

- Social Support: help we receive from others is very important because we can benefit from the encouragement and experience of others

### **Stress Inoculation Training**

- Stress management program developed by Meichenbaum. Teaches people coping skills to increase their resistance to the negative effects of stress. Involves 3 phases and 7 goals.
- Phase 1: Conceptualization phase has goals 1-2:
  - 1) Learning the relationship between stress and coping and environmental variables (transactional nature of stress and coping)
  - 2) Becoming a better realistic appraiser of stressors
- Phase 2: Skills acquisition and rehearsal phase (Goals 3-5):
  - 3) Learning problem-solving skills
  - 4) Learning and rehearsing self-control skills
  - 5) Learning how to use maladaptive responses as cues to implement a new coping strategy
- Phase 3: Application and follow-through phase (Goals 6-7):
  - 6) Imagery rehearsal (practice through imagining difficult situations)
  - 7) Learning to apply coping skills to other stressors, perhaps unexpected ones.

### **Chapter 17: The Nature and Causes of Mental Disorders**

#### **Classification and Diagnosis of Mental Disorders**

- Abnormal behaviour does not matter, it is *maladaptive* behaviour (causing stress and interfering with a person's life) that matters in a mental disorder
- Diagnosis of mental disorders are often subject to cultural and political biases (eg: hallucination vs. voyage to heaven)
- Different perspectives in explaining the etiology (origin) of mental disorders (6):
  - Psychodynamic Perspective:
    - Based on Freud's early work
    - Conflict of 3 components of the mind: id, ego, superego
    - Mind's defence mechanism fails to resolve it, the defence mechanism because the cause for the distortion of reality
  - Medical Perspective:
    - Lies in the work of Hippocrates
    - Caused by abnormalities in the brain and nervous system and should be treated in the same way as physical illnesses
  - Cognitive-Behavioural Perspective:
    - Learned maladaptive behaviour patterns caused by a person's interactions
    - Person's ongoing interpretation of reality combined with the environment attributes to the development of mental disorders
  - Humanistic Perspective:
    - Proper personality development only occurs when people get unconditional positive regard from others and people develop disorders when they think they must earn it
    - Become oversensitive to demands of others
    - Therapists persuade patient that they do have intrinsic value
  - Sociocultural Perspective: Cultural variables influence how people interpret their own actions. There are disorders that only occur in certain cultures ("culture-bound syndromes").
  - Diathesis-Stress Model: no single perspective is completely accurate. This approach takes into account that a person may possess a genetic disposition for a certain disorder, which will only manifest if right stressors are placed on them that exceed their coping abilities.
- Diagnostic and Statistical Manual IV (DSM-IV) Classification Scheme: a manual widely used for classifying psychological disorders. Describes conditions on 5 axes:
  - I: information about major psychological disorders (eg: alcohol dependence), II: personality disorders, III: physical symptoms accompanying psychological ones, IV: severity of stress a person has experience within the year, V: a rating on a 100 point scale (the Global Assessment of Function or "GAF") with lower numbers being more severe
  - The axes are interdependent and multiple diagnosis can occur in the same one
  - Based on the medical perspective and not very reliable: the same case can be diagnosed differently
- Labelling people has adverse and beneficial effects:
  - Once people are labelled, all data is interpreted in terms of their label, this is an oversimplification
  - Having a diagnostic category provides a basis to develop a successful, repeatable treatment
- Mental disorders have a fairly high prevalence: 8% of people seek mental health assistance