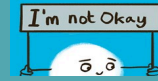


TOPIC 8: Psychological Problems

IT'S OKAY TO
NOT BE OKAY



LI: What are the effects of mental health problems?

Starter

- | | |
|---|--|
| 1. Mental health is a person's e _____ and p _____ w _____ -b _____. | |
| 2. A mental health problem is a condition where a person's t _____, f _____ and b _____ change. | |
| 3. Historically, society thought that people with mental health problems were what? | |
| 4. Statistically, what is happening to mental health problems? | |
| 5. Give three reasons why mental health problems are increasing. | |
| 6. Which is the only continent to suffer from koro ? | |

TOPIC 8: Psychological Problems



LI: What are the effects of mental health problems?

Starter

1. Mental health is a person's e _____ and p _____
w _____ -b _____.

Emotional, psychological, well-being

2. A mental health problem is a condition where a person's
t _____, f _____ and b _____ change.

Thoughts, feelings, behaviours

3. Historically, society thought that people with mental health
problems were what?

Witches

4. Statistically, what is happening to mental health problems?

Increasing

5. Give three reasons why mental health problems are
increasing.

Overpopulation, loneliness/isolation, better recognition/criteria.

6. Which is the only continent to suffer from **koro**?

Asia

Keep in touch with family and
friends during lockdown.



In this Power Point:

You Must:

- ☐ Learn the difference between individual effects and social effects of mental health problems
- ☐ Be able to give examples of individual effects of mental health problems
- ☐ Be able to give examples of social effects of mental health problems

Learning Intentions

4/5 (All) – Identify some individual and social effects of mental health problems.

6/7 (Most) – Give examples of the effects of mental health problems.

8/9 (Some) – Discuss, at length, the effects of mental health problems.

Low

High

What is your initial confidence towards the LIs?

How might a mental health problem affect a person?

List three ways that you think someone may be affected by having a mental health problem.

How might a mental health problem affect a person?

List three ways that you think someone may be affected by having a mental health problem.

They can have two main effects:

Individual effects

They affect the individual from
doing things

Social Effects

They affect society

Where do you think they belong?

Individual effects or Social effects?

Increased crime rates

Damage Relationships

Negative impact on physical well-being

Need for more social care

Difficulties coping everyday

Implications for the economy

Individual Effects

Damage Relationships

- People struggle to talk
- People feel isolated

Mental health problems affect the individual in these three ways.

Difficulties coping everyday

- Trouble sleeping, low energy, poor concentration
- Unemployed, struggle to wake up and eat

Negative impact on physical well-being

- Weight loss/gain
- More illnesses (as the body creates cortisol when when stressed which stops the immune system functioning).

Social Effects

Need for more social care

- Taxes go towards supporting people and teaching people how to care for oneself

Increased crime rates

- There is a correlation between mental health problems and people committing crime
- This may be because they tend to have low living standards, low income and often turn to substance abuse.

Implications for the economy

- The UK government spends approx £22 billion a year looking after people with mental health problems

Mental health problems affect society in these three ways.

Applying it – Sammy's Problems

Sammy has recently been diagnosed with schizophrenia – a disorder that causes him to have strange false beliefs like thinking that government is spying on him. He lost his girlfriend who said to him that 'she need a proper boyfriend not a patient to look after.' He also lost his job as a tour guide as he was not well enough to travel around all day and spend time with people. Although Sammy has been prescribed medication, which has helped him, the side effects of the drugs leave him 'spaced out'. He would like to see a psychotherapist but there is a 6-month wait due to government funding cuts because the cost of treating schizophrenia is expensive. The situation has become so bad as Sammy's paranoid delusions led to him assaulting an innocent man on the street who he thought was a government agent secretly spying on him.

