

Lesson 12

Mental Illness

Introduction: Connecting Your Learning

In the next three lessons, you will look at the topics of mental health and mental disorders. You will also revisit the mind-body connection, which you explored early in the course. In the first assigned modules on stress and health, the question is, "Do states of mind and behavioral habits affect the body and physical health?" Other important connections to earlier material include additional information on the theoretical perspectives in psychology, motivation and emotion, personality assessment and theory, and developmental psychology.

In the first part of this lesson, you will begin a review of psychological problems by looking at the most common problems people face: mood disorders. The two primary disorders to be discussed are depression and bipolar, with an emphasis on sex differences in these disorders.

Again, you should notice how the different theoretical perspectives in psychology contribute different ideas and insights toward understanding the topic of study. Once more, you will look at the social-cultural, cognitive, behavioral-learning, and biological perspectives. Consider how the different psychological and bodily processes highlighted in these perspectives interact in the various types of psychological disorders. All psychological disorders seem to be a complex interaction effect of all these processes.

Lectures and Readings

Media Lecture	Yale Open Source Video: <i>What Happens When Things Go Wrong: Mental Illness, Part I - Guest Lecturer Susan Nolen-Hoeksema</i>
Textbook Readings	Chapter 16 – "Mental Disorders" (pp. 613-619)

Focusing Your Learning

Course Competencies covered in this lesson:

- Describe the issues and theories regarding mental disorders and identify the basic disorders and their associated symptoms.

Lesson Objectives

By the end of this lesson, you should be able to:

1. Identify the basic mood disorders and theories of depression.
2. Identify the various approaches to drug abuse and addiction.

Approaching the Objectives

The central idea to keep in mind as you go through the next three lessons is that mind, body, behavior, and the environment all interact to produce both psychological and physical health. All four of these factors are

important in understanding psychological and physical health and psychological and physical disorders. Valuable practical information can be found in each area of study.

Professor Susan Nolen- Hoeksema identifies three contributing concepts to whether or not a person meets the set of symptoms or behavioral criteria of a mental disorder or abnormal behavior: social norms, gender, and context. Nolen-Hoeksema discusses depression and bipolar in the context of these three criteria. In addition, the topic of abnormal psychology is filled with controversy, for how do you define what is abnormal or normal? Different periods of history and different cultures have defined and described psychological disorders in various ways.

The DSM-4 *Diagnostic and Statistical Manual, 4th revision*, is the manual used to diagnose behaviors. Nolen-Hoeksema provides a description of the manual and examples of how abnormal behaviors are classified.

Below is a video interview with Dr. Aaron Beck, creator of the *Beck Depression Inventory*, a diagnostic tool to help doctors diagnose depression in a patient.



Consider this!

View [Aaron Beck, M.D. Talks about Pain and its Link to Depression](#)

Discuss the connection between depression and physical pain.

Nolen-Hoeksema shows a number of video clips throughout her presentation that you are unable to view or access. However, she provides commentary on the video. View the video included in this lesson.



Consider this!

View [Depression – Signs and Symptoms](#)

Discuss the signs and symptoms of depression.



Consider this!

View [Bipolar Disorder-A Documentary](#)

Discuss the signs and symptoms of bipolar disorder.

Various theories contribute to the ideas and understanding of mood disorders based on gender, age, and culture. Again, you will look at the social-cultural, cognitive, genetic, and biological perspectives of these disorders.

A number of biological theories contribute to discussions of drug treatment. Much discussion is provided on the types of drugs and their effects. Another treatment option is Cognitive Behavioral Therapies. Beck's Cognitive Behavioral Therapies were discovered when he attempted to prove Freud's psychotherapy treatment. However, Beck made his own discoveries. View the video below:



Consider this!

View [Freud 150th Anniversary](#)

Describe Beck's contribution to the treatment of depression.

Summarizing Your Learning

To summarize your learning for this lesson, go over any notes that you collected while you viewed the video lecture and review your responses to the "Consider this!" prompts within the lesson.