

TOPIC 8: Psychological Problems



LI: What is mental health?

Starter – Read me carefully.

No quiz to start this brand new topic. Instead, a quick message from me. This is a sensitive topic, but probably the easiest one that is left. That is why that I am setting it as home learning – in case we don't get time to learn it together.

If you have any concerns or any issues, please e-mail me for support and help. It is what I am here for.

In this PowerPoint you must:

Be able to:

- ☐ Define 'mental health'
- ☐ Explain what 'positive mental health' looks like
- ☐ Explain how people can improve their mental health
- ☐ Define a 'mental health problem'
- ☐ Explain a brief history of 'mental health problems'
- ☐ Explain, with one example, how mental health problems are different around the world.
- ☐ Explain what is happening to mental health problems statistically.
- ☐ Explain three reasons why mental health problems are statistically changing.

Learning Intentions

4/5 (All) – Explain the difference between mental health and mental health problems.

6/7 (Most) – Identify examples of mental health throughout the world.

8/9 (Some) – Discuss reasoning for the increase in mental health problems.

Low

High

What is your initial confidence towards the LIs?

Academic Vocabulary

Mental Health



Academic Vocabulary

Mental Health

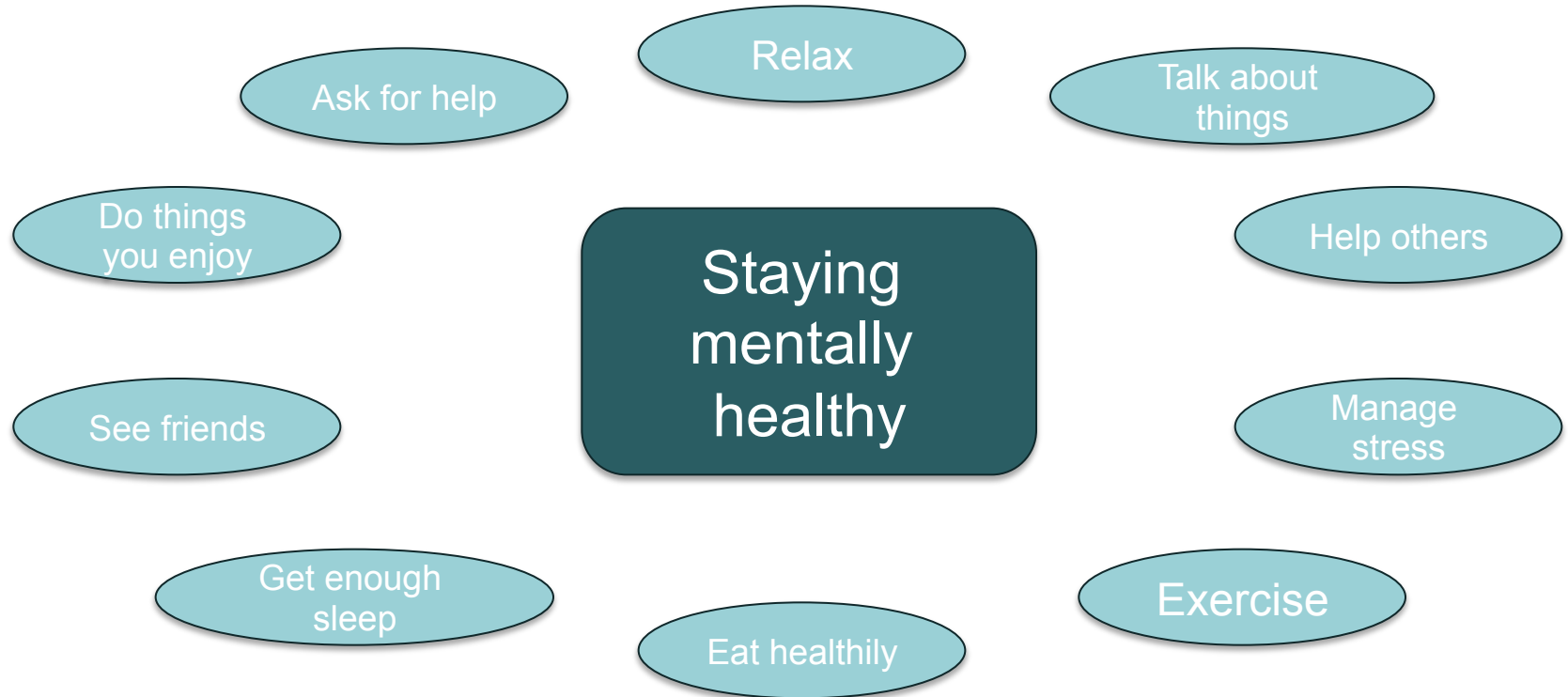
A person's emotional and psychological well-being; how they cope and function in everyday life.

What can people with positive mental health do?

Positive Mental Health:

- *Do not get overcome with difficult feelings*
- *Have good relationships with others*
- *Can deal with disappointments and problems*
- *Can cope with the stress of everyday life*
- *Can cope with challenges*
- *Can make decisions in life*
- *Can function as part of society*
- *Have positive engagement with society*

How can we keep positive mental health?



