

# Mental Health and disability –key concepts

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## Mental health, mental illness, causes, consequences, interventions

- Mental health and healthy lifestyles
- Mental disorder,
  - Prevalence, symptoms and trends.
  - Biopsychosocial causes and consequences
- Myths and misconceptions
- Interventions
- Access to services and treatment
- Relationship between mental and physical health
- Mental health, debt and low income



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# What is Mental Health?

- **positive sense of well-being**
- **belief in own worth and the dignity and worth of others**
- **ability to**
  - deal with the inner world of thinking, feeling, managing life and taking risks
  - initiate, develop and sustain mutually satisfying personal relationships
  - sustain a spiritual life



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# What are healthy lifestyles?

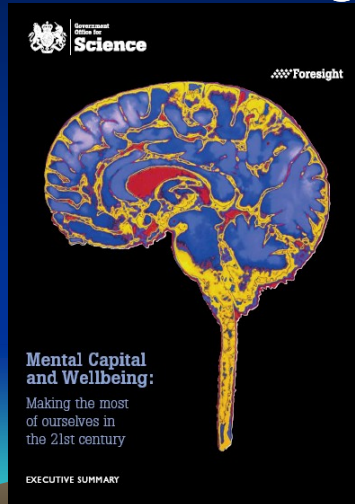
- Coping strategies
- Self –esteem
- Self-care
- Relationships with family members, friends, colleagues
- Utilising time, money, self
- Participation and cooperation
  - Social clubs, religious groups, self-help groups
  - work



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# Mental Capital and Wellbeing



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## Mental capital

- Encompasses a person's cognitive and emotional resources
- Includes cognitive ability, how flexible and efficient a person is at learning, and "emotional intelligence", such as social skills and resilience in the face of stress



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# Mental wellbeing

- A dynamic state
- Describes how an individual can develop their potential, work productively, and build relationships with others
- Increased when an individual fulfils their personal and social goals and achieves a sense of purpose in society



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# What are mental disorders?

- **Disturbances in perception, beliefs, thought processes and mood (psychoses)**
- **Disturbances in mood, concentration, irritability, fatigue (neuroses or common mental disorders)**
- **Progressive organic disease of the brain (dementias)**
- **Abnormal personality traits which are handicapping to the individual and /or to others (Personality disorders)**
- **Excess consumption and dependency on alcohol, drugs and tobacco**



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# Overall Prevalence Rates

- **Common Mental Disorders 10-20%**
- **Psychoses 1%**
- **Personality disorders 3-5%**
- **Dementias 5% over 65 and 20% over 80**
- **Substance abuse –variable**
- **Childhood disorders-10%**



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## GB 2007 prevalence figures and trends

- Psychosis 0.5% unchanged .
- CMD 15.5% on 1993, 17.5% in 2000 and 17.6% in 2007.
- Adult ADHD
  - 8.2% screen positive (4 out of 6 )
  - 2.3% score 5 and above
  - 0.6% score 6
- PTSD 3%
- Eating disorder 6.4%, of whom 20% getting treatment.
- Alcohol dependence 5.9% (9.9% in 1993)
- Hazardous drinking 25.5% (28.1% in 2000)
- Drug dependence 3.4% (similar in 2000 and higher than in 1993)
- Antisocial personality disorder 0.3% (0.6% men, 0.1% women ) unchanged from 2000.



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## Access to services and treatment 2007

- Only quarter of people with CMD access services and treatment (unchanged from 2000)
- Use of psychotropics for CMD doubled between 1993 and 2000, although use of talking therapies did not significantly increase
- Few people with drug and alcohol abuse are accessing services and treatment
- Most people with psychosis are in touch with health and social care (85% in 2000 and 80% in 2007)



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## Symptoms of common mental disorders

- Excessive concern about bodily symptoms (headache, backache)
- Loss of enjoyment
- Low mood
- Crying
- Anxiety and panic
- Fatigue
- Poor concentration
- Impaired sleep
- Impaired appetite and weight loss
- Irritability
- Low libido
- Obsessional thoughts and actions



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# Common Mental disorders

- **Mixed anxiety-depression**
- **Depression**
- **Anxiety**
- **Panic disorder**



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# Bio-psycho-social causes of mental illness

- **Social**
  - Life events e.g bereavement, unemployment
  - Chronic adversity e.g poverty, debt, domestic violence, sexual abuse, bullying
  - Lack of social supports
- **Psychological**
  - Learned helplessness
  - Pessimistic cognitive approaches
  - Unhelpful learned patterns of behaviour
- **Physical**
  - Genetic
  - Endocrine
  - Nutrition