*What **individual effects** and **social effects** have mental health problems had in this case study?*

Sammy's Problems – Help

Sammy has recently been diagnosed with schizophrenia – a disorder that causes him to have strange false beliefs like thinking that government is spying on him. He lost his girlfriend who said to him that 'she need a proper boyfriend not a patient to look after.' He also lost his job as a tour guide as he was not well enough to travel around all day and spend time with people. Although Sammy has been prescribed medication, which has helped him, the side effects of the drugs leave him 'spaced out'. He would like to see a psychotherapist but there is a 6-month wait due to government funding cuts because the cost of treating schizophrenia is expensive. The situation has become so bad as Sammy's paranoid delusions led to him assaulting an innocent man on the street who he thought was a government agent secretly spying on him.

*What **individual effects** and **social effects** have mental health problems had in this case study?*

1 2

Government announces increase in funding for mental health prevention

The Government has announced they are increasing the funding for programmes aimed at preventing mental health problems. When asked why they were doing this, a spokesperson said 'Research has shown it is less expensive to fund prevention than it is to pay for all of the costs caused to society by the effects of significant mental health problems'.

1 2

. 1

Which of the following is a cost to society that the government spokesperson in the article may have been referring to?
Shade **one** box.

[1 mark]

A Increase in crime rates

☐

B Lessening of social stigma

☐

C Less need for social care

☐

D Positive engagement for society

☐

1 2

. 2

Give two examples of the effects of mental health problems on an individual.

[2 marks]

Answers

12.1

Which of the following is a cost to society that the government spokesperson in the article may have been referring to? Shade **one** box.

[1 mark]

Marks for this question: AO2 = 1 mark

A

12.2

Give two examples of the effects of mental health problems on an individual.

[2 marks]

Marks for this question: AO1 = 2 marks

1 mark for any of the following (MAX 2 marks).

- Negative impact on physical well-being
- Harm to body because of using things like drugs or food to try and feel better
- Difficulties coping with day to day life
- Not able to get to work or school on a regular basis
- Damage to relationships
- More arguments between partners and/or parents and children

1 6

Read the following article.

Psychologists believe that social media can make us feel lonely!

Researchers claim they have discovered that spending more time on social media sites can actually make us feel less connected to other people. This increases our sense of isolation. Researchers say that this is having a negative effect on our mental health and could be damaging to our relationships. It may also have a negative effect on our physical wellbeing and lead to an increased need for social care.

1 6

1

Identify **one** characteristic of mental health.

[1 mark]

1 6

2

Briefly explain how significant mental health problems can affect **both** individuals **and** society. Refer to the article in your answer.

[4 marks]

Answers

16.1	Identify one characteristic of mental health.
------	--

[1 mark]

Marks for this question: AO1 - 1 mark

1 mark for any **one** of the following

- positive engagement with / functioning as part of society
- effective coping with challenges
- not being overcome by difficult feelings
- having good relationships with others
- being able to deal with disappointments and problems
- being able to cope with stresses and demands of everyday life
- being able to make decisions

16.2	Briefly explain how significant mental health problems can affect both individuals and society. Refer to the article in your answer.
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[4 marks]

Marks for this question: AO1 - 2 mark and AO2 - 2 marks

AO1

Individuals:

- Damage to relationships - such as increased stress for other family members or children going into the care system.
- Difficulties coping with day to day life - such as lack of attendance at school or work with the result of things like poor qualifications and unemployment.
- Negative impact on physical wellbeing – such as effects from medication (e.g. concentration difficulties), weight gain or loss, difficulty sleeping.

Society:

- The need for more social care - such as social housing, health care and benefit payments.
- Increased crime rates – such as violence from people with mental health problems who are also using alcohol or drugs.
- Implications for the economy – such as greater cost of health care, social care, policing and the justice system.

AO2

- The article says that spending more time on social media sites could affect individuals by being damaging to their relationships and having a negative impact on their physical wellbeing.
- The article says that if our mental health is negatively affected then this could result in an increased need for social care.

Learning Intentions

4/5 (All) – Identify some individual and social effects of mental health problems.

6/7 (Most) – Give examples of the effects of mental health problems.

8/9 (Some) – Discuss, at length, the effects of mental health problems.

Low

High

What is your new confidence towards the LIs?

TOPIC 8: Psychological Problems

LI: What are the effects of mental health problems?

What are the two main effects of mental health problems?

Individual effects

Social effects