What can people with positive mental health do?

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Watch the video above about mental health:

1. Make notes on some key facts about the definition of mental health.
2. What advice is given in the video for someone who is struggling with mental health?

What is a Mental Health Problem?

Mental Health Problem: *a diagnosable condition where a person's thoughts, feelings and behaviours change and they are less able to cope and function.*

Social anxiety
Phobias
Schizophrenia
Addictions
PTSD

OCD
Depression
Eating disorders
Personality disorders



The History of Mental Health

Historically, people thought that mental health problems were supernatural or spiritual – they used to think that people were cursed, even a witch! It is now believed that those who displayed ‘witch-like’ behaviours actually had mental health problems!



Different Cultures and Mental Health

In Asia, they have a very negative **stigma** about mental health. They think that these people are weak.

In the UK, we say that hearing voices is a sign of schizophrenia. In Africa and India, it is regarded as a positive thing!

Some mental health problems are culturally specific. E.g. eating disorders started in the West. Asia is the only place to suffer from **Koro** (A psychological fear that your genitals will shrink and disappear!)

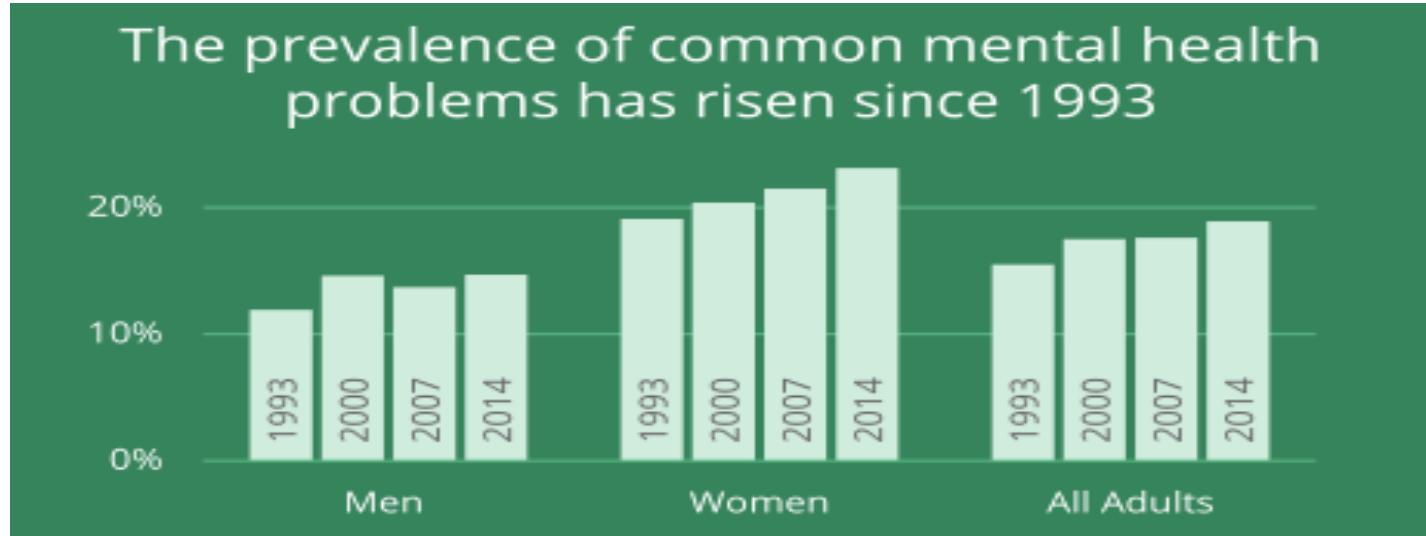
What do these differences between cultures tell us?

Different Cultures and Mental Health

What do these differences between cultures tell us?

As every culture has different mental health problems, it suggests that they are not biological problems. They are disorders created by the society we live in and we may 'learn' to have these mental health problems from the pressure of our society.

What is happening to mental health problems?



As you can see, mental health problems are clearly increasing. But why?

Why do we have more MHPs?

Overpopulation

- Living in busy areas can lead to an overactive amygdala.



Loneliness & isolation

- More people live alone: family breakdown, work, education.
- Technology: no one meets up anymore!



Better recognition and a change of criteria

- We no longer think they are supernatural! There is less stigma about them so people open up more.
- We changed the criteria of what it means to have a MHP.



Exam Questions

- 1) Define the term mental health. (2)
- 2) Identify two ways that a person can have good mental health. (2)
- 3) “Mental health problems have less of a social stigma than they did in the past.” Outline what is meant by this statement. (3)
- 4) Explain two cultural differences in beliefs about mental health problems. (4)
- 5) Explain one reason why mental health problems have increased over time. (3)

Challenge – complete this question instead of number 5!

Discuss possible reasons for changes in the number of diagnosed mental health problems. (6)

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Low

High

What is your new confidence towards the LIs?

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The Power of Exercise

<https://www.youtube.com/watch?v=rkZl2gsLUp4>

Watch the speech in this video clip on how important exercise is for mental health.