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# GB adult risk factors

- Sociodemographic factors
  - female
  - Age 35-54
  - Social class V
  - Tenants of local authority and housing associations
  - Low income
  - debt
- Characteristics of family
  - Separation or divorce
  - Living as one person family unit or as lone parent
- Personal characteristics
  - IQ 70-85
  - Impaired personal functioning
  - No formal educational qualifications
  - One or more physical complaints
- Stressful life events
  - new episodes of illness are 3x in women with 6 or more events in last 6 months
  - Life time stressors include bullying, sexual abuse, running away from home, institutional care in childhood.
- Lack of social supports



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# GB childhood risk factors

- Characteristics of child
  - Physical health problems
  - Special educational needs
- Characteristics of family
  - Lone parenthood
  - Reconstituted families
  - Poor educational levels
  - lack of employment
  - Low income
- Family functioning characteristics
  - Psychological distress in mothers
  - Family discord
- Stressful life events
  - Separation of parents, parents in trouble with police
- Neighbourhood characteristics
  - Deprivation
  - Lack of social cohesion



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# Bio-psycho-social consequences of mental illness

- Suffering
- Disability
- Impact on physical health
- Mortality
  - Suicide
  - Physical illness
- Low productivity
- Sickness absence
- Labour turnover
- Unemployment
- Poverty
- Stress on carer
  - burnout, compassion fatigue, depression marital breakdown
- Intellectual and emotional damage to children
- Cycle of disadvantage across generations
- Reduced access to and success of physical health programmes



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# Aspects of disability-Social Functioning

- Difficulties with
  - Personal care (dressing, bathing, washing, using toilet)
  - Getting out and about or using transport
  - Medical care (eg taking medicines, injections, changing dressings, )
  - Household activities eg preparing meals, shopping, laundry, and housework
  - Practical activities eg gardening, decorating, household repairs
  - Paperwork eg writing letters, sending cards, filling in forms
  - Managing money eg budgeting for food or paying bills



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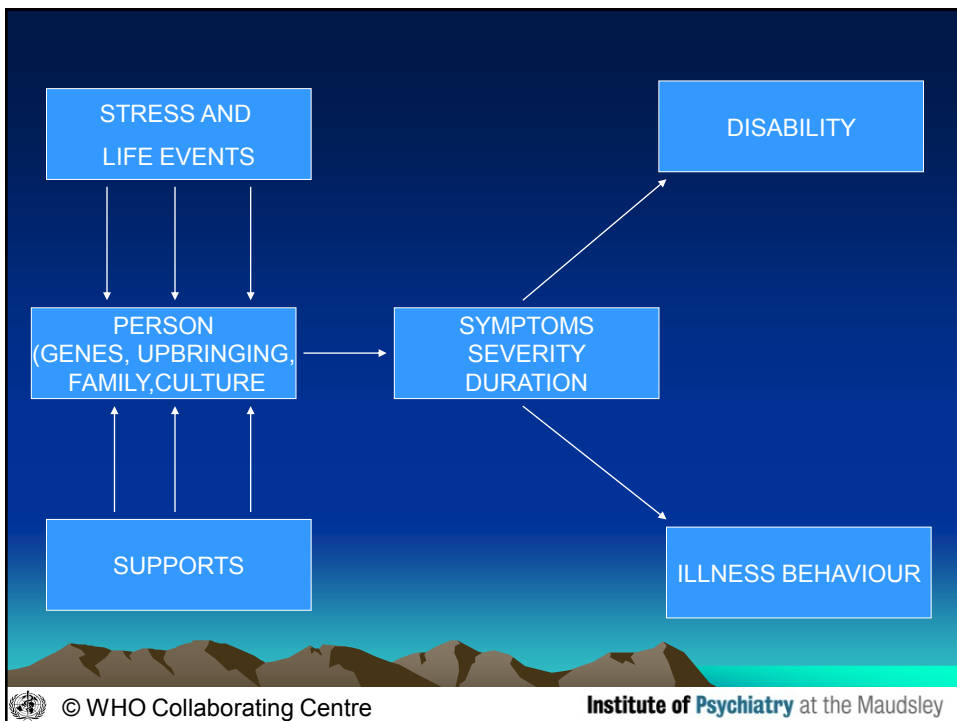
# Aspects of illness behaviour

- Complaints
- Time out of role
- Sickness absence
  - Uncertified
  - Certified
  - Days
  - Episodes
- Over the counter medication
- Prescribed medication
- Consulting health practitioners
- Consulting alternative healers



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