## Depression:

SADNESS is a normal human emotion, but DEPRESSION is an enduring sadness which affects ability to function/complete everyday tasks.

## Biological explanation for depression:

Low serotonin levels at synapse mean less stimulation of postsynaptic neuron, which causes low mood.  
Lack of serotonin can also affect concentration levels/sleep patterns, and lead to a reduced appetite.  
Low serotonin levels may be down to GENETICS (low production can be inherited) or LIFESTYLE (e.g not enough tryptophan produced from exercise, or foods such as carbs and protein).

## Psychological explanation for depression:

Depression is caused by irrational thinking, including "black and white" thinking and negative outlooks.  
Negative self-schemas causes negative self-interpretation.  
Internal, stable and global negative attributional styles create negative ways of explaining causes of behaviour.  
Negative attributional styles develop through processes such as learned helplessness.

- +Research support
- Cause or effect
- Alternative explanations

- + Research support
- + Real-world application
- Negative beliefs may be realistic

## Diagnosing depression:

### KEY SYMPTOMS

1. Low mood, 2. Loss of interest and pleasure 3. Reduced energy  
2-3 key symptoms over 2 weeks lead to a 'mild' diagnosis.

## Types of depression:

- UNIPOLAR depression is a single state of depression, i.e constant sadness
- BIPOLAR depression involves the sadness alternating with 'mania' or periods of normality

## Therapy for depression: ANTIDEPRESSANTS

The most common antidepressants are SSRIs (Selective Serotonin Reuptake Inhibitors).  
The SSRIs block reuptake/release of serotonin at the synaptic cleft.  
This ensures that the level of serotonin is not too low.  
Therefore the postsynaptic neuron is stimulated and mood is likely to be improved.

- Side Effects (e.g nausea)
- Questionable evidence
- Reductionist - too simple?

## Therapy for depression: CBT

Aim to change faulty thinking to rational thinking.  
Behavioural activation: Planning and doing a pleasant activity creates positive emotions.  
Disputing negative irrational thoughts to develop self-liking.  
Thought diaries kept to track unpleasant emotions.

- +Lasting effectiveness
- Not for everyone
- +Holistic approach

## Wiles' KEY Study:

Aimed to test benefits of using CBT+Antidepressants together.  
Patients either continued normal treatment or received both. Progress measured using the Beck Depression Inventory.  
Usual Care+CBT had better recovery after both 6 months/1 year.  
Conclusion: using CBT+antidepressants is more effective.

- +Well-designed
- +Real world application/contribution
- Used self-assessment

## Addiction:

'*Salience*' is important - the addiction becomes the most important thing.

DEPENDENCE is a psychological reliance, and stopping can lead to withdrawal symptoms.

ADDICTION is dependence as well as a 'buzz'/sense of escape.

Substance MISUSE is not following the rules /recommendations of a substance.

Substance ABUSE is deliberately using the substance to 'get high'. The difference is the person's intentions.

## Diagnosing Addiction:

3 or more characteristics present throughout a year:

1. Strong desire to use substance
2. Persisting despite known harm
3. Difficulty controlling use.
4. Substance given higher priority.
5. Withdrawal symptoms if actively stopped.
6. Tolerance (i.e needing more to create the same effect).

## Biological Theory for addiction:

Hereditary factors - genetic information has a moderate to strong effect on addiction.  
Genetic vulnerability - multiple genes increase risk of addiction (NATURE), stressors in the environment act as a trigger (NURTURE).

## Kaij's twin study of alcohol abuse (KEY):

Aimed to see if alcohol addiction is due to hereditary factors, or nurture, using twins.  
Male twins from temperance board interviewed.  
61% of identical twins and 39% of non-identical twins were both alcoholic.  
Conclusion: alcohol abuse is related to genetic vulnerability. Not 100% genetic or environmental. Kaij also found that twins with social problems were overrepresented.

- +Supported by later studies
- Flawed Study
- Misunderstood genetic vulnerability

## Psychological Theory for addiction:

We learn through observing others and imitating rewarded behaviours.  
We identify with peers and therefore are more likely to mimic them.  
We look to others to know what is 'normal' which creates social norms, though these may be overestimated.  
We identify with and want to be accepted by our social groups. This creates pressure to conform to the social norms of the group.  
Peers provide opportunities for addictive behaviours, e.g. smoking.  
Peers provide direct instruction.

- +Supporting research
- +Real-world application
- It may be peer selection

- +Holistic
- Lack of clear evidence
- Individual differences

## Therapies for addiction: AVERSION THERAPY

Aversion therapy is based on classical conditioning.  
Treating alcoholism - *Antabuse* causes vomiting. Before vomiting, the alcoholic has several alcoholic drinks. The neutral stimulus (alcohol) becomes associated with the conditioned response (vomiting) which then becomes a conditioned response. In the future, alcohol will prompt the alcoholic to feel nauseous and therefore will stop them wanting to drink.  
Treating Gambling - Electric shocks can be given in response to any gambling-related phrase. This leads to an association of gambling behaviours with pain.  
Treating Smoking - Rapid smoking in a closed room or confined space will eventually cause nausea. Over time, this will lead to smoking being associated with nausea.

- +A holistic approach
- Treatment adherence issues
- Poor long-term effectiveness

## Therapies for addiction: SELF-MANAGEMENT PROGRAMMES

Self-management programmes was developed by *Alcoholics Anonymous* and offers a programme based on spiritual principles.

The key elements include:

- Surrendering control to a HIGHER POWER
- Admitting and sharing GUILT
- Recovery is recognised as a LIFELONG PROCESS

These are outlined over 12 steps of recovery and are part of a 'peer-sharing model'. Those who undertake the programme are encouraged to help and support each other.